

SAFEGUARDING AND CHILD PROTECTION NEWSLETTER

SPRING TERM 2023

LATEST ADVICE FOR PARENTS AND CARERS

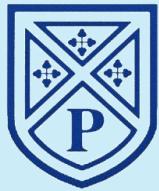
Dear Parents and Carers,

Welcome to our latest newsletter from the Parkside Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you. Unbelievably, the end of the Spring Term is upon us, and we hope that this issue will focus on ways to keep your children and families safe over the Easter period.

Thank you for your continued support in helping to keep our school community safe.
Wishing you all a safe and enjoyable Easter break.

Mrs. R Jenkin

Senior Deputy Head/Designated Safeguarding Lead



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HELP AND SUPPORT FOR FAMILIES OFFER (FORMERLY KNOWN AS THE EARLY HELP OFFER)

At Parkside Middle School we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case, please come and talk to us. There are many ways our school can help and support you and your family as outlined in our early help information (link below):

Help and Support for Families Offer 2022-23

[PMS-Help-and-Support-for-Families-Statement-2023-1.pdf \(parkside.worcs.sch.uk\)](#)

Should you have a safeguarding concern, please use the following contacts:

Designated Safeguarding Lead at Parkside Middle School: Mrs Rebecca Jenkin 01527 873660

Here2Help Worcestershire: [Here2Help | Worcestershire County Council](#)

Worcestershire County Council Worcestershire Children First:

<http://www.worcestershire.gov.uk/childrensocialcare>

Refer to Children's Social Care: [Refer to Children's Social Care | Worcestershire County Council](#)

The Family Front Door: 01905 822666 - to report a concern

NSPCC: 0808 800 5000 www.nspcc.org.uk

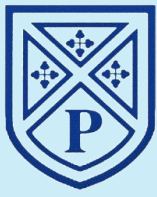
PARKING AT SCHOOL

Many concerns have been raised by pupils, staff, parents/carers and residents about parking inside and outside the school and surrounding streets. On several occasions you have been reminded to be considerate of where you park around the school. There are double yellow lines in specific areas outside the school and there should be no stopping or parking in any of these areas. Please show the children good examples by obeying all the rules.

Of great concern is the parking and driving on the service road that is to the side of the school next to the old Greenscope site. This is the main way that children filter in and out of school to access the gate from the public footpath. There are a limited number of parking spaces, and it is extremely dangerous when drivers try to double park or block the road, mount the kerb and reverse the whole length of the road.

If you use the school car park, please do not block other cars, park in the coach bays or block the gates. Please be considerate of drivers who have a blue disability badge as they should be given priority to park in the allocated disabled bays. Moreover, parking across residents' driveways is also not acceptable. In addition, it is a nuisance to the residents when impatient drivers press their car horns in attempts to get other cars to move on. Please remember that the school is located in a residential area. I appreciate the fact that it can be very difficult to park near the school, but parking in this inconsiderate manner puts our pupils at risk. Please allow yourself extra time to park away from the school and walk with your child. Please can we all take some personal responsibility and work together to ensure our school area is a safe place.

In conclusion, I do appreciate that most parents/carers walk or drive responsibly to school. Thank you for your good example and being an exemplary role model to the children.



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MOBILE PHONES

We are having an increase in the number of pupils using their mobile phones in school. I would like to take this opportunity to remind our school community of our expectations around mobile phone use:

Mobile phones are not permitted to be used in school. If seen or heard, they will be confiscated and returned at the end of the day on the first occasion. On a second occasion, a parent/carer will be asked to collect the phone. If a mobile phone is brought to school, it should be handed into reception for safe keeping at the start of the day and collected at the end of the school day. The school does not accept responsibility for any loss or damage to mobile phones (Positive Behaviour, Attitudes and Relationship Policy 2022).

We would be grateful for your support in helping our pupils to respect this rule. Should pupils need to contact a parent/carer during the school day, they should go to the school office where they will be assisted.

COST OF LIVING SUPPORT:

Contact your local Family Hub – Here2Help Worcestershire, to get help accessing all the support you might need as a family. You can also access the Worcestershire Virtual Family Hub here for further information. [Here2Help | Worcestershire County Council](#)

Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- Getting benefits or other financial support organised
- Accessing support for essential costs (food, bills, rent)

Visit the Citizens Advice's website or contact your local branch to book an appointment - 0808 278 7890 (Freephone Advice Service).

Local authorities have lots of different schemes that you might be eligible for, including:

The holiday activities and food programme – access to food and activities over the school holidays

[What you need to know about the Holiday Activities and Food \(HAF\) programme / Що ви маєте знати про Програму канікулярних заходів та харчування \(HAF\) - The Education Hub \(blog.gov.uk\)](#)

Help with transport to school

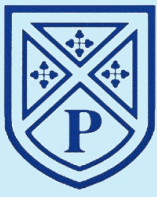
Transport - childlawadvice.org.uk

Local foodbanks

New Starts Home - [Home - NewStarts](#)

Catshill Foodbank - [CBC Foodbank - Catshill Baptist Church](#)

The Basement Project - [Food Bank - The Basement Project \(bromsgrovebasementproject.org.uk\)](http://bromsgrovebasementproject.org.uk)



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YOUNG CARERS

It is important schools understand:

- Who young carers are
- What caring involves
- The impact caring can have on education, including attainment and aspirations, health and wellbeing and bullying
- How to address young carers needs

With the correct support in place, the negative impacts of a caring role on the young person can be reduced. If your child, or a child you know, attends Parkside Middle School who is a young carer, please share this information with the school so that we can offer support.

HELP FOR PRISONERS FAMILIES

Supporting a child with a parent in prison might be something you never thought you would have to do. The situation may be complicated, and you may be navigating the criminal justice system for the first time. But when a child's parent goes to prison, it's important to talk to the child about what's happening. They might be confused, sense something is happening, or they might even have already found out some other way.

A useful resource can be found at:

[Help for prisoners families – Spurgeons](#)

SUPPORTING FOSTER CARERS AND ADOPTIVE PARENTS ONLINE - UK SAFER INTERNET CENTRE

In England there are just over four thousand foster carers and two and a half thousand adoptive parents. Their needs are specific and often differ from those of parents with biological children. Their backgrounds can be traumatic and the older they are, the more they likely remember from their often-difficult pasts and each memory and experience that's unconsciously present within the child involved will contribute to their inner trauma. This can sometimes make caring for such children and young people immensely challenging.

The UK Safer Internet Centre has published guides and resources to help those bringing up children and young people with these needs, in the online space. To find out more, please follow the link below:

<https://saferinternet.org.uk/guide-and-resource/foster-carers-and-adoptive-parents>

RAISING AWARENESS OF MALE DOMESTIC VIOLENCE - MANKIND

We often hear of the effect of violence in the home on children. It is often assumed, that when we reference violent homes, we are meaning homes where the male in the home is violent towards the female. Yet the reality is that men too can be affected by domestic violence, and in general are far less likely to come forward for help. The Mankind Initiative is a UK organisation, seeking to raise awareness of Female-to-Male domestic violence, with a view to helping more men get out of abusive relationships. The Mankind organisation was the first such organisation in the UK dating back to 2001 and they're still going strong.

To find out more, please follow the link below:

<http://www.mankind.org.uk/>



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NO MORE KNIVES OR COUNTY LINES – CHRISTINA GABBITAS

We recommend a very informative video on the subject of knife crime and county lines. The video is presented and written by Christina Gabbitas, an award-winning author whose works include 'Roo and Sarge to the Rescue' and 'Felicity Fly in the Garden'. Made an honorary member of the NSPCC, she uses her draw with primary aged children to bring awareness of knife crime and drugs to younger children. Her drive in doing this is a belief in early intervention being the key to better outcomes. In aid of this effort, she produced the illustrated story, 'No More Knives or County Lines', a work that has been praised by various police forces up and down the country. The video is just over twenty-five minutes long and an excellent watch.

To find the video please follow the link below:

<https://www.youtube.com/watch?v=Q2iQ34LO4Lc>

WELLBEING AND MENTAL HEALTH

Stem4 offers free apps to help children resist and manage their mental health. There are five apps available, free to download, that we recommend. They are child-friendly and signpost children to support and provide tips on ways to develop positive mental health.

www.calmharm.co.uk is the free app to help teenagers resist or manage the urge to self-harm.

www.clearfear.co.uk is the free app to help children and young people manage the symptoms of anxiety.

www.movemood.co.uk is the free app to help children manage low mood and depression.

www.combinedminds.co.uk is the free app to help families and friends provide mental health support

www.worthwarrior.co.uk is the free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties.

USEFUL CONTACTS TO SUPPORT CHILDREN AND YOUNG PEOPLE INCLUDE:

Anxiety UK www.anxietyuk.org.uk

Mind www.mind.org.uk

Shout is the UK's first 24/7 text service free on all major mobile networks, for anyone in crisis anytime, anywhere.

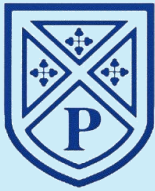
Text: 85258

www.giveusashout.org

Young Minds offer information for both parents/carers and young people on child and adolescent mental health.

Parents/Carer helpline: 0808 802 5544

www.youngminds.org.uk



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EMBRACE KIDS VIDEO - BODY IMAGE MOVEMENT

This video seeks to promote positive body imagery among young people, who are under so much pressure to conform to a standard image expected of them by their peers, and the 'social media community'.

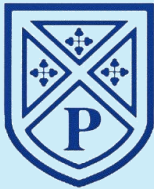
If you'd like to have a look at this inspiring piece of media, please follow the link below:

<https://www.youtube.com/watch?v=ld9MJi3aGMU&feature=youtu.be>

WHY NOT TRY A MOOD JOURNAL TO IMPROVE YOUR WELLBEING?

A mood journal lets you record how you're feeling and why. Or you can just write about what's happening. You can use the journal whenever you want to. If you keep using it, you'll be able to see a graph of how you're feeling. There are lots of ways to use a mood journal to cope or feel better:

1. Let your feelings out — Writing about how you're feeling can be a great way to express yourself
2. Learn about what makes you feel down or upset writing a little every day about what's happened to make you upset can help you to spot patterns and understand your feelings
3. Remind you of things to be proud of. Try writing down one thing you're glad about each day and record how you feel about it. Writing down when things go well as well, even really small things, can help to remind you of things to be proud of
4. Keep track of new things you try any time you try something new to cope or feel better, you can write down how you feel before and after.



ONLINE SAFETY

Safeguarding pupils is our top priority as a school and part of that includes supporting parents and carers to keep their children safe online. As a school we have invested in the National College Online Safety resources.

The resources include Parents/Carers courses (presented by Myleene Klass), online video resources and weekly guides, released every Wednesday, covering a vast range of topics, including:

Online Relationships	Online Gambling
Fake Profiles & Social Bots	Radicalisation, Terrorism & Extremism
Online Bullying	Age-Inappropriate Content
Online Grooming	Copyright & Ownership
Child Sexual Exploitation	Hacking
Sexual Harassment & Violence	Fake News
Sexting	Online Fraud
Live Streaming	Online Reputation
Online Identity	Personal Data
Screen Addiction	Pornography
Online Challenges	Targeted Adverts & Pop-Ups
Overspending	The Dark Web
Social Media Platforms	

To access these useful resources, you will need to create an account.

Click on <https://nationalcollege.com/enrol/parkside-middle-school> and complete your details. When you are set up, you will be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device - including via a smartphone app.

To download the app:

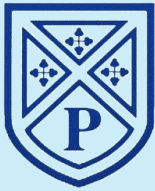
Search for 'National Online Safety' in the App Store/Google Play Store.

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Answers to frequently asked questions and customer service can be accessed at:

<https://helpdesk.thenationalcollege.co.uk/helpcentre>



ONLINE SAFETY

Online Protection Checklist for the Home - Internet Watch Foundation

It is of vital importance to protect children from the online sphere whilst in schools. The reality though, is that most dangers posed from this portal to the world's less conducive elements comes from inside the home. Out of the range of school filtering software, mandated software bans and other measures that can be taken in educational establishments. The Internet Watch Foundation has released a checklist to help mitigate the risks at home from the internet. This checklist covers all things related to child protection online at home. The eighteen-page document contains a wealth of information and ideas on how to reduce potential vulnerabilities once pupils have left the school premises.

To read this guidance please follow the link below:

<https://talk.iwf.org.uk/>

Safer Internet Broadcasting – UK Safer Internet Centre

In the modern world, many children and adults are seeing live streaming as a valid way of generating low start up income. The rise of YouTube, Twitch, Instagram, and other platforms have opened ways of making money that didn't exist before. Now users can get opinions, views, and advice across to people all over the world, simply from your computer or laptop. There is no minimum age to these kinds of activities and people that make a success of YouTube can be as young as primary age. However, this opens opportunities for those who prey on these channels of under aged people. They encourage them and ultimately try to gain their trust. The Safer Internet Centre has produced a page dedicated to mitigating harm for those engaging in these online activities.

To find out more please follow the link below:

<https://saferinternet.org.uk/online-issue/livestreaming-2>

COMMUNITY

The HUB Youth Group

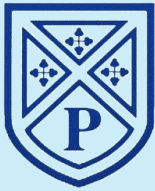
The Hub offers LGBT+ online support. Open for small invite group sessions/mentoring based at the Hub—New Road Bromsgrove. If you would like to chat to someone or if you are interested in attending one of the LGBT youth groups, please direct message the Hub. <https://youthhubbromsgrove.org/contact-2/>

Connect to others

When it comes to wellbeing, other people matter. Evidence shows that good relationships with family, friends and the wider community, are important for mental wellbeing. So taking the time to develop and enhance our relationships with those around us is important.

There are many ways to build stronger and closer relationships:

- Make an effort to spend quality time with your family each day.
- Arrange a day out with friends you haven't seen for a while.
- Switch off the TV tonight and play a game with the children, or just talk.
- Speak to someone new today.
- Have lunch with a colleague.
- Visit a friend or family member who needs support or company. Older people are particularly vulnerable to isolation and may benefit from Age UK's befriending service
- Join a local community group or club



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Potential Groups in Bromsgrove include:

- Groups held at the Starlight Community Centre and Cafe in Charford
- Bromsgrove Engagement and Equalities Forum
- Bromsgrove Arts Society

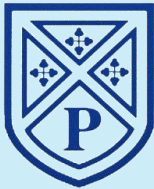
Potential groups in Redditch include:

- The Redditch Community Forum
- Batchley Support Group
- What's Your Point...

Groups across both areas include:

- Older People's Forum
- Woman's Institute
- Worcestershire Wildlife Trust
- University of the Third Age (U3A)

For further information about community groups in Redditch and Bromsgrove you could also contact [Bromsgrove and Redditch Network \(BARN\)](#) who hold a database of community groups in both areas.



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THC Vaping Parent/Guardian Resource

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention. This resource has been created to give information to support conversations with your child around THC vaping. You will read about THC vaping, the short term and long-term effects as well as the legalities to help you make the most informed decisions to keep your child safe and happy.

What is Vaping?

Vaping is the inhalation of vapor from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, propylene glycol and/or vegetable glycerine, and flavourings. Other liquids can be added to the vape.

What is THC Vaping?

The most common emerging trend amongst young people is to add THC oil to their vaping liquid. THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant. THC is the chemical that gives the 'high' effect and it is illegal in the UK.



How Do I Know My Child is Vaping?

Vaping tends to produce clouds of smoke that are scentless and disappear quickly, so it can be difficult to sense if your child is using a vape. Vaping is relatively new still, and little is known about the short-term effects, however it is generally thought that vaping is less harsh than smoking as it is generally tobacco free and has less chemicals than cigarettes, which is why it is a popular method for stopping smoking. The short-term effects of vaping can also vary depending on what is in the vaping liquid such as the nicotine content. However inhaling any substances is not entirely risk free. Below are some images of different styles of vape or e-cigarettes.



Short Term Effects of Vaping THC

How Do I Know My Child is Vaping THC?

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short term effects are listed on the right and can be signs your child has vaped THC oil.

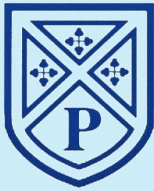


ATTENTION

- Blood shot eyes
- Dazed/dreamy demeanour
- Short term memory loss
- Faint/feeling sick
- The giggles
- The munchies
- Paranoia
- Anxiety



You can watch more about the short term effects on this [talktofrank](#) video.
[FRANK: Cannabis Side Effects - YouTube](#)



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Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking.

[Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The long-term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia

Mental Health

- Anxiety and paranoia
- Hallucinations

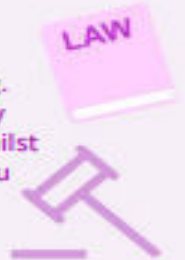
These can happen during use and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. Cannabis: the facts - NHS (www.nhs.uk)

Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. However, as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.



Will my child get into trouble for using THC Vapes?

Cannabis is an illegal Class B drug. There are consequences for the illegal possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.

To read more about the legality of cannabis please see the government website

[Drugs penalties – GOV.UK \(www.gov.uk\)](https://www.gov.uk). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk).

HELP



How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are national services to find more information and support for your child.

National

- Childline - 0800 1111
- Frank - talktofrank.com
 - 0300 123 6600
 - frank@talktofrank.com
 - text - 82111
- youngminds - [youngminds.org.uk](https://www.youngminds.org.uk)

- ADFAM - adfam.org.uk
- Samaritans - [samaritans.org](https://www.samaritans.org)
- The Childrens Society - [childrensociety.org.uk](https://www.childrensociety.org.uk)
- MIND - [mind.org.uk](https://www.mind.org.uk)
- CYPMHS - NHS mental health support
 - nhs.uk - search CYPMHS

