



Keeping our community safe:

# Safeguarding at Honywood School



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Leicester forward Jamie Vardy (Image: Getty Images)

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## Premier League stars "causing concern" as health warning issued over impact of stimulant

Professional footballers, including Jamie Vardy, have been warned about the use of snus in the game with clubs even highlighting its negative health impact

Welcome to the February 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 month we are drawing your attention to the topic nicotine pouches.

### Who can learners talk to at School?

- Learning Group Leader
- Cohort Leaders
- Senior Leadership Team
- Mrs Nichols - Safeguarding Lead

- Pastoral Leaders
- Class teachers
- Learner Reception
- Learning Support Assistants
- [Learner Wellbeing App on iPad](#)

- Mr Smith - Deputy Safeguarding Lead
- Mrs Hickford - Deputy Safeguarding Lead
- Mr Caygill - Deputy Safeguarding Lead
- Mr Saunders - Headteacher



Mrs Nichols



Mr Smith



Mrs Hickford



Mr Caygill



Mr Saunders

## 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 [scaygill@honywoodschool.com](mailto: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 2024

<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=587&type=pdf>

## Nicotine Pouches (SNUS)

A recent [BBC article](#) reports an alarming rise in the sale of strong, illicit nicotine pouches in the UK, raising concerns about potential harm to young people. These pouches, often marketed in bright packaging and appealing flavors, are unregulated, making it easy for children to purchase them. Trading Standards teams have seized over 1,500 packets in the past year, noting a significant growth in illegal versions containing dangerously high levels of nicotine, sometimes claiming to be up to 150mg (much higher than a cigarette's 10-12mg).

Because they are new, specific regulations regarding advertising, strength, and age restrictions are lacking, falling only under general product safety regulations requiring English labeling and safety guidelines. Experts warn that these high nicotine levels can lead to overdosing, addiction, and various health issues like agitation, anxiety, and heart palpitations. While less harmful than smoking, they are still highly addictive and not recommended for non-smokers or teenagers. The article also highlights aggressive marketing tactics by tobacco companies targeting young people, reminiscent of past cigarette marketing strategies. The government acknowledges the problem and states they are increasing enforcement and that the upcoming Tobacco and Vapes Bill will address marketing to children.

[10,000 illicit tobacco products seized - Journal Of Trading Standards](#)

[Legislating to create a smokefree generation: LGA consultation response](#)

[Nicotine and Cardiovascular Health: When Poison is Addictive – a WHF Policy Brief - PMC](#)

[Tobacco and Vapes Bill 2024-25: Progress of the Bill - The House of Commons Library](#)

## What is SNUS?

A nicotine pouch is a small bag that contains the addictive chemical nicotine and some other ingredients. It doesn't have tobacco leaf in it. People who use nicotine pouches take them by mouth. They put one between their gum and lip for up to an hour. They don't smoke it or swallow it. Some companies that make nicotine pouches market them as a safer alternative to smoking and dipping.



Nicotine pouches are not considered to be medicinal products. They cannot be sold to minors, but that is not stopping young people getting hold of them, and they are not harm free. For all of us nicotine increases our heart rate and causes a surge of endorphins which can relieve stress and pain. It also stimulates the release of dopamine which creates feelings of pleasure and reward, but the feeling of reward is short lived, so people do more to get more, and so the cycle of use/addiction is established.

Nicotine is particularly harmful during adolescence when the brain is still developing. It can negatively impact the parts of the brain that control attention, learning, mood, and impulse control, but there are many other side effects associated with nicotine use, including:

- Dizziness
- Disturbed sleep
- Changes in blood flow
- Headaches
- Increased risk of blood clotting
- Increased blood pressure
- Shortness of breath
- Diarrhoea
- Joint pain
- Nicotine pouches can have additional side effects, including:
- Discolouration of the teeth
- Gum disease
- Oral cancer

In May, one mum told how her 15-year-old son was hospitalised after taking snus at his school in Treorchy, South Wales. She said: *“The children pop these sachets at the top of their mouth and it’s supposed to give them a head rush. My son stupidly took part in this craze and had an adverse reaction.”* *“He was violently sick, eyes rolling, couldn’t hold his head upright... along with losing feeling in his arms and legs.*

Experts say snus is highly addictive – and has links to head and neck cancer, receding gums and burn-like mouth lesions.



Below is a useful article discussing the rise of school-aged children getting hooked on non-smoking nicotine products. The link to the article is here:

<https://www.mirror.co.uk/news/uk-news/schoolkids-getting-hooked-non-smoking-25284061>

The piece highlights this concerning trend, and it's crucial for parents to be aware of what's happening. Here's a brief summary of the key points:

**Non-Smoking Nicotine Products:** The article discusses the increasing popularity of non-smoking nicotine products among school-aged children. These products, often marketed as alternatives to traditional smoking, pose unique challenges and risks.

**Addiction Concerns:** There is growing evidence that some of these non-smoking nicotine products are leading to addiction among young users. It's essential for parents to be aware of the signs of addiction and to engage in open conversations with their children about the risks associated with these products.

**Parental Vigilance:** As parents, it's crucial to stay vigilant and informed about the products our children may encounter. Understanding the landscape of non-smoking nicotine alternatives allows us to better guide and protect our children.

**Open Communication:** Establishing open lines of communication with your child is key. Encourage them to share their experiences, concerns, or any peer pressure they might be facing. Being approachable allows you to address issues before they escalate.

We encourage you to read the full article for a more in-depth understanding. As parents, being informed is our first line of defence. If you have any concerns or questions, don't hesitate to reach out to us or other relevant resources.

Links:

- <https://teentips.co.uk/news/have-you-heard-of-nicotine-pouches-are-they-the-latest-teen-cr-aze-by-alicia-drummond-founder-of-teen-tips-the-wellbeing-hub/>
- <https://www.medicalnewstoday.com/articles/240820#side-effects>
- <https://www.thinkglobalhealth.org/article/nicotine-pouch-use-rise>
- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)
- <https://www.webmd.com/smoking-cessation/nicotine-pouches>
- <https://www.nebraskamed.com/cancer/lung/quit-smoking/are-nicotine-pouches-safer>

## Mental Health Support Resources for Parents

**Exam Stress.** The following link covers a wide-range of tips to keep students mentally healthy.

**Supporting Your Child during Exam Time (Young Minds)**

[Exam Time & Exam Stress | Parents Guide To Support](#)

**Young Minds** <https://youngminds.org.uk/>

**MindEd** is a free educational resource on children and young people's mental health for all adults:

<https://www.minded.org.uk/>

Safe and reliable advice about young people's mental health, created by experts and parents together: <https://www.mindedforfamilies.org.uk/young-people>

**NHS** Mental Health Charities directory: [Mental health charities and organisations](#)

**Parent zone** - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

**Headstogether** - Changing the conversation on mental health:

<https://www.headstogether.org.uk>

**The Mix** - Essential support for under 25s: <https://www.themix.org.uk/>

## 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](http://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](http://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](https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf)

## 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](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](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.

## 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.

<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 Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Caygill	Deputy Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Hickford	Deputy Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mrs Bansropun	Assistant Head	<a href="mailto:abansropun@honywoodschoo.com">abansropun@honywoodschoo.com</a>
Mr Smith	Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	Assistant Head	<a href="mailto:jwilliams@honywoodschoo.com">jwilliams@honywoodschoo.com</a>
Mr Gribben	Associate Assistant Head	<a href="mailto:tgribben@honywoodschoo.com">tgribben@honywoodschoo.com</a>
Mr Scott	Associate Assistant Head	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>

### Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	<a href="mailto:knichols@honywoodschoo.com">knichols@honywoodschoo.com</a>
Mr Smith	Safeguarding Officer	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Scott	Attendance Concerns	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>
Mrs Loydall	Medical concerns	<a href="mailto:medical@honywoodschoo.com">medical@honywoodschoo.com</a>

### Cohort Leaders

Cohort 7	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 8	Mrs Borella	<a href="mailto:lborella@honywoodschoo.com">lborella@honywoodschoo.com</a>
Cohort 9	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>
Cohort 10	Mr Briggs	<a href="mailto:dbriggs@honywoodschoo.com">dbriggs@honywoodschoo.com</a>
Cohort 11	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>

### SEND team

Mrs Vaughan	SENCO	<a href="mailto:cvaughan@honywoodschoo.com">cvaughan@honywoodschoo.com</a>
Mr Wood	Deputy SENCO (Autism Hub)	<a href="mailto:mwood@honywoodschoo.com">mwood@honywoodschoo.com</a>