



TIBSHELF COMMUNITY SCHOOL

SAFEGUARDING NEWSLETTER



Welcome to our Safeguarding Briefing 2025

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.



Safeguarding Team



Our school is committed to safeguarding children and promoting children's welfare and expects all staff, governors, and visitors to share this commitment and maintain a vigilant and safe environment.

Everyone has a responsibility to act without delay to protect children by reporting anything that might suggest a child is being abused or neglected. We would expect you to also report to the Headteacher or the Designated Safeguarding Lead any behaviours of adults working in the school that may concern you.



Lucie Wainwright
Headteacher



James Swain
Safeguarding Governor



Richard Penford
Designated
Safeguarding Lead



Joy Riley
Safeguarding and
Intervention Team Manager



Emma Dunn
Safeguarding and
Welfare Manager



Hollie Stanhope
Safeguarding and
Welfare Manager



Eunice Sinfield
Safeguarding and Family
Support Manager



Jo Marshall
Safeguarding Medical
Welfare Officer

“Working Together to Safeguard Children”





Content

- Wellbeing for young people
- School anxiety
- Cost of living
- Keeping warm this winter
- Radicalisation
- Online safety
- Attendance
- NVR information
- Support for parents and carers

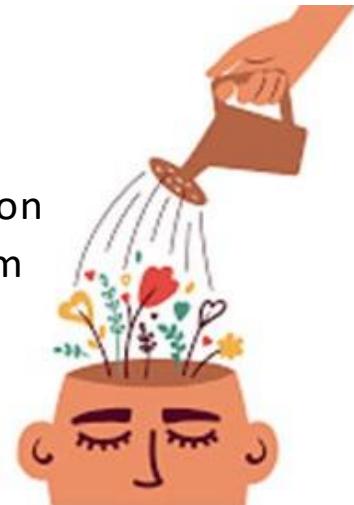


Wellbeing for Young People

With Christmas just around the corner and pupils out of school, we have attached some useful links for children to access on their devices over the Christmas period. These sites are all regulated and safe for children who feel they need some support. They also provide anonymous spaces, enabling children to feel secure and confident when exploring their concerns and seeking help.

It's also important to support children during anxious moments, as they may feel frightened and worried. Try to help by focusing on other things that can calm them and make them feel safe. Follow the link below for ways to support your child when they may be feeling anxious:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety?>



Chat Health

Chat Health is a discreet messaging service where someone will contact you within 24 working hours. The service is open Monday to Friday between 9:00 am and 4:30 pm.

It is for children aged 11–19 years old who live within Derbyshire, and you can message them on 07507 330025.

The service is staffed by qualified school nurses and health visitors who can support young people on issues including:

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



For parents and carers of 5–19-year-olds: Text 07312 263744 to message a Derbyshire public health nurse.

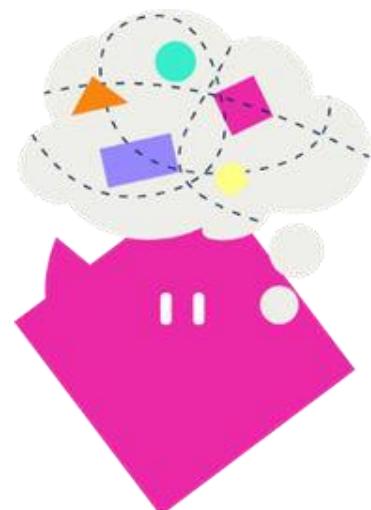
<https://derbyshireteenhealth.nhs.uk/>





Shore is a safe and anonymous place for young people to get help and support. The aim of this website is to prevent harmful sexual behaviours among young people. It is 100% anonymous and has experts ready to provide help and advice to young people on a range of topics.

Along with much more, please go to their website
<https://shorespace.org.uk/>



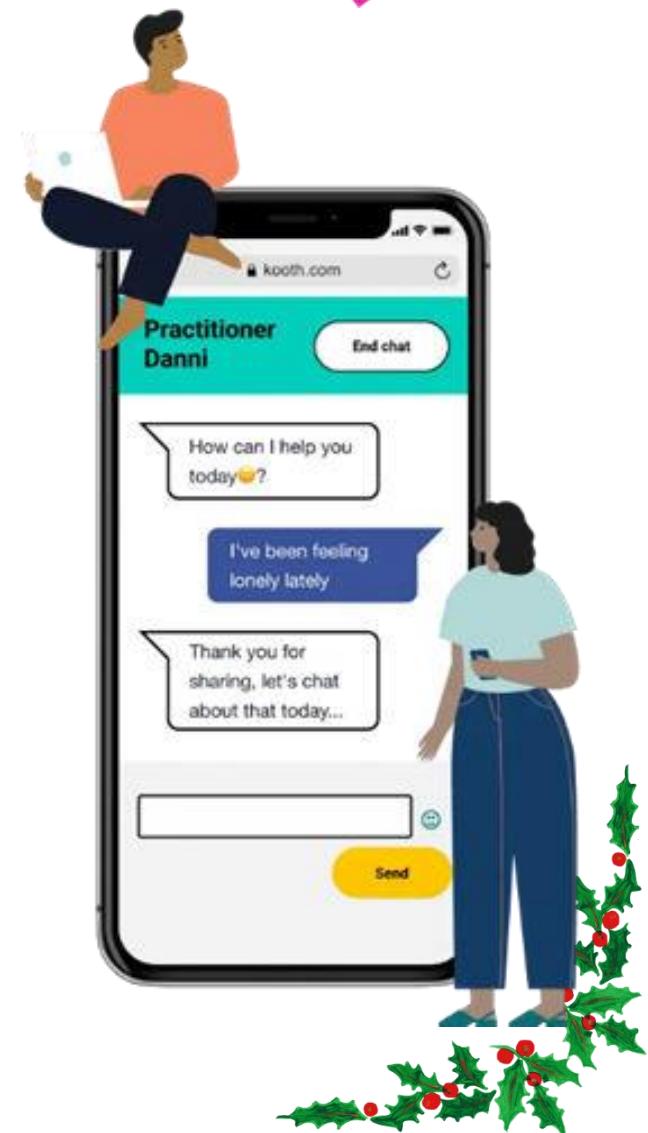
Kooth

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.

You can sign up for free by following the link below.

<https://www.kooth.com>





Compass – Changing Lives

Compass Changing Lives provides prevention and early intervention emotional wellbeing and mental health support to children, young people, and families (CYPFs) across Derby and Derbyshire.

Changing Lives is made up of two services:

- Mental Health Support Team – supporting schools and CYPFs in Derby, High Peak, Glossop, Erewash, Bolsover, Derbyshire Dales, Chesterfield, Amber Valley, and South Derbyshire.
- Early Intervention Targeted Support Service – providing support across the county and city.

The team is there to support children who are struggling with their mental health. They offer free, confidential emotional health and wellbeing support for children and young people with mild to moderate needs.

Please follow the link below for more information, how to make a self-referral, and access helpful resources:

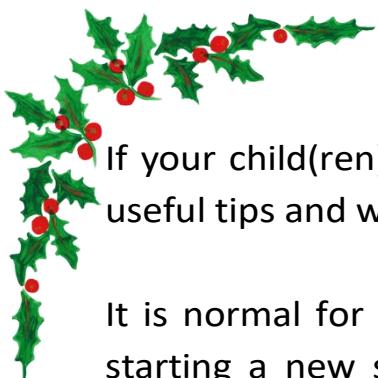
<https://www.compass-uk.org/services/compass-changing-lives/>

Tel: 01332 315569

Email: changinglives@compass-uk.org



School Anxiety



If your child(ren) are struggling to attend school due to anxiety, we have some useful tips and websites that can support you and your family during this time.

It is normal for children to feel worried and anxious at times, especially when starting a new school or sitting exams. However, for some, this can become more of a struggle over time, making it harder for both them and their parents/carers. Children can feel anxious for many different reasons—whether it's about making friends, falling out with friends, feeling overwhelmed by schoolwork and pressures, or trying to fit in with others. Outside factors at home can also affect a child, such as the loss of a family member, parental separation, or other distressing circumstances.

For some students, the school setting may not be right for them, and a different environment may be more appropriate. This can cause the child to become more anxious and unsettled, impacting their mental health.

Young children may show anxiety in many different ways, such as not wanting to get up in the morning for school, saying they can't go out, feeling sick or having stomach pains, struggling to sleep at night, or becoming withdrawn, quiet, and low in mood.

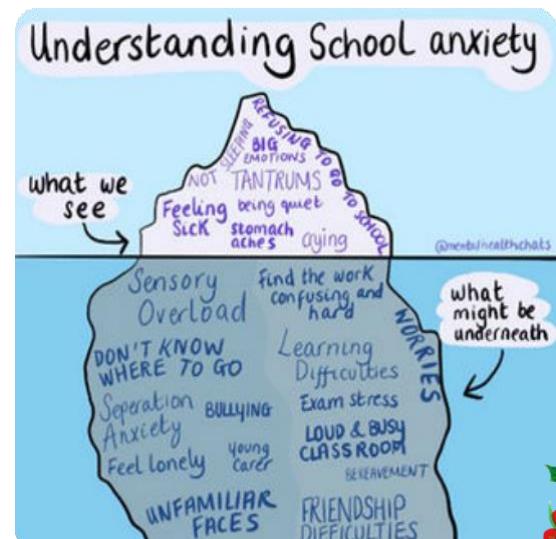
If you find yourself in this situation and are worried for your child, Young Minds and Compass have helpful advice and tips for supporting them. You can also make a referral to Compass to explore further support for your child.

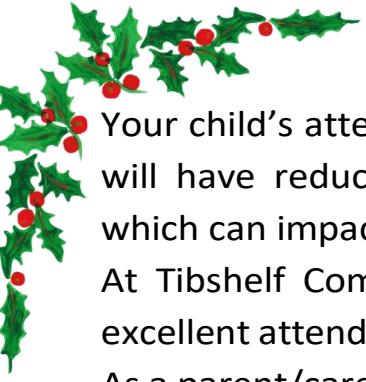
We recommend reaching out to school and speaking with your child's Head of Year in the first instance.

Please be mindful that if you need urgent healthcare advice, you should contact your local GP or call NHS 111, and in an emergency, call 999 or visit A&E.

Helpful links:

- <https://compass-uk.org/>
- <https://www.youngminds.org.uk/>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>





Attendance

Your child's attendance is very important. Without regular attendance, your child will have reduced engagement with their learning and socialising with peers, which can impact their chances of success in the future.

At Tibshelf Community School, we strive to build resilient young people with excellent attendance, giving them the best chances in life.

As a parent/carer, you have a legal responsibility to ensure that your child attends school regularly.

If your child is unavoidably absent from school, parents/carers are expected to contact the school by telephone or text on the first day of each absence and each subsequent day, stating the reason for the absence and the expected day of return. Calls must be received by 8:30 am.

If we have not received any contact regarding your child's absence, the Attendance Protocol will be instigated:

- First-day calling will be activated for all pupils who are not in school after registration at 8:35 am and where no reason for absence has been provided.
- A text message will be sent to the parent/carer by 10:00 am.
- If there is still no contact, a further call will be made later that day.
- If the school is unable to make contact and is concerned about a pupil, a home visit may be carried out.
- The school will telephone home if pupils leave the site without permission.
- Where a pupil's attendance falls below 95%, letters will be issued to inform parents of low attendance.
- Parents are encouraged to check attendance percentages on the Arbor App.
- If your child's attendance continues to fall below 90% without medical evidence, formal monitoring letters will be issued. We encourage you to speak with your child's Head of Year for support.
- Requests for leave of absence must be submitted four weeks in advance.

If your child does not attend school for five consecutive days, we will need to complete a safe and well check. We encourage families to bring their children to school for this, but it can also be completed via a home visit from our family support team.

If you have any concerns about your child's attendance, please contact their Head of Year for support.





Cost of Living

With the ever-rising cost of living still affecting so many people, we have attached some helpful links and details below to support you over the winter period:

<https://www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx>

Tibshelf

The Food Bank runs fortnightly on Fridays from 5:00 pm to 6:00 pm at the pavilion on the parish sports ground. The next session is on 19th December.

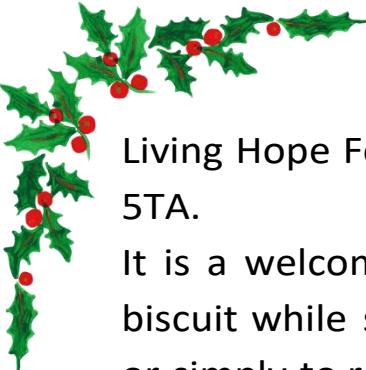
The Warm Bank is also open every Tuesday from 1:00 pm to 3:15 pm at the Village Hall. This service runs from October through May and is free. They offer drinks, a warm meal, and activities, along with regular visitors who provide advice and support.

From the end of May until October, they operate a Sunshine Social Group, which offers similar services but costs £3 per session.

Please follow the link below to see what's happening in Tibshelf over the Christmas period:

<https://tibshelfparishcouncil.gov.uk/>





Holmewood

Living Hope Food Bank is based at the Abundant Life Christian Church, S42 5TA.

It is a welcoming place where people can enjoy a warm drink and a biscuit while socialising with others who may be in similar situations, or simply to receive help and support.

The food bank is run by a dedicated team of volunteers who generously give their time and energy to serve others, treating everyone with the respect they deserve. The service is led by Tokki Haywood. The food bank is open every Wednesday between 12:00pm to 13:30pm

Call the church office for more information or visit the website:

Tel: 01246 854796 | 07940 845805

Website: <https://alccholmewood.com/living-hope>

Address: Living Hope Charity, Holmewood, Derbyshire, S42 5TA

Blackwell

For information about support in Blackwell, please follow the link below:

<https://www.blackwellpc.org.uk/communityevents>

Emergency Food Support

For urgent food support, please see the contacts below:

South Normanton Area Foodbank Tel:

07999 551691

Email: info@southnormantonarea.foodbank.org.uk

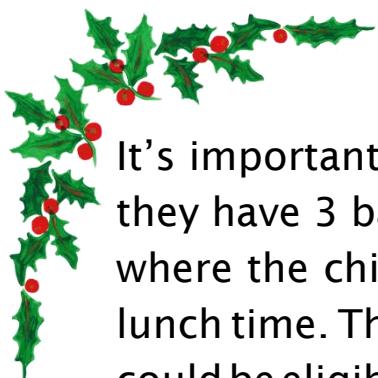
Website: <https://southnormantonarea.foodbank.org.uk/>

Address: St Michael's and All Angels Church Hall, Church Street, South Normanton, Derbyshire, DE55 2BT

The Salvation Army

The Salvation Army offers support in numerous areas. Please follow the link to find local services:

<https://www.salvationarmy.org.uk/map-page?near%5Bvalue%5D=de55+5lz&near%5Bdistance%5D%5Bfrom%5D=16.09>



Free School Meals

It's important that young children have a well-balanced diet and that they have 3 balanced meals each day. At school we have our canteen where the children can get something to eat and drink at break and lunch time. This can be costly and a struggle for some families, but you could be eligible for free school meals.

If you are on income support, claim child tax credit or universal credits to name a few then contact the free school meals team to check your eligibility.

Email: checking@derbyshire.gov.uk or Tel: 01629 536481.

[https://caya-](https://caya-apps.derbyshire.gov.uk/Synergy/SynergyWeb/Enquiries/Citizen/FreeSchoolMeals.aspx)

[apps.derbyshire.gov.uk/Synergy/SynergyWeb/Enquiries/Citizen/FreeSchoolMeals.aspx](https://caya-apps.derbyshire.gov.uk/Synergy/SynergyWeb/Enquiries/Citizen/FreeSchoolMeals.aspx)



Did you know that, as well as free school meals during term time, you are also entitled to access **FREE holiday clubs this winter?**

The Holiday Activity and Food Programme, known throughout Derbyshire as '**It's About Me**', is funded by the Department for Education and gives eligible young people access to **FREE places at holiday clubs across the county**.

If your child is aged between 4 and 16 and is eligible for benefits-related free school meals, they are entitled to attend **It's About Me holiday clubs for free!** There is a wide range of activities available, including sports and games, arts and crafts, cookery, dance, and music. All clubs include a nutritious meal too! Programmes vary depending on the type and location of each club.

If your child is not eligible for the It's About Me programme, many clubs also offer paid places, which you can book directly with them. To book activities and find out more, visit:
www.itsaboutmederbyshire.co.uk



Keep Warm This Winter



Here is a helpful guide on how to keep yourself and your family warm this winter.

Winter is often the time when the most vulnerable people suffer the most. Making sure you have regular hot drinks at home and aiming for at least one hot meal a day can help maintain your energy levels.

Put on an extra layer in the morning that can be removed later if necessary. It's important to heat your home first thing in the morning and before you go to bed, as most heat will be lost overnight. Your heating should be set to at least 18°C.

Have a plan in place in case the school closes and you need to collect your child(ren) or ensure they can get home safely.

If you go out in cold weather, look out for symptoms of hypothermia such as shivering, blue lips, slurred speech, and lack of coordination.

Keep your cupboards stocked with tinned food and frozen goods to avoid going out when the weather is too severe.

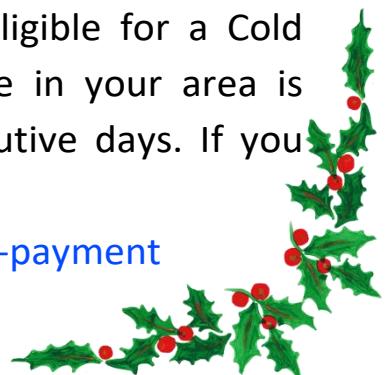
If you have concerns about being able to heat your home, please follow this useful link:

<https://www.derbyshire.gov.uk/community/cost-of-living/energy-grants/energy-grants.aspx>



It shares support for paying your energy bills and finding price matches for energy use. If you receive certain benefits, you may be eligible for a Cold Weather Payment. This is provided when the temperature in your area is recorded or forecast to be 0°C or below for seven consecutive days. If you are eligible, you will be paid automatically.

Details can be found here: <https://www.gov.uk/cold-weather-payment>





Radicalisation

Radicalisation is the process through which a person comes to support or become involved in extremist ideologies. It is, in itself, a form of harm.

Extremism is defined as the support or promotion of an ideology based on violence, hatred, or intolerance for different beliefs and faiths.

Terrorism is an action or threat designed to influence the government or intimidate the public. Its purpose is to advance political views, religious beliefs, or ideological causes.

Radicalisation is commonly used to describe the process by which a person adopts extremist views and practices to the point of legitimising the use of violence.

How Does Radicalisation Happen?

- Being groomed online or in person
- Psychological manipulation
- Exposure to violent material and other inappropriate information
- The risk of physical harm or death through extremist acts

Radicalisation happens gradually, so children and young people who are affected may not realise what they are being drawn into.

Prevent

Prevent is part of the government's counter-terrorism strategy, CONTEST.

The purpose of Prevent is, at its heart, to safeguard and support vulnerable people to stop them becoming terrorists or supporting terrorism.

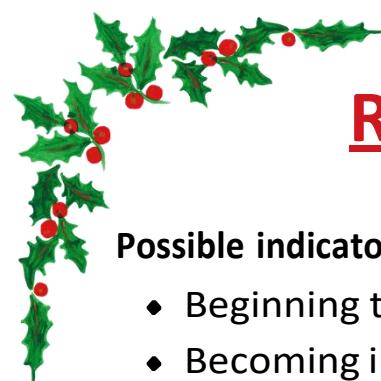
Prevent aims to:

- Tackle the causes of radicalisation and respond to the ideological challenge of terrorism
- Safeguard and support those most at risk through early intervention, identifying them and offering support
- Enable those who have already engaged in terrorism to disengage and rehabilitate

Indicators

There is no single route to radicalisation. However, some behavioural traits could indicate a child has been exposed to radicalising influences.

It's important to know that anyone can be radicalised, so be vigilant for changes in behaviour or the use of new terms related to extreme views.



Radicalisation continued..

Possible indicators include:

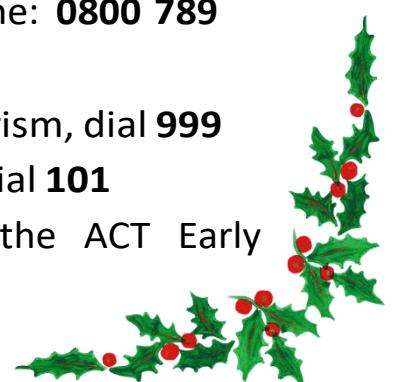
- Beginning to isolate themselves from family and friends
- Becoming increasingly argumentative
- Legitimising the use of violence to defend an ideology or cause
- Unwilling to engage with, and becoming abusive towards, individuals who are different
- Embracing conspiracy theories
- Feeling persecuted
- Changing friends and appearance, distancing themselves from old friends
- Producing or sharing terrorist material offline or online
- Being secretive and reluctant to discuss their whereabouts
- Being sympathetic to extremist ideologies and groups
- Drawing or graffitiing extremist symbols and imagery

It's important to remember that these signs do not necessarily mean your child is being radicalised. However, if you are concerned, speak to your child about your concerns or seek support from the links below:

- <https://www.educateagainsthate.com/resources/lets-discuss-extreme-right-wing/>
- <https://act.campaign.gov.uk/>
- <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/>

Other actions you can take:

- Raise the issue with your child's teacher, a friend, or a close family member
- Organise a meeting with the designated safeguarding lead at your child's school
- Contact your local police or local authority for advice and support
- Report concerns to the Government Anti-Terrorist Hotline: **0800 789 321**
- If you think someone is about to carry out an act of terrorism, dial **999**
- If you have concerns but there is no immediate danger, dial **101**
- You can also share concerns and seek support via the ACT Early website or call their support line: **08000113764**



Online Safety

With Christmas around the corner, children may be receiving their first device with internet access. We want to ensure that families of Tibshelf Community School have the information they need to keep children safe online.

Children who spend more time on devices and social media are at risk of:

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

Tips to Stay Safe Online

Think before you post

Don't upload or share anything you wouldn't want your parents, carers, teachers, or future employers to see. Once you post something, you lose control of it—especially if someone screenshots or shares it.



Don't share personal details

Keep things like your address, phone number, full name, school, and date of birth private. Check your privacy settings regularly. Remember, even small clues like a school logo in a photo can reveal a lot about you.

Watch out for phishing and scams

Phishing is when someone tries to trick you into giving them information, like your password. They might claim they can make you famous or say they're from a talent agency. Never click links from emails or messages asking you to log in or share details—even if they look genuine. If you need to log in, go directly to the official app or website.

Think about who you're talking to

People online can trick you into trusting them. Even if you like and trust someone you've met online, never share personal information such as your address, full name, or school. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>



Online Safety continued..

Keep your device secure

Make sure your device and information are protected.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/#3>

Never give out your password

Choose strong, easy-to-remember passwords and never share them.

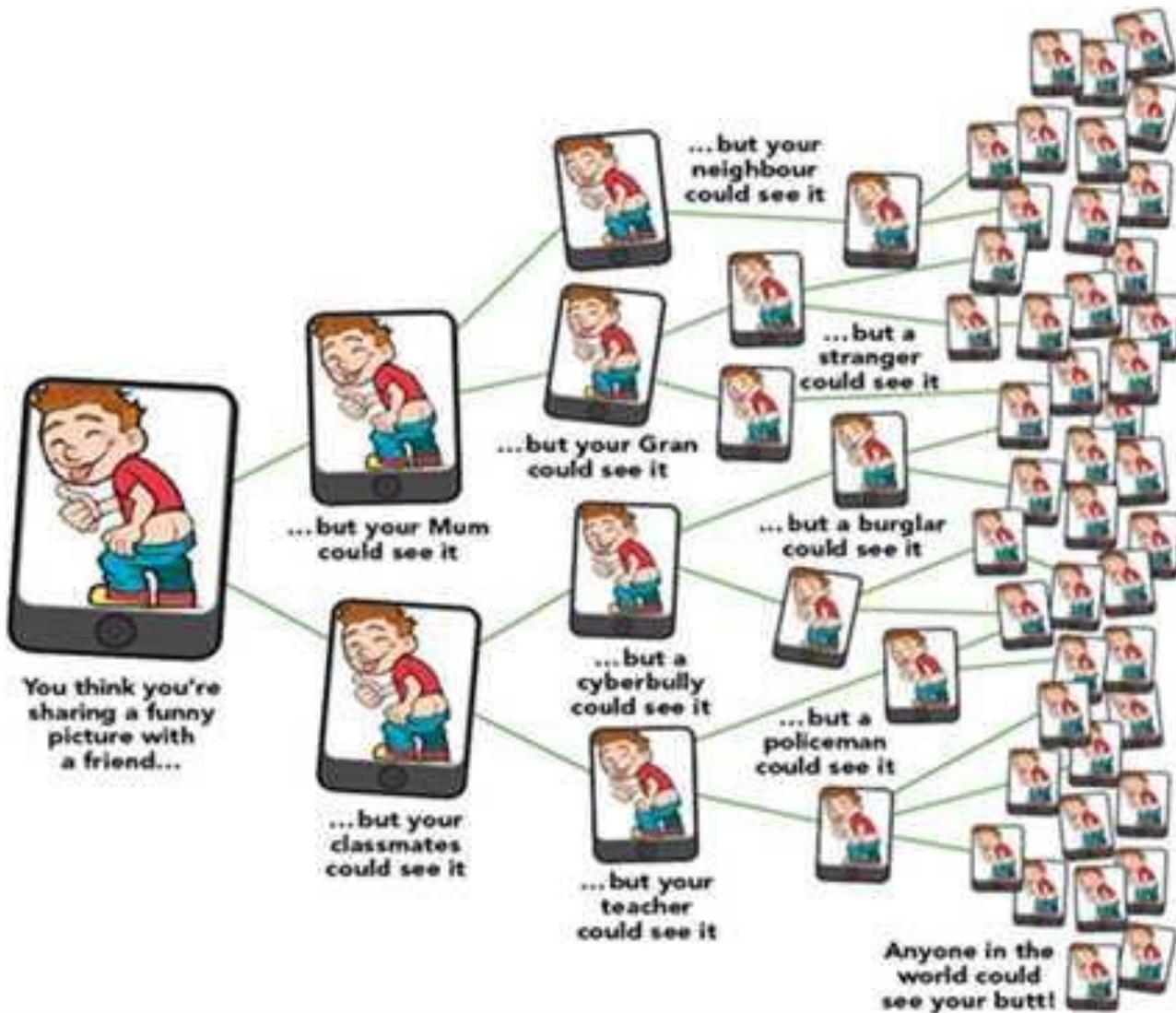
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/#3>

Cover your webcam

Some viruses allow hackers to access your webcam without you knowing.

Cover it when not in use.

For more advice on internet safety, visit: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>





Report Remove Service

If an image of you has been shared online, **Report Remove** can help you get it taken down.

Having intimate images shared can feel scary and leave you feeling worried or ashamed—but it's not your fault. It's against the law for anyone to share a sexual image or video of someone under 18. Childline works with the Internet Watch Foundation (IWF) and Yoti to help remove these images.

Report Remove is safe, easy, and free. Steps include:

- Choose your age range
- Create a Childline account for updates
- Report your image or video to the IWF
- Talk to a Childline counsellor for extra support
- Check your Childline locker for updates and add more info if needed
- Report any issues by emailing from your Childline locker with the subject “Report Remove”

Find out more here:

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online- mobile-safety/report-remove/#Accordion1>



School Policy

If the school receives a report that an indecent image of a child has been shared, we will follow our safeguarding policy and report it to the police. You will be informed and given the incident number so you can contact the police if needed.



NVR – Non-Violent Resistance

NVR is a parent/carer-focused approach to responding to harmful and destructive behaviour by a child, whether this occurs at home or in school.

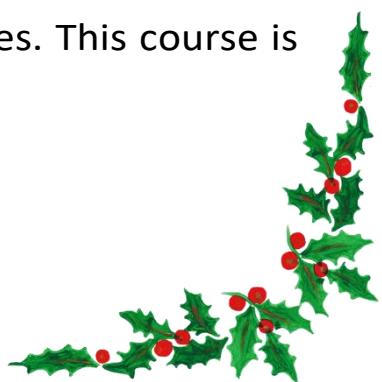
Core Principles of NVR

- **Learn to resist non-violently:** Understand your own responses to violence, non-violence, and resistance in the context of social differences.
- **Think about escalation patterns and the logic of control:** Explore ways to de-escalate, including non-verbal communication and prioritising behaviours.
- **Raise parental presence:** Embrace the idea of not giving in and not giving up, creating a sense of belonging and safety for the young person and the family.
- **Resist harm through peaceful protest:** Respond to significant incidents of harmful and destructive behaviour without aggression.
- **Build a caring community around each family:** Develop a support network of other adults who show care and support for parents/carers as they embed the approach.
- **Reconcile and repair relationships:** Develop reconciliation gestures and ways of making amends with young people.

This isn't a quick fix, and families are advised to attend all six sessions provided. These sessions will help you understand the core principles of NVR and how to change responses effectively.

Sessions can be delivered by our Family Support Manager in school via Teams, either in groups or one-to-one.

We can also explore another parenting programme called **Solihull**, where sessions are completed online or in person at varying times. This course is delivered by external partners.





Support for Parents and Carer

Emotional health and mental wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and being able to function well.

It's also about how we cope with life's challenges and make the most of life's opportunities.

Below are services and websites you can access for support and information: <https://derby-talk.co.uk/>



<https://www.everyturn.org/talking-therapies/how-we-help/>

Talking therapies for anyone aged 18 and over in Derby and Derbyshire, who accept self referrals and referrals from your GP and other health professionals.

Tel: 0300 555 5580

Email: derbyshire@everyturn.org



Derby & Derbyshire Mental Health Services & Support

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire/>

Talking Therapies for anyone over the age of 16 years old and registered with a GP living in Derby or Derbyshire.





Bereavement Support

derbyshire
bereavement hub

<http://derbyshirebereavementhub.co.uk/>

Support for adults and children.

Cruse Bereavement Support

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

Call our Derbyshire Cruse Bereavement Helpline on **0300 777 44 88**.

Further support and advise is attached to this link.

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/adult/emotional-wellbeing-support/bereavement-support>

We wish you all a peaceful, safe and restful Christmas break from the Safeguarding and Intervention Team.



TIBSHELF COMMUNITY SCHOOL

CHARACTER VALUES



Resilience



Respect



Positivity



Integrity



Community Spirit



Curiosity