



## Introducing the Safeguarding Team

Welcome to the first of our termly Safeguarding Newsletter for parents/carers.

I hope that this will give you some indication of current and local safeguarding issues and serve to reassure you that the safeguarding of all of our students is of the utmost priority.

Let me introduce you to the Safeguarding Team:



**Miss Julie Marsh**  
Assistant Headteacher  
**Designated Safeguarding Lead**



**Mr Dale McMorran**  
Deputy Headteacher  
Alternate DSL



**Mrs Becky Arnold**  
Deputy Headteacher  
Alternate DSL



**Mr Richard Smith**  
Assistant Headteacher – Head  
of Lincoln Hall  
Alternate DSL



**Mr Robyn Jones**  
Boarding House Parent –  
Cavell  
Alternate DSL



**Mr Grant Griffiths**  
Head of PSHE  
Alternate DSL



## Professional Curiosity

Professional curiosity is the capacity and communication skill to explore and understand what is happening within a family rather than making assumptions or accepting things at face value.

Curious professionals will spend time engaging with families. Professionals do not presume they know what is happening in the family home – they will ask questions and seek clarity if they are not certain.

## County Lines

Norfolk, like many other counties, has been affected by the influx of Drug Related Crime. Our young people are vulnerable to being recruited by these gangs as runners or gophers. This often starts as a friendship but soon the young people feel indebted to the gangs, not able to find a way out or tell adults about what is going on for fear of both being in trouble, but also reprisals by gang members. Many new recruits to gangs are not aware of the gang until it is too late.

For more advice on gangs please go to the Childline website:

[Childline's gang pages](#)

## Drugs and Alcohol – what parents need to know

Many young people in society smoke, drink alcohol and may try drugs. It is important that you are aware of this and do not ignore it as a time when they are just having fun or experimenting. It doesn't take much for young people to lose control.

By the age of 16, up to half of young people naturally have tried an illegal drug. Young people are trying drugs earlier and more are drinking alcohol.

Young people are being hospitalised more and more frequently, and at a younger age, because of alcohol-related liver disease.

Look for signs such as;

- unexplained moodiness
- behaviour that is 'out of character'
- loss of interest in school or friends
- unexplained loss of clothes or money
- stealing
- Unusual smells and items like silver foil, needle covers.

### Talk to Frank

Free confidential drugs information  
and advice line - 0800 776600.

### Unity (Norfolk)

0800 970 4866 or Text 07797

800966



## Sexting and Online Safety

“Show me yours and I’ll show you mine!” has moved online. Children and young people are more and more frequently sharing “nudes” online, via messenger apps, social media or other platforms.

ThinkUKNow have created a range of videos to help parents understand the issues of nude selfies. Their 4 online videos can be found at:

[ThinkUKNow Nude selfies](#)

## Protecting children from online abuse – a new BBC App – Own it!

A new app has been released by the **BBC** with the aim of **protecting children from online abuse**, including topics such as:

1. Considering how the use of certain words could be perceived by others
2. Deciding whether to share personal information on social media
3. Understanding how phone use late at night can affect well-being

To find out more about this app, please click on the link below:

<https://www.bbc.com/ownit/dont-panic>

‘Safer Internet Day’ will be on Tuesday 5th February 2019 - The Spring term newsletter will contain more information on this issue.

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW

**Calculator%**  
This app looks like a calculator but functions like a secret photo vault.

**Hot or Not**  
Strangers rate your profile. Goal is to lead to a hook up.

**Omegle**  
A free online chat website that promotes chatting anonymously to strangers.

**Burn Book**  
Post anonymous rumors about people through audio messages, texts, and photos.

**Yellow**  
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.

**Wishbone**  
An app that allows users to compare kids against each other and rate them on a scale.

**Whisper**  
An anonymous app where the creators promote sharing secrets and meeting new people.

**Kik**  
Messaging app. Kik has built in apps and web content that would be filtered on home computer.

**Ask.fm**  
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.

**Instagram**  
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM



## Understanding your Child

Solihull Families is a team of registered professionals within the National Health Service in the UK, working with practitioners and parents to develop new resources to support families. One of the courses is for parents of children aged between 6 months and 18 years: 'Understanding your child'. This was developed by child psychologists and specialist health and education professionals. This is the first online course for parents to be awarded the Government's CANparent Quality Mark.

If you were to buy these courses they would be £79 but by using the code below they are free.

On the next page are the details on how to register for the course:

1. Go to: <https://inourplace.co.uk/>
2. Click on 'Start now: buy courses or apply code'.
3. In the orange 'access code' box at the top, use the code JON70 to create an account and access courses for free.
4. You then have to put in some details to have an account: name, an e-mail address and a postcode.
5. Then you can confirm your account and off you go with the courses!

I hope you find this of use. There are also two other courses that are linked to postnatal and antenatal development which have been developed by midwives and health visitors.

### The anxious or worried child (Mentally Healthy Schools)

It's quite natural for children to worry and to be anxious at various stages of school and home life. Most children will learn how to manage their thoughts, feelings and emotions, but some may need extra support. This website is full of resources and is a good starting point for training and for working directly with children and families.

[https://www.mentallyhealthyschools.org.uk/mental-health-needs/the-anxious-or-worried-child?mc\\_cid=b3b268656b&mc\\_eid=6ac6f8a65d#](https://www.mentallyhealthyschools.org.uk/mental-health-needs/the-anxious-or-worried-child?mc_cid=b3b268656b&mc_eid=6ac6f8a65d#)

## Drugs Awareness Seminar

For parents/carers – Friday 25th January 2019.  
More information to follow after the Christmas break.