



The English Martyrs Catholic
School and Sixth Form College

SAFEGUARDING & WELLBEING NEWSLETTER

Issue #03 | Summer Term | July 2025

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



SAFEGUARDING YOUR CHILD

Over the Summer Holiday's if you have any questions or queries, please do not hesitate to contact us via email. This email address will be monitored once a week over the Summer period for emergency Safeguarding contact.

safeguarding@ems.bhcet.org.uk

There are also other support contacts available in the community if you need emergency help:

- NHS Mental Health Hub

If you need urgent mental health support you can call 111 and select the mental health option.

- SHOUT

Shout offers you free, 24/7 text messaging support. If you need someone to talk to about how you are feeling, text SHOUT to 85258.

- YOUNG MINDS

Young Minds are a mental health charity for children, young people and their parents. For more information, visit www.youngminds.org.uk

- KOOTH

Kooth is an online mental health well being community for young people. For ages 11-18. Sign up for free at www.kooth.com



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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

f t i @BSFcharity

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

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

Water Safety

Water Safety During the summer months it is likely that many pupils will be visiting the beach or swimming pools. It is essential that children are taught how to stay safe in and near water. It would be really helpful to talk through with your child how they can do this. Stop and think - spot the dangers:

- ☐ It can be very cold #
- ☐ There may be hidden currents
- ☐ It can be difficult to get out (steep slippery banks)
- ☐ It can be deep
- ☐ There may be hidden rubbish, e.g. shopping trolleys, broken glass
- ☐ There may be no lifeguards there
- ☐ It is difficult to estimate depth
- ☐ It may be polluted and could make you ill Stay together
- ☐ It is always better to go to the water with a friend or family member
- ☐ No one should enter the marina water
- ☐ Children should only go near water with an adult



SUMMER HOLIDAY SUPPORT



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July – 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July – 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

SAFEGUARDING YOUR CHILD

Hartlepool, like many parts of the UK, has faced issues related to sexual exploitation, including child sexual exploitation (CSE).

Understanding Child Sexual Exploitation (CSE)

1. What is CSE?

- **Child Sexual Exploitation (CSE)** is a form of abuse where young people are manipulated, coerced, or forced into sexual activity in exchange for something, such as money, gifts, attention, or affection.
- The abuse often involves the grooming process, where perpetrators build trust and manipulate children or young people to gain control over them.

2. Warning Signs of CSE

- **Sudden changes in behaviour** – withdrawal, secrecy, or mood swings.
- **Missing from home or school** – especially if it's happening frequently or at unusual times.
- **Increased contact with unknown adults or older individuals** – new friends who are significantly older.
- **Gifts or money** that the child cannot explain the source of.
- **Sexualized behaviour or language** that is not typical for their age.
- **Unexplained injuries** or reluctance to discuss where they've been.
- **Online risks** – spending a lot of time online, communicating with unknown people, or having secret online accounts.

3. Online Grooming

- **Social media and apps** are common places where CSE can start. Perpetrators often use platforms like Instagram, Snapchat, or gaming apps to connect with young people.
- **Signs of online grooming** include secretive online behaviour, receiving explicit messages, or being asked to meet someone in person.

SAFEGUARDING YOUR CHILD

4. How Can You Protect Your Child?

- **Stay involved in their life:** Open, honest communication about their friends, online activity, and emotions.
- **Educate about online safety:** Set boundaries for internet use and use parental controls.
- **Know who your child is talking to:** Keep track of their online friends and make sure they know how to report uncomfortable interactions.
- **Trust your instincts:** If something doesn't feel right, it's important to act quickly and seek advice.

5. What to Do If You Suspect CSE

- **Talk to your child:** If you suspect something's wrong, approach them gently, without judgment. Let them know they're safe and you're there to help.
- **Contact authorities:** Local police or child protection services can guide you through the next steps. If your child is in immediate danger, always call 999.
- **Support groups:** Organizations like **Barnardo's**, **The NSPCC**, and **Children's Society** provide helplines and support services for both children and families.

6. Creating a Safe Environment at Home

- **Talk openly about relationships:** Normalize discussions about boundaries, consent, and respectful relationships.
- **Encourage safe friendships:** Help your child understand what healthy friendships look like and how to spot unhealthy ones.
- **Set rules for internet use:** Talk about privacy, safe sharing, and how to spot suspicious behaviour online.

SAFEGUARDING YOUR CHILD

Child Sexual Exploitation can be a difficult and upsetting subject, but raising awareness is key to protecting our children. By staying informed, building trust with your child, and knowing where to seek help, you are taking an important step in ensuring their safety.

The Children's Society - CSE Support

Helpline: 0808 800 5000 (NSPCC helpline also available through them)

Website: childrenssociety.org.uk

Supports young people and families affected by CSE and offers guidance for reporting abuse.

NSPCC (National Society for the Prevention of Cruelty to Children)

Helpline: 0808 800 5000 Text: 88858

Website: nspcc.org.uk

Offers confidential advice and support for anyone concerned about the safety of a child, including concerns about sexual exploitation.

Iverson Trust

Iverson Trust offers parents and carers compassionate support and advice informed by over 25 years of experience working in partnership with parents to tackle child exploitation.

<https://iversontrust.org.uk/about-iverson/>

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



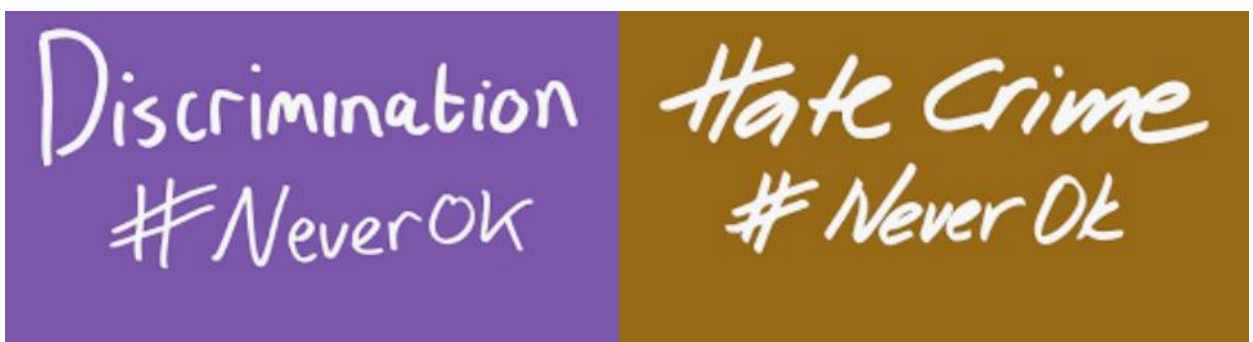
As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear.

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/>



start

Starting the day

with a clear head?

It's ok if you've tried drinking or drugs but it's important to understand when it's starting to affect your day to day.

If you're aged under 18 and concerned that your drinking or drug use is getting out of hand, no matter what advice or level of support you need Start young people's service can help.

For a quick and confidential step towards getting you back on track use the free text service on **www.hartlepool.gov.uk/start_yp** or scan the QR code below and a member of our team will get back to you.



Speak to us. Call 01429 285000

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 once a week over the Summer period for emergency contact.

safeguarding@ems.bhcet.org.uk



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