



Courage, Commitment, Compassion

KEEPING YOUNG PEOPLE SAFE – NEWSLETTER

We hope that you will find this newsletter useful in terms of signposting both parents and students to organisations that support families during these incredibly unusual circumstances.

Safeguarding concerns about the wellbeing of a child

During normal school hours (Monday-Friday 8.30am to 3:20pm) email the Designated Safeguarding Lead: knigha@bedalehighschool.org.uk

Outside of school hours: Ring the Multi Agency Screening Team (MAST) at North Yorkshire County Council – 01609 780780 or visit the North Yorkshire Safeguarding site – www.northyorks.gov.uk/safeguarding for more information.

To contact the Police: Ring the Police (101 – non-emergency or 999 - emergency)

Support for your Mental Health during the time of the school closure

Samaritans	Any time free from any phone 116 123 or email: jo@samaritians.org
Young Minds	Parent Helpline 0808 8025544 free for mobiles and landlines – Monday to Friday for concerns relating to child/ young person’s mental health up to the age of 25
Kooth	www.kooth.com free safe and anonymous support for 11-19 year olds online. Please see the video link for more information
Childline	Contact number 0800 11 11 link www.childline.org.uk
CAMHS	Children’s Adolescent Mental Health Service - single point of access for advice and support 0300 0134778
Mind	A charity specialising in Mental Health. Its website has links to support, information and advice – www.mind.org.uk
Compass Buzz	https://www.compass-uk.org/services/north-yorkshire-compass-buzz/ Telephone 01609 777662 – the answerphone message gives further details on alternative mobile phone numbers you can ring Email: SchoolMentalHealthProject@compass-uk.org
Official government advice	https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak
CEOP	Through CEOP you can report online sexual abuse or content. www.ceop.police.uk/safety-centre

Staying safe online

We would ask that our parents do the following to keep their children safe online during the period of the school closure.

- Monitor your child's phone use – there are a variety of parental controls apps out there that allow you to keep tabs on their online activity
- Find time to talk to them about what they are doing online
- Emphasise that if children come across anything online that makes them worried, scared or uncomfortable that they should share this with you and that this should be reported to CEOP (<https://www.ceop.police.uk/safety-centre/>). Anything illegal should be reported to 101
- Remind students about keeping their privacy settings high on social media and not accepting friend requests or messages from people they don't know
- Remind children to not give out personal information including their passwords
- Encourage children to spend time away from their phones each day to help them relax and avoid too much exposure to the news.

For more information about staying safe online please go to:

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://reportharmfulcontent.com>

Support for parents and carers to keep their children safe online includes:

[Internet matters](#) - for support for parents and carers to keep their children safe online

[London Grid for Learning](#) - for support for parents and carers to keep their children safe online

[Net-aware](#) - for support for parents and carers from the NSPCC

[Parent info](#) - for support for parents and carers to keep their children safe online

[Thinkuknow](#) - for advice from the National Crime Agency to stay safe online

[UK Safer Internet Centre](#) - advice for parents and carers

Domestic Abuse

Helpline and website information.

Domestic abuse can affect anyone

If you are concerned about yourself, a friend or family member, IDAS is here to help you

IDAS helpline: 03000 110 110

[idas.org.uk](https://www.idas.org.uk)



Charity number: 1102337

<https://www.idas.org.uk/our-services/>

<https://www.idas.org.uk/extra-live-chat-services/>

The North Yorkshire Safeguarding Children Partnership website also has lots of useful information.
www.safeguardingchildren.co.uk

Pastoral Support during the school closure

It is extremely important that we keep in touch with all our families on a weekly basis. Form Tutors will be emailing you every week to check in and see that things are ok. Please do respond with a brief reply to confirm you have seen the message. The Pastoral team will be contacting some of our families that we have been working with to check on the welfare of the children and to see if they require any support. Teaching Assistants are targeting support at students who are struggling with work and Teachers are checking in with students through SMH.

If you feel that your child needs some support from the Pastoral team then please get in touch with your child's form tutor or Head of Key Stage (Ms Bradbury KS3; Miss Temple KS4). You can also call the school reception during school hours and we will endeavour to get the appropriate person to call you back. 01677 422429 (Monday – Friday 8:45am to 3:20pm)

There is a lot of information here to support families during this unusual time. Please keep it to refer to as we make our way through the coming weeks.

I think the most important thing is to stay connected and communicate with school via your child's tutor and keep checking your emails and Facebook. Please do contact us if, as a school community, we can help in any way.

Take care of yourselves.

Alison Knight
Director of Access and Inclusion
Designated Safeguarding Lead
Bedale High School