



The English Martyrs Catholic  
School and Sixth Form College

# SAFEGUARDING & WELLBEING NEWSLETTER

Issue #04 | Summer Term | July 2024

## The Safeguarding Team

at The English Martyrs Catholic School and Sixth Form College

At The English Martyrs Catholic School and Sixth Form College everyone is responsible for the safeguarding of students. All staff have had safeguarding training and are familiar with Keeping Children Safe in Education. We all work to ensure our school is a place where students are and feel safe.

**We have four staff designated to deal with your questions, concerns or safeguarding issues.**



**Nicholas Lindsay**  
Designated  
Safeguarding Lead



**Rebecca Corcoran**  
Deputy Designated  
Safeguarding Lead



**Tracey Torka**  
Deputy Designated  
Safeguarding Lead



**Kelly Anderson**  
Deputy Designated  
Safeguarding Lead

Safeguarding is  
EVERYONE'S Responsibility



# INFORMATION

At The English Martyrs Catholic School and Sixth Form College we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

We have a Safeguarding and Welfare Office in school. Students are welcome to drop in before and after school, during break and lunchtime if they need any support.

If at any time our young people need to speak to a safeguarding officer, they just need to let their teacher know and a safeguarding officer will collect them and speak to the young person.

## CPOMS & Class Charts

We use an outline platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe. Class Charts is an online platform used to record achievement and behaviour.

## LANYARDS



Staff and Sixth Form Students wear lanyards so that they can be identified as having the correct checks and have permission to be on site.

- Navy – Safeguarding Team
- Red – EMS Staff
- Yellow – Visitors without a DBS
- Green – Visitors with a DBS
- Black – EMS6 students



# #NeverOk

Bullying | Harassment | Racism | Discrimination



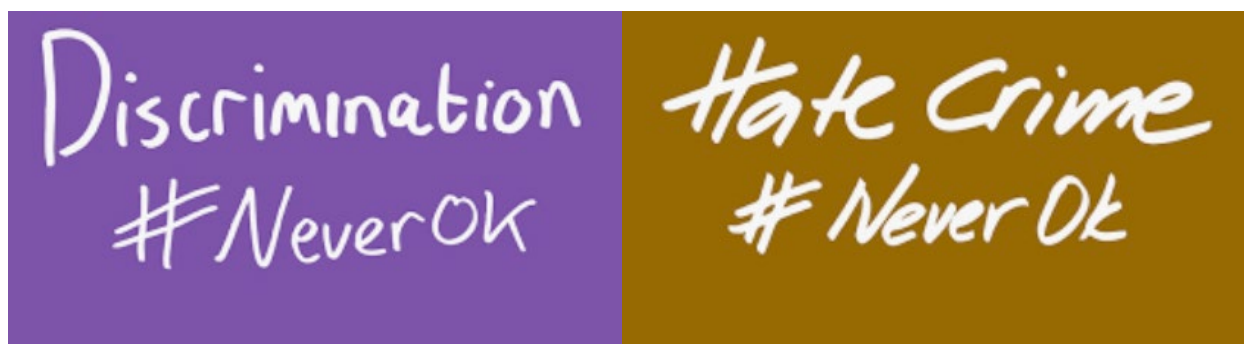
As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear.

Campaigns across the year explore ways in which students can report any forms of bullying or discrimination and identifies who they can speak to if they require support. However, some students may not feel confident enough to speak to someone and that's where our #NeverOK campaign comes in.

The #NeverOK campaign aims to reinforce this message and provides students with the ability to report any incidents of bullying or discrimination that they see, hear or are subjected to. Students can click on the link below to submit any concerns and this will be investigated by the Pastoral and Safeguarding teams.

To report a concern please go to:

<https://ems.bhcet.org.uk/neverok/>



# Supporting Organisations

## HARTLEPOOL FOODBANK

28 Church Street,  
Hartlepool,  
TS24 7DH

Tuesday 11:30 - 13:30  
Friday 11:30 - 13:30

### FOODBANK CHRISTMAS CLOSURE 2023

Hartlepool Foodbank will hold its last session on Tuesday 22nd December. We will re open for our normal session times from Tuesday 2nd January.

**HartlepoolNow**

Telephone: **01429 272905** (Mon - Thurs 8.30am - 5pm and Friday 8.30am - 4.30pm)

Speak to somebody in person at the Community Hub Central, York Road or Community Hub South, Wynyard Road - Mon - Fri 10am - 4pm.

The Children's Hub (01429 284284) can provide information, advice and guidance on services and support for children, young people and families.



**HARTLEPOOL  
COMMUNITY HUBS**

York Road  
Hartlepool  
TS26 9DE

The Hubs bring together a range of services from different organisations under one roof to help you.

Follow on Facebook for up to date information and timetables.

Monday-Friday 10:00 - 16:00  
Saturday 10:00 - 12:00

## **Gingerbread** Single parents, equal families

Provides single parents with advice and practical support. You can call the helpline on 0808 802 0925.





# TALKING TEENS

## SUMMER SEMINARS

**2024**

Registration now open

**Are you a parent or carer who works during term time?  
Do you feel you miss out on our term time parenting groups?  
Do you have a pre-teen or teenager?**



Come along to our Summer Seminar and learn about your Teenager's Brain, how to communicate with them and other fun and useful things!

**Friday 9th August:  
Rossmere Family Hub  
from 10am to 2pm**

**Friday 23th August:  
Rossmere Family Hub from 10am to 2pm**

**Tea, coffee  
and snacks  
provided!**

Please call 01429292444 or email [parenting@hartlepool.gov.uk](mailto:parenting@hartlepool.gov.uk) to book a place



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### IKEA

Kids get a meal from 95p daily from 11am

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

# SAFEGUARDING STAFF AND VISITORS

In addition to protecting and supporting young people, it is vital as a school we protect staff and visitors. When you visit the school site between the hours of 7:00am and 4:30pm, we ask for all visitors to sign in at the main office, in the Sixth Form Block. No visitors should enter the site without reporting here first. Visitors are inducted with the relevant safeguarding policies and procedures (these can also be found on the school website).



We want to ensure that our staff are safe from abuse. As a school we do not tolerate any aggression or abuse directed towards our staff. We work to ensure school and parents/carers have good relationships to support our children. There may be a situation where you need to talk to a member of staff. Please make an appointment as we can not accommodate meetings that are not pre-arranged.

*me, you, us*  
*safeguarding is everyone's responsibility*

## School Site

Safeguarding in schools is important to ensure that the school environment is safe and secure for all. This includes ensuring that emergency procedures are in place in case of an emergency. We have annual fire drills and lock down drills.



# SAFEGUARDING YOUR CHILD

**NSPCC**  
**'Learning'**

**YOUNG MiNDS**  
fighting for young people's mental health

Steps we can complete together to keep your child safe;

- Ensure they know that they can speak to all staff about how they feel and if there is anything worrying about them.
- Staff will inform a relevant member of staff who can help and assist your child.
- We will communicate with home. To ensure we can contact home, please make sure we have at School App is linked to your device. We communicate regularly on here, this ensures you gain information for your child.
- Parents/carers can contact the school via the safeguarding email address, if they wish to meet with one of the team.

**kooth**

Kooth is an online **mental wellbeing** community for young people

For ages: **11-18**

Sign up for free at **Kooth.com**

**Qwell**

**Community support means everything to us**

Explore our supportive and anonymous mental wellbeing community for adults.



Chat online to qualified counsellors



Read and write articles



Get online support from the Qwell community



Set personal goals and record how you feel

**qwell.io**





# SAFEGUARDING YOUR CHILD



## **My Child is Gaming with Strangers - What should I do?**

Are you concerned about a child/young person who is gaming? If you know a child/young person who is gaming, you should read the UK Safer Internet guide on keeping children safe when gaming.

For further information please visit [saferinternet.org.uk](https://saferinternet.org.uk), where the team directly work with parents/carers and 3-18 year olds.



Young people may struggle with the loss of structure and not seeing their friends every day.

It's important that you look after their mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, your child has techniques they can turn to in stressful times.

The Anna Freud toolkit contains activities and guidance to help support and boost mental wellbeing over the summer and beyond.

Resources can be accessed from [www.annafreud.org](https://www.annafreud.org)

My self-care plan - Anna Freud

*A set of simple activities and a step-by-step guide to help young people create their own self-care plan.*

Self-care form time activities - Public Health England

*A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques.*

Wellbeing activities: being kind to yourself - British Red Cross

*A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.*

Self-care resources - Anna Freud

*A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.*

# SAFEGUARDING YOUR CHILD

## Rail Safety

With the schools closed for summer holidays, British Transport Police (BTP) are urging parents and carers to speak to their children and loved ones about the dangers posed by the railway and the importance of staying off the track. Each year, hundreds of people taking risks on and around the railway, resulting in tragic consequences and life-changing injuries.

BTP and Network Rail run a hard-hitting safety campaign – You Vs Train, which highlights the devastating consequences of trespassing on the railway. Important messages for parents and carers to share with children:

- The rail network is never switched off. Electricity powers the overhead cables 24 hours a day, 7 days a week.
  - The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night.
  - Never anticipate that the you know when the next train is due. Timetables are subject to change and only show passenger services – freight trains can run at any time of the day or night and can travel up to 100mph.
- More information on rail safety can be found at [www.youvsrain.co.uk](http://www.youvsrain.co.uk)

## What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

### Trespassing includes:



Picking up lost property  
from the tracks



Crossing the tracks  
at any point other  
than at a level crossing



Stepping off a level  
crossing onto an area  
where you shouldn't be



Taking a walk  
down the side of  
the railway track

# SAFEGUARDING YOUR CHILD

**We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.**

## SUN SAFETY



**Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.**



**Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.**



**Reapply every two hours or immediately after swimming or sweating.**



**No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.**



**Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.**

**Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.**



**By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.**

**For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)**

**f t i @BSFcharity**



# VAPING AND E-CIGARETTES THE FACTS



**MOST CHILDREN AND YOUNG PEOPLE**

## DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE  
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

### HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!

# DON'T SMOKE? DON'T START TO VAPE.



# HELP IN THE COMMUNITY

In addition to the support within The English Martyrs Catholic School and Sixth Form College, there is also assistance within the community via the NHS.



## Hartlepool Health Social Prescribing

**The aim of Social Prescribing is to help people live their lives as well as possible, with a focus on supporting them to take control of and to improve their health, well being and social welfare by linking patients up with community organisations.**

Sometimes your GP may not be the best person to help you. You may want to consider speaking to one of your Social Prescribing link workers who can help you with a range of issues.

### These Include:

- ☐ Housing issues
- ☐ Bereavement support
- ☐ community signposting info
- ☐ Educational support
- ☐ Employment support
- ☐ Exercise
- ☐ Financial support
- ☐ Health promotion
- ☐ Social isolation
- ☐ Support for carers
- ☐ Low-level mental health (mild anxiety & depression caused by social factors)

### Referral process

You can self refer to one of our Social Prescribers by contacting your GP practice or alternatively completing an E-consult via your GP practice website. One of our Social Prescribers will contact you to chat more in detail about what is affecting you.

McKenzie House Surgery  
Victoria Medical Practice  
Throston Medical Centre  
Headland Medical Centre  
Hartfields Medical Centre  
Wynyard Road Medical Centre

**NHS**



# CONTACT

If you have any questions or queries, please do not hesitate to contact us via email. This email address will be monitored everyday over the Summer period for emergency contact.

**[safeguarding@ems.bhcet.org.uk](mailto:safeguarding@ems.bhcet.org.uk)**



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