

TIBSHELF COMMUNITY SCHOOL SAFEGUARDING NEWSLETTER



Welcome to our fourth Safeguarding Briefing of 2022/23

The purpose of our Safeguarding Briefings is to provide you with information about safeguarding issues that may affect your child(ren) and to bring you the latest hints and tips to keep your child(ren) safe.

We are committed to working with all our parents/carers and students, to actively promote the safeguarding and welfare of all our students.

There is lots of information relating to safeguarding on our website should you wish to explore certain safeguarding themes in more detail. I hope you find this briefing informative, if you have any questions, please do not hesitate to get in touch with the Safeguarding Team here at Tibshelf Community School.

Your safeguarding team are:

Louise crowder, Assistant Headteacher, designated safeguarding lead and senior mental health lead

Joy Riley, intervention and safeguarding team manager, deputy designated safeguarding lead

Emma Dunn, Eunice Sinfield, Hollie Stanhope and Jo Marshall

Content



- Screen time
- Mental health and Well-being
- Andrew Tate
- Anti-Social Behaviour
- Water Safety
- Sun Safety
- Oral Health
- Thr1ve SPYP
- Kids eat free or for £1
- Food Bank and Uniform Swap Shop
- Junction Arts Workshops



Your child's screen time

With the news of our school turning into a 'no phone school', we wanted to help give you some guidance and support to help with monitoring and being aware of what to look out for when your children are using their devices and going online or using social media.

What's the problem?

Spending time online and on devices can be a positive thing. But high levels of screen time can put your child more at risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise

4 steps you can take to protect your child

1) Set parental controls on devices

Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long they can spend on the device.

You'll likely need to set a password. Make sure it's different from the password used to access the device, and that your child doesn't know it.

Parental controls are usually located under 'Settings'. See below for more detailed instructions for different devices.

2) Agree rules on screen time

There are mixed views on 'safe' screen time, but you could agree some limits to stop screen time interfering with your child's sleep or family activities:

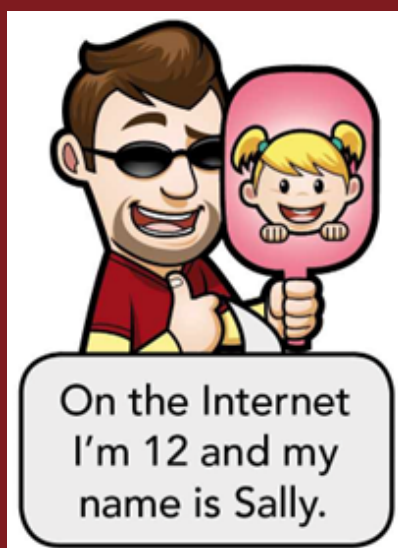
Make a plan together and stick to it. You could set media-free times and zones, like during meals or in bedrooms

Try to avoid screens an hour before bedtime

Model the behaviour you want to see – which may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example

Try to minimise snacking during screen time

Turn not using screens into a game, using apps like [Forest](#), where not using devices is rewarded



3) Talk to your child about staying safe online

Tell them:

- To be aware that anyone can pretend to be a child online
- If they talk to people they don't know, not to give away personal information – like what street they live on or where they go to school, or to share their location with them. To say no to any requests, they get for images or videos, and stop talking to the other person if they are asked for these things
- To set their profiles to private, to limit what others can see
- To be 'share aware' – think carefully about what they share and with whom. Once it's out there, they've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop
- If they see something that upsets them, or someone bullies them, to tell an adult they trust

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: [Teaching Your Child about Internet & Online Safety | NSPCC](#)

Social media can be used for sending messages, sharing pictures and for video and audio chat with people around the world. It's hard to know who they may be chatting with and it's important to make our children aware of the dangers on social media. A parent's guide to social media: [A Parent's Guide to Social Media | Skips Safety Net \(skipseducational.org\)](#)

Sexting is the sending of an indecent image that can lead to online bullying, grooming and emotional stress. It's vital that we speak to children and make them aware of the consequences of sending an image to someone whether they know the person or not. If a child over the age of 10 and has sent an indecent image of someone under the age of 18 this is a criminal offence! The police may become involved, and the child could receive a criminal record and be placed on the Sex offenders Register.

Here is a link of what you can do to help keep your child safe: [A Parent's Guide to Sharing Pictures | Skips Safety Net \(skipseducational.org\)](#)

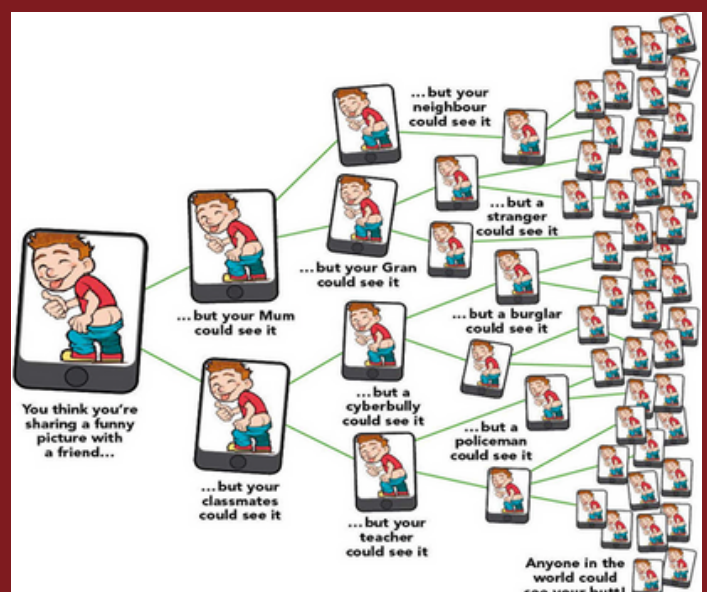
4) Encourage off-screen activities

Help your child get active for the recommended 60 minutes a day:

See [Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](#) for free ideas for activities and games

Try an app that's designed to get children active – see the examples at [Apps to help kids get active | Internet Matters](#)

Attached is a site with a guide for parents and carers on how to keep children safe online: [Skips Safety Net \(skipseducational.org\)](#)



Mental Health and Well-being

Here are some links for useful sites that children are able to access on their phones or smart devices for support over the summer holidays. These sites are all regulated to use and a safe and anonymous place. These services help children to feel safe and confident in exploring their concerns and seeking for help and support.

Kooth- Kooth offers emotional and mental health support for children and young people ages 11-18 years old. They have qualified counsellors online seven days a week to provide young people using the service online counselling, through a chat-based messaging via drop-in or booked in sessions.



Chat Health



Chat Health- Chat health is a discrete messaging service where someone will contact you within 24 working hours. The service is open Monday- Friday between 9am and 5pm. It is for children ages 11-19 years old who live within Derbyshire and you can message them on 07507330025. The service is made up of qualified school nurses and health visitors who can support young people on issues that include:

- Sexual health
- Relationships
- Emotional health
- Drug and alcohol use
- Physical health

Our safeguarding team will be on hand through the summer holidays and can be contacted be email on intervention@tibshelf.derbyshire.sch.uk if you have any safeguarding concerns.

Andrew Tate

You may have seen this name pop up in the news, or you may have heard about him from your children.

Who is Andrew Tate?

- Social media influencer with over 5 million followers on Twitter
- Former professional kickboxer
- Previous Big Brother contestant

Why is he in the news?

In 2022, Andrew Tate was banned from YouTube, Facebook, Instagram and TikTok due to his controversial and misogynistic (hatred and discrimination against women) posts.

In December 2022, he was arrested in Romania along with his brother on suspicion of human trafficking, organised crime group to sexually exploit women and rape.

He is currently under house arrest in Romania for another 30 days after a court hearing in Burcharest on Friday 23rd June where he has been charged.

How does this affect our children?

Andrew Tate, sometimes referred to as the 'king of misogyny', is a famous and influential figure on social media, even after being banned. He draws a lot of attention to his extreme wealth, luxury lifestyle and possessions, such as his expensive cars.

Children may still see his content (as other people can still share his posts) and may believe that acting and thinking like he does will lead to fame, fortune and success.

He promotes ideas such as:

- Men are more important and more powerful than women
- Violence against woman is okay
- Men shouldn't show emotion

He has said things like:

- "I think the women belong to the man"
- "[Women are] intrinsically lazy"
- "[There is] no such thing as an independent female"
- "Depression isn't real"
- "The hallmark of a real man is controlling himself, controlling his emotions, and acting appropriately regardless of how he feels"

We know children are talking about Andrew Tate, and boys in particular are being influenced and 'groomed' by his views, with concerns that his power and influence could lead to radicalisation and violence against women. Girls are also in danger of accepting that what he says about women is true (i.e. that they're worth less than men).

What can you do as parents?

We are talking about topics raised by Andrew Tate in school.

However, children are less likely to listen to influencers such as Andrew Tate if they are having similar conversations reinforced at home.

We recommend you:

1. **Read recent news articles** about Andrew Tate.
2. **Ask your child what they're getting up to online** – show genuine interest, don't judge them or tell them what they should and shouldn't be doing. Children are more likely to share if they feel you're interested, rather than trying to check up on them.
3. **Have open discussions about Andrew Tate** – don't tell your child how to think, but question their thinking and understanding. Ask if they believe what Andrew Tate says, for example his comments that women "belong" to men, and how that might make the women in their lives feel, or they themselves feel.
4. **Be role models** – encourage your child to be open with their emotions. Teach them that it's okay to cry if you're sad. Show respect for women and girls, and encourage your child to model this behaviour.

Anti Social Behaviour

It's summer, temperatures are very pleasant, and we are getting towards the end of the school year. Students are getting ready for the 6-week holiday. We need to ensure that our student's idea of fun whilst out of school is what society expects of them.

Recognising the importance of linking children's learning at school and among peers to their life at home, it is recommended you speak to your son/daughter about their safety and behaviour when out with friends. This is also an opportunity to set boundaries and give reassurance that they can speak to you if they ever find themselves affected by any issues or concerns. Children can be victims of anti-social behaviour too.

What is Anti-Social Behaviour (ASB)?

What is Anti-Social Behaviour (ASB)?

Anti-social behaviour is an incident that falls short of a crime, where the behaviour and actions of an individual or group causes, or is likely to:

- Cause harassment, alarm or distress to any person of another household
- Cause a person to feel personally threatened
- Cause a public nuisance or detrimental impact upon the environment
- Cause a detrimental effect upon the quality of life of an individual or the community as a whole.

What is the Law?

Anti-social Behaviour is not a crime in itself, the acts and behaviours within incidents of ASB can amount to offences and would be dealt with accordingly. The Police have various powers and laws to assist them to tackle ASB and keep communities safe; in addition to fines and court sanctions, other outcomes include:

- Community Resolutions
- Community Protection Notice (CPN)
- Public Space Protection Order (PSPO)
- Local authorities and social landlords also have powers to deal with anti-social behaviour. These include issuing CPNs, PSPOs and evicting tenants whose children, or themselves, are responsible for causing ASB.



What can I do as a parent?

Young people often feel they are blamed as the main cause of anti-social behaviour; the stereotype arises largely from the fact that groups of young people often hang out on the streets. Certain behaviour, which is not always intended to cause nuisance, can be perceived by people in the community as ASB when it has an impact on their everyday lives.

It is recommended you have talk to your child about ASB when the time comes that you let them venture out without you, in just the same way you would talk to them about staying safe. Explain how their behaviour will affect others and how it can be perceived, encouraging them to be mindful and considerate. It is also important to make them aware of the consequences for them and the family if they became involved in causing ASB.

Before they go out, ask them:

- What they are planning to do?
- Where they are going?
- Who they are going with?
- What time, and how they will be getting home?

Tell them:

- To think about what they are doing
- Not to cause distress or annoyance to others
- Not to cause damage to property
- Not to put themselves or others in danger

Access to Alcohol:

- ASB and accidents are commonly linked to alcohol, children often take it from home without parents' knowledge
- Keep alcohol in a safe place
- Keep a regular check on the alcohol you have to know if any goes missing.

Young people can also be the victims of crime and disorder:

- Make sure they know how to stay safe
- Make sure they know what to do if they are victim of crime
- Make sure they can contact an adult at any time and who it is
- Make sure they know how to use the police 101 and 999 services

Reporting ASB?

If you or your child experience anti-social behaviour, you can report this to your local authority or the police. Although it is not possible to send police officers to every incident, reports are recorded and help build a picture of merging issues and hotspots for local police to include in their community response plans and patrols.



Water Safety

On average 312 UK and Irish Citizens lose their life each year to accidental drowning every year and many more have non-fatal experiences, sometimes leading to life-changing injuries.

85% of accidental drownings occur in the open water, this is due the difference in open water swimming and pool swimming.



There are 7 key factors to take into account in open water swimming these include:

① **Temperature** - an average swimming pool is 29 degrees whereas open water can be as low as 2 degrees in the winter and 16 degrees in the summer. If a child was to immerse into water like this it would cause them to gasp sharply and possibly inhale the water around them, also their heart rate and breathing will increase uncontrollably. If the child is able to remain calm for 60-90 seconds, they should be able to regain control of their breathing and their heart rate should recover, and at the point they can signal for help or move to safety.

② **Currents** - Children should always be supervised in outdoor water settings, and it is best if it's a lifeguarded beach. Outdoor water is always moving, and currents can be driven by tidal movements, wind or the movement of water from incoming waves back out to the sea.

③ **Entries and exists** - Getting in and out of a pool may be easy compared to getting out of open water. Some beaches may have sloping entries, but many don't, there can be stones, steep drops and muddy banks if in a river or lake. This can cause problems for being able to exit the water safely, it's important to check where your best entry and exists points are as these may change while being in the water so it is best to have more than one in view.

④ **Weather** - The weather can have a significant effect on outdoor swimming and unfortunately our water companies are able to discharge raw sewage into river and the sea when their systems become overwhelmed. This happens regularly after there has been a large amount of rainfall.

Wind can cause waves and make it difficult to swim in, any inflatable that is used within a swimming pool should not be used in open water. This is because the inflatable may take you further out making it harder for you to reach the shore.

⑤ **Physical hazards** - Manmade and natural hazards can often cause problems these can include abandoned items, litter, piers and any old infrastructures. Natural hazards such as rocks, weeds and fallen tree branches can all be hidden under water and with the varying depths of water this can make jumping in very dangerous.

⑥ **Visibility** - Swimming pools are always clear allowing us to be able to see where we can see where we are jumping and putting our feet, this is not always the case outdoors. Judging distance is also more difficult outdoors and every year people are getting caught out when they misjudge the distance they are planning to swim.

⑦ **Wildlife** - While we don't have a large amount of deadly wildlife within the UK there are a few animals that can cause problems (Weaver fish, Jellyfish, Swans) and we should always take care and be considerate of the environment we are swimming in. Please remember to give wildlife enough space.

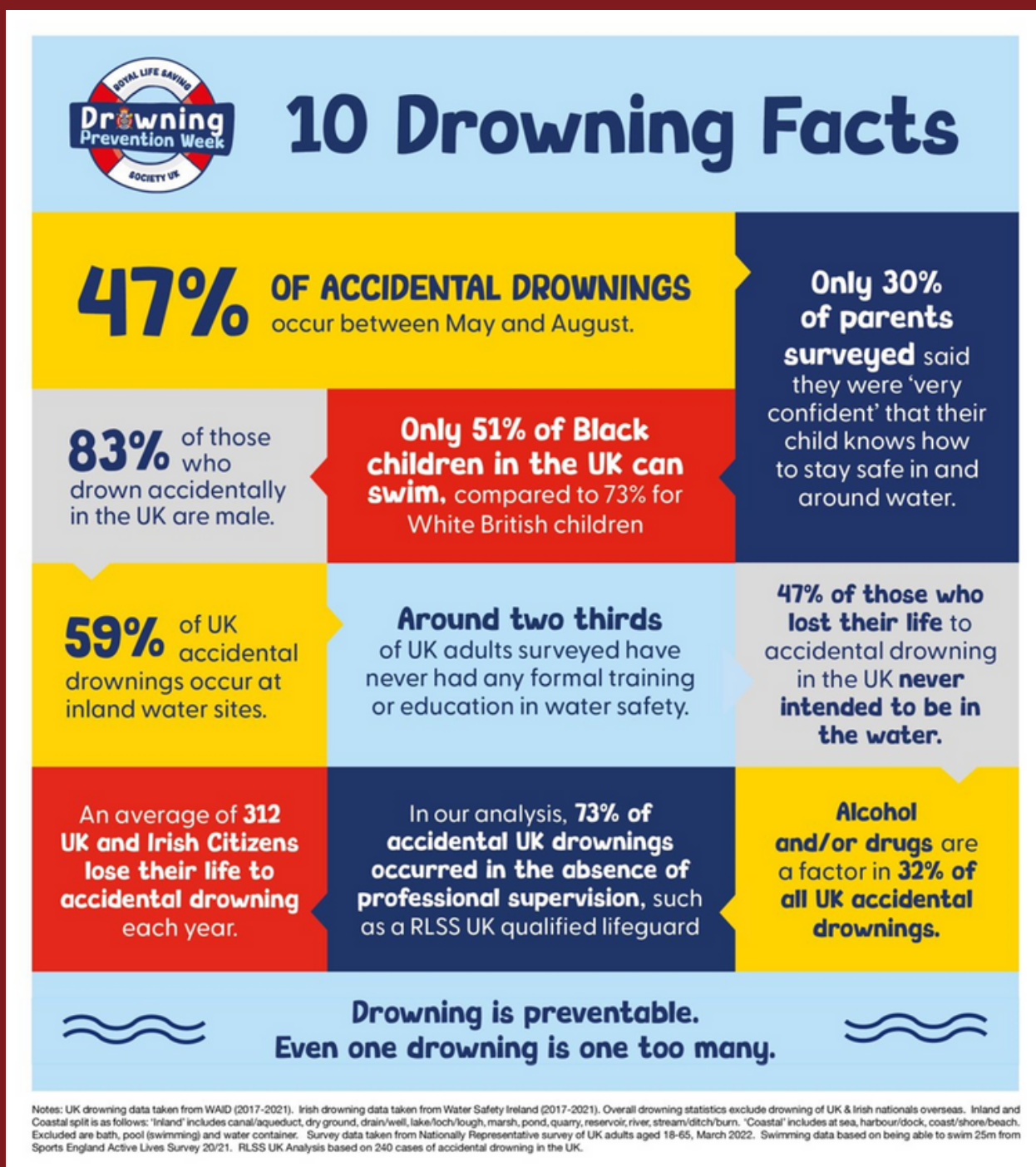
DO IT SAFELY – FOLLOW THE WATER SAFETY CODE

- **Stop and Think- Always Swim in a Safe Place** make sure you are swimming in a supervised area, lifeguarded beach or as part of an organised group.
- **Stay Together- Always Swim Together** Parents/carers should keep young children within arm's reach even at a lifeguarded beach or supervised venue.
- **Float** If you get into difficulty float like a star on your back and raise one arm in the air and shout for help.
- **Call 999** If someone is in trouble and need to be rescued call 999, do not enter the water or attempt to rescue.

Useful links for open water swimming

Open water swimming [Water Safety for Open Water Swimming](#) | [Royal Life Saving Society UK \(RLSS UK\)](#)

Summer water Safety [Summer Water Safety](#) | [Royal Life Saving Society UK \(RLSS UK\)](#)



Sun Safety

The effects of hot weather can result in heatstroke, sunburn and dehydration.

Keep an eye out for these symptoms and know how to respond

CONDITION	SYMPTOMS	TREATMENT
Heat stress	<ul style="list-style-type: none">• Child acts out of character• Child shows signs of discomfort• Child shows signs of irritability• These symptoms will get worse with physical activity, and can lead to heat exhaustion or heatstroke	<ul style="list-style-type: none">• Stop physical activity and sun exposure
Heat exhaustion	<ul style="list-style-type: none">• Tiredness• Dizziness• Headache• Nausea• Vomiting• Excessive sweating and pale, clammy skin• Confusion	<ul style="list-style-type: none">• Reduce their body temperature immediately by:• Moving them to a cool room• Encouraging them to drink cool water• Spray or sponge them with cool water, or wrap them in a cool, wet sheet. Use a fan if available• If they don't feel better within 30 minutes, or if they lose consciousness or have a fit, call 999 immediately.
Heatstroke	<ul style="list-style-type: none">• Heatstroke can develop from heat stress or heat exhaustion, or occur suddenly• High body temperature• Red, hot skin and sweating that suddenly stops• Fast heartbeat• Fast shallow breathing• Confusion or lack of co-ordination• Fits• Loss of consciousness	<ul style="list-style-type: none">• Reduce their body temperature immediately by:• Moving them to a cool room• Encouraging them to drink cool water• Spray or sponge them with cool water, or wrap them in a cool, wet sheet. Use a fan if available• If they don't feel better within 30 minutes, or if they lose consciousness or have a fit, call 999 immediately.



CONDITION	SYMPTOMS	TREATMENT
Sunburn	<ul style="list-style-type: none"> • Skin that: • Feels hot to touch • Feels sore or painful • Flakes or peels • Blisters 	<ul style="list-style-type: none"> • Get them out of the sun as soon as possible • Apply after sun cream or spray • Make sure they drink lots of water • Cover sunburnt skin from direct sunlight • Do not put ice packs on sunburnt skin. • If the child's skin is blistered or swollen, or they have a headache or muscle cramps, or if a very young child has sunburn, make sure they go to the doctor as soon as possible.
Dehydration	<ul style="list-style-type: none"> • Feeling thirsty • Dark urine, or urinating less often than usual • Feeling dizzy, lightheaded, and tired • A dry mouth, lips, and tongue • Sunken eyes • Severe dehydration can lead to a young child having few or no tears when they cry 	<ul style="list-style-type: none"> • Encourage them to drink fluids, sipping rather than gulping.

NHS: sunburn <https://www.nhs.uk/conditions/sunburn/>

NHS: dehydration <https://www.nhs.uk/conditions/dehydration/>

ORAL HEALTH

- The NHS dental care is free for children, and regular dental check-ups are advised to be done every 3 months to 1 year depending on how healthy the child's teeth and gums are.
- Eating and drinking sugary food can attack and damage our teeth making them rotten.
- We should brush our teeth twice a day and spit out after brushing but don't rinse out.
- Foods and drinks best saved for mealtimes, fruit juice, chocolate, sweets, fizzy drinks and dried fruit.
- Safer foods to eat and drink are plain water, milk, cheese, bread, fruits, vegetables, nuts and seeds.

Here is a link for more information on oral hygiene and how to find a local dentist within your area.

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

Thr1ve

Social Prescribing for Young People it is a group of professional workers who have a passion for supporting young people to make positive changes to their lives and to feel more connected. They provide award-winning social prescribing services for young people aged 14 to 18 years or up to 25 for those who have additional needs.

Their aim is to support people who experience isolation, loneliness, low mood, and anxiety. To do this they will work with young people to find out what social issues are affecting them and their health and well-being, focussing on a holistic approach focussing on the individual needs.

For more information around this service please visit the following website; www.spireitetrust.org.uk



Where kids eat for Free or £1



Asda - Kids eat for £1 at Asda, each child is entitled to a meal when they spend £1. Maximum of 1 meal from the menu per child, per day.

Asda also have just announced Half Price adult meals after 3pm until December 31st 2023.

Morrisons - One free kids meal per every one adult meal with a value of £4.49 or over.

Bella Italia - Kids eat for £1 with the purchase of every adult main meal from 4-6pm on Monday- Thursday.

Hungry Horse - Every Hungry Horse restaurant have selected kids meals for either £1 or a larger meal for £1.50.

Beef eater - Kids under 16 eat for free with every adult breakfast purchased.

Yo! Sushi - From the 17th of July to the 11th of August, children can enjoy a complimentary meal throughout the day at Yo Sushi restaurants with any paying adult with a minimum spend of £10.

Tesco - From the 24TH of July until the 1st of September, children can have a free meal in Tesco with any adult purchase.

Sainsbury's Cafes - Kids can eat a delicious hot meal or lunch bag meal for only £1. To receive this offer an adult must purchase a hot main meal for at least £5.20 in the café.

IKEA - Kids eat from 95p at IKEA. Kids pasta with tomato sauce and a soft drink is 95p and any other kids' meals are £1.50.

Sizzling Pubs - Monday- Friday between 3-7pm you can get a kid's main meal for £1 if you buy an adult main meal in the same transaction.

TGI Fridays - Children can indulge in a complimentary meal with a main adult's meal, this offer is on everyday all day.

Marks and Spencers - From the 3rd of July until the 1st of September, M&S offers a delightful FREE kids Munch Menu to children, providing that you spend % or more in the café.

Dobbies - Purchase an adult meal at Dobbies and you child can eat for Free. The meal includes their lunch menu or pick 'n' mix meals with a drink, available from 12 noon.

Sizzling Pubs - Between 3pm- 7pm (Monday to Friday), kids eat for £1 with the purchase of every 1 adult main meal in Sizzling Pubs.

Terms and conditions apply to each of these deals.

Food Bank

Tibshelf food bank is run by local volunteers and relies on donations and help from others in the community.

The food bank is open every Saturday from 10am – 11am at the Pavilion on Shetland Road.

This is for people who live within Tibshelf or the surrounding areas, you don't need a referral to use this food bank and everyone who needs the service is welcome.

For further information or if you would like to discuss who you can donate, please contact either;

Allison Beckett 07739113148

Lian Kingscott 07808719681



Tibshelf uniform swap shop

It can be expensive for families to buy new school uniform, with the increase cost in living and trying to make your money stretch to meet your family's needs. The aim of the swap shop is for you to bring along used school uniform and PE kits that still have life in them to the Mission at Boundary Gardens and swap them for other items that you may need. You are welcome to bring all sizes of school clothing as long as it has no rips, holes or any bad stains. If you don't have any uniform but are still in need, you are welcome to come down and the volunteers will be happy to help you. The volunteers currently have a lot of infant and primary school uniform but don't have as much secondary uniform as they would like. So please if you can donate, please call either Allison or Lian who will gladly take your donations.

Allison Beckett 07739113148

Lian Kingscott 07808719681

There will be two events during the summer half term, these dates have not been confirmed as of yet but will be posted on social media.

Junction Arts Workshop

This summer Junction Arts is running an exciting schedule of free arts workshops for 11-18 years old who would benefit from some confidence-boosting creative sessions.

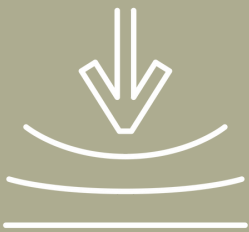
The Six Pillars summer sessions are open to young people from Bolsover District or North East Derbyshire, who struggle with low self-esteem, anxiety, find it difficult to build relationships or are SEND.

Activities are taking place between the 25th July and the 24th August in Bolsover, Clowne, Tibshelf, Dronfield, Clay Cross and Eckington.

Attached is a link where you can book on a place and find out about other activities over the summer holidays.
[Junction Arts | Six Pillars Summer Arts Activities](#)



TIBSHELF COMMUNITY SCHOOL **CHARACTER VALUES**



Resilience



Respect



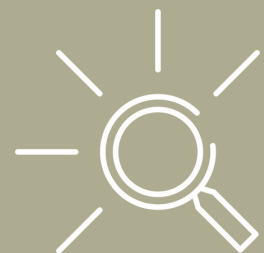
Positivity



Integrity



Community Spirit



Curiosity



www.tibshelf.derbyshire.sch.uk - 01773 872391