



Keeping our community safe: Safeguarding at Honywood School



Welcome to the April edition of our monthly safeguarding newsletter. Each month we provide an update containing reminders about how we approach safeguarding at Honywood as well as useful links to support families out of school - many links we share each month so they are easy to find for you. If you have a question about safeguarding our hope is that our monthly bulletins will be able to provide the answer or at least some signposting to where you may get the answer. This week it is national stalking awareness week.

Need to Talk, share a concern or ask a question?

Who can learners talk to at School?

- | | |
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| <ul style="list-style-type: none">• Learning Group Leader• Cohort Leaders• Pastoral Leaders• Class teachers• Learner Reception• Learning Support Assistants• Learner Wellbeing App on iPad | <ul style="list-style-type: none">• Senior Leadership Team• Mrs Nichols - Safeguarding Lead• Mrs Hickford - Deputy Safeguarding Lead• Mr Caygill - Deputy Safeguarding Lead• Mr Robertson - Attendance & Welfare Officer |
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Mrs Nichols



Mrs Hickford



Mr Caygill



Mr Robertson

Learner Information

Please refer to the Honywood Wellbeing app on your school iPad, link below
<https://sites.google.com/honywoodschool.com/learnerwellbeing/home>

If you need Wellbeing & Mental Health support out of school, please contact:

YOUNG MINDS - text YM to 85258, or <https://youngminds.org.uk/find-help>

Kooth - your online mental wellbeing community <https://www.kooth.com/>

Child and Adolescent Mental Health Service

0300 300 1600 to get in touch directly. For the out of hours crisis support, please call the general NELFT switchboard on **0800 953 0222**. and ask for the CAMHS Crisis Support Service

Childline 08001111

Weekly Bullying and Child on Child Abuse reporting form

All learners and parents receive a weekly email link and reminder that if they have any concerns about the behaviour of any learners in school that could be considered bullying and/or child on child abuse, they may report it using the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfs8npY9aDQcY3WsRttFcl5PB0NGPaBgKR4aRdtWdrHlogNWQ/viewform>

If you have any questions about the form before completing it please feel free to email me scaygill@honywoodschool.com. Similarly if you have any feedback regarding the structure/questions of this form please do share this too as the form could evolve over the coming weeks with any feedback shared.

Parents/Carers

For support and information please contact:

For information about support for children, young people and families please see the [Essex County Council website](#).

If you are a parent or carer, child or young person and you need support, you can phone 0345 603 7627 and ask for the Children's Line.

Useful General Policies

Safeguarding Policy

<https://www.honywoodschool.com/page/?title=SAFEGUARDING&pid=146>

KCSIE September 2022

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=318&type=pdf>

National Stalking Awareness Week

What is stalking?

Stalking is a pattern of repeated, unwanted behaviour that causes you to feel distressed or scared. Stalking is a criminal offence and carries a prison sentence. Anyone can be a victim. It causes victims to make changes to their lives such as stopping or changing the way they socialise, changing their routes to work or isolating themselves. This in turn can have substantial adverse effects on mental and physical health.

A stalker will have little or no regard for their victim and boundaries no longer exist. Although victims 'just want it to stop', the words 'no' and 'stop' become meaningless to the stalker and typically the stalking behaviour will escalate.

Stalking can happen with or without a fear of violence. This means that if you are receiving persistent unwanted contact that is causing you distress but the person has never threatened you, this is still stalking and is not acceptable.

Stalking can consist of any type of behaviour such as regularly sending flowers or gifts, making unwanted or malicious communication, damaging property and physical or sexual assault. If the behaviour is persistent and clearly unwanted, causing you fear, distress or anxiety then it is stalking and you should not have to live with it.

Who stalks?

When many people hear the word stalking they still think of a stranger lurking in the shadows or a delusional fan following a celebrity. Whilst these cover some stalking scenarios they are by no means the majority. About 45% of people are being stalked by ex-intimates (i.e. ex partners) and a further third have had some sort of prior acquaintance with their stalker.

Who is a typical victim of stalking?

Anyone can become a victim of stalking. A report produced by Dr. Lorraine Sheridan and Network for Surviving Stalking, in which 2,292 victims of stalking were surveyed, found that victims' ages ranged from 10 to 73, they were male and female, were spread across the entire socio-economic spectrum and a large proportion (38%) were professionals.

How long does stalking last?

There is no definite answer to this question. Dr. Lorraine Sheridan's report found that stalking could last anywhere from 1 month to 43 years. The average length of time was found to be between 6 months and 2 years. Dr. Sheridan also found that the duration of stalking tends to increase as the stalker's emotional investment in the relationship increases. This is one of the reasons ex-intimate stalking is often considered to be the most dangerous

Can stalking without violence cause harm?

Yes. The absence of violence in a stalking case doesn't mean the victim is unaffected. Stalking can cause severe psychological distress to a victim. Depression, anxiety, sleep disturbance, paranoia, agoraphobia and post-traumatic stress disorder are all common side effects of stalking.

Where to get help

If you need more information about stalking contact the [National Stalking Helpline](#). If you have been affected by stalking and domestic abuse and would like information and advice please contact [COMPASS](#), the single point of contact for local domestic abuse services in Essex.

In an emergency always call 999. You can also access the [SETDAB Stalking campaign material and resources](#).

Further Resources

Changing Pathways is an Essex based charity and they are committed to helping individuals live a life free from domestic abuse.

The stalking support team at Changing Pathways help both men and women aged 16 or above by using an empowering approach, assisting the survivor to address their immediate safety needs and setting them on a pathway to recovery based on their own personal experiences.

If you are spotting the signs of stalking please contact the trained professionals at Changing Pathways who will help and support you. They will talk you through any worries you may have, free and confidentially.

01268 729707

Useful Links

[Essex Police](#)

[Essex Police Fire and Crime Commissioner](#)

[Government Violence Against Women and Girls Home Page](#)

[Essex Safeguarding Children Board](#)

[Essex Safeguarding Adults Board](#)

General Mental Health Advice & Support for Parents

This May Help

<https://thismayhelp.me/>

This May Help is a website that has been created to support parents and carers with concerns about their child's mental health. The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

Young Minds

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

NHS Website

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

The NHS website has information on many different challenges faced by young people. Find advice and support for parents who have children or teenagers with mental health Problems.

Anna Freud

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Anna Freud Centre produced a series of expert podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

Self Harm/Suicide Advice & Support for Parents

Papyrus

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

Oxford health

https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available

Spending time with your teen - Advice for Parents

Ministry of Parenting

https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?_ga=2.80853471.917799071.1676377386-1296894209.1676377386

It can be difficult to find ways to give teens positive attention. Now that they've outgrown a lot of childhood activities, it may be more difficult to find family activities they are interested in. Here are 10 ways to create quality time to spend with your teen, even if it's just a few minutes each day.

Exam Stress Advice for Parents

Family Lives

<http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress>

Exam time can be very stressful for everyone in the family as your teen may be feeling anxious and under pressure, this 8-minute read talks you through some ways parents can support.

LGBTQ+ Advice for Parents

All Sorts Youth

<https://www.allsortsyouth.org.uk/what-we-do/faq-for-parents-carers>

Allsorts Family Support Service emerged in 2013 in response to the need for parents/carers of children and young people who are Lesbian, Gay, Bisexual, Transgender or exploring their sexual orientation and/or gender identity (LGBT+), to connect and provide each other with support, community and friendship. They also have a FAQs for Parents/Carers to help advice and gain understanding and insight.

ASD and ADHD Advice for Parents

You Tube series by Oxford Health:

<https://www.youtube.com/playlist?list=PLKw7kjGJdcXCiene7r3m8qYSN2T8Vxb1K>

This animated series is for parents of neurodiverse children and young people. The experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an animated story format to help parents of children with ADHD or autism manage common experiences they face at home.

Autism Anglia:

<https://www.autism-anglia.org.uk>

An independent charity that provides support to autistic children, adults and families in east Anglia.

SNAP

www.snapcharity.org

A voluntary organisation based in Brentwood offering support to parents and carers of children with any special need or disability

The Maze Group

www.themazegroup.co.uk

Based in Ipswich this support group offers courses to help parents understand their child's diagnosis and their additional needs

Bereavement Advice for Parents

Childhood bereavement network

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/bereaved-children-and-families/resources-families>

Resources that may help you or your family with a bereavement

Winstons Wish

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Winston's Wish offer a bereavement service by way of advice, guidance and bereavement support to children, young people, and families before and after the death of a parent, sibling or other important person. On their website you will find guidance on topics including, support for grief and loss.

Recommended Reading

Helping Your Anxious Child – Ronald Rapee

Breaking Free from OCD: A CBT Guide for Young People and Their Families – Jo Derisley

Parenting a Child with Emotional Behavioural Difficulties – Daniel Hughes

Depression: A Teen's Guide to Survive and Thrive – Jacqueline Toner Claire Freeland

<https://www.socialworkerstoolbox.com/parents-guide-youth-violence-knife-crime-gangs/>

https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf

Safeguarding Support Resources for Parents

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by post-16 learners and their parents in Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

Parent zone - County Lines:

<https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - Sleep Advice:

<https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line Family Support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Key Contacts in School

Please see the key contact list below to support you to address any concerns.

Leadership Team

Mr Saunders Headteacher

jsaunders@honywoodschoo.com

Mr Munro	Deputy Headteacher	jmunro@honywoodschoo.com
Mr Caygill	Deputy Headteacher	scaygill@honywoodschoo.com
Mrs Hickford	Deputy Headteacher	jhickford@honywoodschoo.com
Mrs Downes	Assistant Headteacher	pdownes@honywoodschoo.com
Mrs Bansropun	Assistant Head	abansropun@honywoodschoo.com
Mr Smith	Assistant Head	dsmith@honywoodschoo.com
Mr Williams	Assistant Head	jwilliams@honywoodschoo.com

Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	knichols@honywoodschoo.com
Mr Robertson	Attendance Concerns	crobertson@honywoodschoo.com
Mrs Loydall	Medical concerns	medical@honywoodschoo.com

Cohort Leaders

Cohort 7	Mrs Reece	ereece@honywoodschoo.com
Cohort 8	Mr Hall	shall@honywoodschoo.com
Cohort 9	Ms Ward	tward@honywoodschoo.com
Cohort 10	Ms Martin	amartin@honywoodschoo.com
Cohort 11	Mr Scott	dscott@honywoodschoo.com

SEND team

Mrs Vaughan	SENCO	cvaughan@honywoodschoo.com
Mr Wood	Deputy SENCO (Autism Hub)	mwood@honywoodschoo.com