



# S A F E G U A R D I N G

## Newsletter

### Autumn 2024

Page	Title	Summary of key points
2	Introduction	<ul style="list-style-type: none"> <li>• Meet safeguarding team</li> <li>• How to contact us</li> </ul>
3	Young Carers	<ul style="list-style-type: none"> <li>• What is it?</li> <li>• What support is available</li> </ul>
3	Safer School Digital App	Depending on the age of the user it has a number of different pins: <ul style="list-style-type: none"> <li>• for a parent or carer is 7675.</li> <li>• for KS3 students is 3447.</li> <li>• for KS4 students is 4898.</li> <li>• for KS5 students it is 1544.</li> </ul>
4	On Going Support	<ul style="list-style-type: none"> <li>• Mind</li> <li>• BCCS - <a href="#">newsletter</a></li> <li>• ACL Essex <a href="#">Community &amp; Family Learning - ACL Essex</a></li> </ul>
5	Criminal Exploitation	<ul style="list-style-type: none"> <li>• <a href="#">Essex Police leaflet</a></li> </ul>
5	Kooth	<ul style="list-style-type: none"> <li>• Managing Anxiety for parents via <a href="#">This link</a></li> </ul>
5	Little Edi Foundation	<ul style="list-style-type: none"> <li>• <a href="https://www.littleedi.co.uk/">https://www.littleedi.co.uk/</a></li> <li>• Support with food parcels etc</li> </ul>
5	Young People and Knives	<ul style="list-style-type: none"> <li>• <a href="#">Essex Police leaflet</a></li> </ul>
6	Families in need	<ul style="list-style-type: none"> <li>• School Pantry</li> <li>• Second Hand Uniform</li> <li>• Parent Advice <a href="#">Parent Talk - Support for Parents from Action For Children</a></li> <li>• Website information <a href="#">Safeguarding Resources   Mayflower (mayflowerhigh.essex.sch.uk)</a></li> </ul>
7	Essex Child & Family Wellbeing Service	<ul style="list-style-type: none"> <li>• School Health Drop in Clinic, no appointment necessary</li> </ul>
8 - 10	Community Services which provide support	<ul style="list-style-type: none"> <li>• <a href="http://www.billericayparentsforum.wordpress.com">www.billericayparentsforum.wordpress.com</a></li> <li>• <a href="#">Shout: the UK's free, confidential and 24/7 mental health text service for crisis support   Shout 85258 (giveusashout.org)</a></li> <li>• <a href="https://www.pegssupport.co.uk/">https://www.pegssupport.co.uk/</a></li> <li>• <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></li> <li>• <a href="http://www.essexfamilywellbeing.co.uk/">http://www.essexfamilywellbeing.co.uk/</a></li> <li>• <a href="http://www.familylives.org.uk/">http://www.familylives.org.uk/</a></li> <li>• <a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a></li> <li>• <a href="https://www.youngminds.org.uk/parent/parents-helpline/">https://www.youngminds.org.uk/parent/parents-helpline/</a></li> <li>• <a href="#">Home - Kooth</a></li> </ul>

# SAFEGUARDING Newsletter

Welcome to the Autumn Safeguarding Newsletter

Academic Year 2023 / 2024



Mrs V Gray

Assistant Headteacher

Designated Safeguarding Lead (DSL).



Miss Z Baines

Safeguarding Officer

Deputy Safeguarding Lead (DDSL)

## Meet some of the team:



Mrs M Ragon

Attendance Officer



Miss J Miles

Young Carer Coordinators



Mrs G Craske

Young Carer Coordinators

This newsletter will regularly be issued to update you and give you information about Safeguarding topics. If you require any further information then we are always happy to discuss this with you. There are several ways to communicate with us.

- The [Tell Us](#) button on the website
- Email us using the following address [safeguarding@mayflowerhigh.essex.sch.uk](mailto:safeguarding@mayflowerhigh.essex.sch.uk)
- Call the school on 01277 623171 and ask to speak to the safeguarding team

There is also information and resources under the Safeguarding tab on the Mayflower website.

Please note, if it is an urgent request, where there is immediate risk of serious harm to a child, please contact the police on 999 or 101 or call the Children's and Family Hub on 0345 603 7627



## Young Carers

A young carer is someone who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. This person could be a parent, grandparent, brother, or sister.

Many young people don't see themselves as carers and may not realise there is practical and emotional support available in Essex. A young carer includes anyone under the age of 18 who:

- cares for a family member, because of illness, disability or old age
- helps someone with bathing or dressing, going to the toilet or getting into/out of bed
- needs to cook for your family
- looks after money or organise the family budget
- helps anyone to take medication regularly
- collects prescriptions or benefits on behalf of someone else or go shopping for the family
- looks after brothers or sisters, by taking them to school, doing their laundry, or cooking their meals
- takes care of housework, such as dusting, hoovering, washing or ironing
- speaks on behalf of someone who has difficulty speaking or communicating for themselves
- translates or interpret for someone at home

As a young carer, students miss out on the opportunities to spend time with their friends and classmates and feel isolated. This is predominantly because

- they do not have as much free time as them
- they are often thinking about the person they look after
- they may be concerned about bullying
- Attendance at school for young carers is often complex. They feel a responsibility to help and support but this means they miss out on social time.

We have a dedicated team who are here to help support anyone who fits into this category. Just sharing experiences and getting support can be invaluable to the child being able to manage the situation.

If you believe your child or someone you know may be a young carer, please get in touch with us.

## Safer Schools Digital App

The "Safer schools" App is designed to support and protect children when going online. It has the most up to date information when it comes to online safety, gaming and mental health issues. Whether you are a parent or carer the information could help support you and your child when going online. The app has features to listen to the text, complete surveys and have notification to tips, advice and guidance on how to ensure your child is being safe.

To download the app, go to your app store and search for "Safer Schools". It is free to download. When you have logged in, enable push notifications and receive alerts to keep up to date. Each week there is a new 60 second video with information about social media in the news and current trends.

Depending on the age of the user it has a number of different pins:

- for a parent or carer is 7675.
- for KS3 students is 3447.
- for KS4 students is 4898.
- for KS5 students it is 1544.

# SAFEGUARDING Newsletter

## On going support

In addition to the high level of pastoral care that all students receive at Mayflower, we also have access to extra services for more specific needs. These include;

- Counselling sessions with Sue from Working for Children
- Counselling sessions with Joanne and Sindy from Soul Counselling
- Sessions with Mike, a Life Coach from the Michael Barnards' Charity
- Support to Thrive Programme with Billie from Basildon Mind



## Support to Thrive

Digital wellbeing support for students aged 11-16

### This includes:

A exciting opportunity to engage in one to one 6-8 weeks of wellbeing support.

Wellbeing sessions can be provided during school hours supported with staff or after school with the co-operation of Parents/Caregivers.

Using the 5 Ways to Wellbeing:

*Connect, Be Active, Take Notice, Learn and Give.*



### Our aims



Helping students understand how thoughts and feelings affect behaviour.

Building positive relationships and support networks.

Increasing self-esteem and confidence.

Learning life skills to deal with challenging events.

Improving awareness and management of wellbeing

## BCCS

This is an amazing charity who provided an immense amount of support to us in the past year.

[Here is their recent newsletter](#) which offers a lot of advice and support. If you have any questions please do not hesitate to contact us.



## ACL Essex

Did you know, **ACL Essex** has a wide range of parenting courses, some are face to face, some are virtual, some are one off and some are a series. They are all FREE.

Subjects include;

- SEND support for families
- Positive Parenting
- Family Well Being
- Understanding Teens.

ACL will also collaborate with you to provide bespoke courses where you have a cohort of parents.

For further information

[Community & Family Learning - ACL Essex](#)

# SAFEGUARDING Newsletter

## **Criminal Exploitation**

[This leaflet](#) contains information to parents regarding signs of criminal exploitation. This is a prevalent topic at the moment and parents need to recognise the early signs to best safeguard all children. If you have any concerns the safeguarding team are always here to assist, please contact them using the above details



## **Kooth**

Their free learning programme of live webinars offers valuable insights for education professionals, parents, and students. They help ease the pressure by providing practical guidance on key mental health topics.

## **Managing Anxiety**

This month they are running webinars which offer practical support strategies for you, parents and students about managing anxiety. As a school we have many systems set up to assist with this. As a parent I understand that it can be difficult to manage this situation. The KoothTalks webinar 'Helping your child manage anxiety' is targeted for parents and an excellent resource. [This link](#) gives you the opportunity to book on to these sessions or receive the recordings.

## **The little Edi Foundation**

These are a very small local charity who supply food parcels and support for vulnerable children and their families in the local area via their food bank. Please contact us if you would like further information.

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

## **Young People and Knives**

This can be a very difficult and complex topic. Essex Police have put this information together to assist all parents. We all hope that children are aware of the risks but ensuring that you have open communication at home and that you are abreast of all the facts can make all the difference. We have attached the [leaflet here for information](#)



# SAFEGUARDING Newsletter

## Families in Need

- School Pantry

The Mayflower Pantry is a student led initiative which aims to provide necessities to students and their families.

Through the pantry students can access toiletries (including sanitary products), stationary and food. Should you wish to request individual items or a toiletry or food pack please contact the Pastoral Team (Year Managers) or Safeguarding Team. Students may also speak to these teams themselves should they wish.

If you would prefer, you may also use the Tell Us button on the school website and a bag can be left at reception for collection or delivered to your home discreetly.

If you wish to donate to the pantry, especially as we get close to Christmas then please direct donations to Miss Baines via the main office. These donations and your kindness are very much appreciated.

- Second Hand Uniform

The PTFA has many items available for families who require them. Please contact [mhsptfa@gmail.com](mailto:mhsptfa@gmail.com)

if you would like to purchase any items.

- Sometimes as parents it can be difficult to know where to turn for advice and guidance. Action for children has a [supportive website](#) with useful information on. They also have a 1-1 chat function where you are able to get advice and support.

- Website information

We try to ensure that students have regular updates on any services or advice. This is placed regularly on the google classroom pastoral pages. Our website also has updated items to support your families. If you require any help then please refer to [Safeguarding Resources | Mayflower](#) ([mayflowerhigh.essex.sch.uk](http://mayflowerhigh.essex.sch.uk)) in the first instance or contact the safeguarding team on the email address on the first page.









## Pre-Loved Uniform Collection

THE MAYFLOWER HIGH SCHOOL PTFA  
ARE CURRENTLY COLLECTING THE  
FOLLOWING ITEMS:

- Blazers (logo and non-logo)
- Ties
- Trousers
- Shirts/Blouses
- Skirts (logo)
- Black V-Neck Jumpers
- Black Shoes
- Trainers
- Football Boots & Running Spikes
- P.E Polo Shirts & Sweatshirts
- P.E Rugby Shirts
- Black P.E Shorts/Trousers
- School Bags/P.E Bags
- GCSE/A-Level Text Books/Revision Guides

DROP OFF POINTS:

13 Raven Close, CM12 0JE  
23 Norsey View Drive, CM12 0QR  
67 Upland Road, CM12 0JS

Please ensure your donations have been laundered or cleaned before donating, and remove your child's name.

Saving the Earth ...



... not costing the Earth



## Essex Child & Family Wellbeing Service School Health Drop in Clinic



### **We can help with:**

- Growth/ dietary concerns
- Continence advice (day/night wetting)
- Sleep advice
- Behaviour concerns
- General health and development

**No appointment necessary**

### **Sunnyside Children's Centre**

**Rosebay Avenue**

**Billericay**

**CM120NP**

**Parents 9am-10am**

**Children & Young people 330-430**

**21/11/24**

**5/12/24**

**19/12/24**



## **SERVICES THAT PROVIDE SUPPORT**

### **Parenting Advice**

Sometimes as parents it can be difficult to know where to turn for advice and guidance. Action for Children has a [supportive website](#) with useful information on. They also have a 1-1 chat function where you are able to get advice and support.

### **The Billericay Parent Forum**

The Billericay Parents Forum is a registered charity that offers support to local families. The organisation is run solely by parents, but works in close partnership with local schools, health and other professionals and many other organisations in the area.

Tel: 01277 633910 Email: [info@billericayparents.com](mailto:info@billericayparents.com)

Website: [www.billericayparentsforum.wordpress.com](http://www.billericayparentsforum.wordpress.com)

### **Shout (in partnership with Place2Be)**

Any young person struggling to cope can text CONNECT to 85258 for free, 24 hours a day. Shout's trained volunteers are there to listen and support young people (and adults) to get to a calmer and safe place. Texts are confidential and will not show up on your phone bill

[Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveusashout.org\)](#)

### **ThinkNinja (age 10-18)**

ThinkNinja is a mental health app designed for 10-18 year-olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well

[https://play.google.com/store/apps/details?id=com.thinkninja&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.thinkninja&hl=en_GB&gl=US)

### **Child to parent abuse**

It is believed that up to 10% of parents are victims of child to parent abuse. Some parents may not recognise what is happening to them is abuse, but the behaviours they are experiencing are abuse and they are not okay. For more information and support please follow the following link:

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





### **Home start Essex**

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally. Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most.

Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our support includes: • Home-Visiting • Telephone Support • Family Groups • Nursery/School Readiness • Wellbeing Groups

Home-Start Essex Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3st

Tel: 01245 847410 Email: [info@homestartessex.org.uk](mailto:info@homestartessex.org.uk) Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

### **Essex Child and Family Wellbeing Service**

<http://www.essexfamilywellbeing.co.uk/>

### **Family Lives**

Leading Charity providing a range of free services to support families including a 24/7 helpline. Contact us about all aspects of family life including all stages of a child development, issues with school, parenting and relationship support. Group and individual support available

Helpline: 0808 8002222

Essex Office: 01702 554782

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

### **Young Minds**

Young minds are there to support with information regarding young people. Whether it is that you are a young person, a parent or someone who works with children this site can be extremely helpful

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](http://www.YoungMinds.org.uk)

Young minds also offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to them over the phone or online. Their service is free and confidential.

- Over the phone, they can provide detailed information and advice about your child or young person's mental health. They can also offer you emotional support and direct you to other services that may be able to help. The phone service is confidential. You can call the Parents Helpline for free on [0808 802 5544](tel:08088025544), Monday to Friday, from 9.30am to 4pm
- To chat to them online, click on [this link](#) and then click on the chat icon in the bottom right hand corner of the screen. They are open Monday to Friday, from 9:30am to 4pm.



### **Kooth**

Kooth is an online counselling service which also has a range of coping skills and techniques

[Home - Kooth](#)

### **The little Edi Foundation**

We are a very small local charity who supply food parcels and support for vulnerable children and their families in the local area via our food bank.

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