

TIBSHELF COMMUNITY SCHOOL SAFEGUARDING NEWSLETTER



SUMMER 2025

Welcome to our second Safeguarding Briefing of 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.



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Meet the Safeguarding Team

"Working together to Safeguard Children"

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 leader



Emma Dunn
Safeguarding and
Welfare Manager



Hollie Stanhope
Safeguarding and
Welfare Manager



Eunice Sinfield
Safeguarding and Family
Support Manager



Jo Marshall
Safeguarding and Medical
Welfare Officer

Screen Time

With the recent hit drama on 'Adolescence' exposing us to the harsh reality of how phones and the internet are used to bully and radicalise children. They're also a tool that will distract children from studying, completing homework and distracting their sleep. This can then affect how they perform within school, which is especially important when exams are taking place.

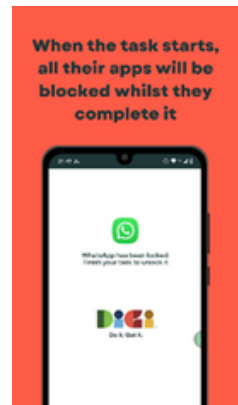
Research at the University of Birmingham shows that consistent boundaries need to be in place in school and at home.

A new app called DiGi allows parents and carers to schedule phone-free study time, sleep, socialising and family time. It allows apps to be blocked while taking part in activities, meaning their phones do not have to be taken from them.

- No Confiscation Required: Phones stay with students, but distracting apps are automatically blocked
- Schedules: Sleep and study schedules can be set by parents.
- Tasks: Parents can set tasks for children to complete before earning screen time.
- Instant Restoration: All services return immediately when tasks are completed or schedules end.



**block all apps
and remove
distractions when
they should be
focused**



Follow the link to see how the app works - [Watch this video to see how the app works.](#)

Spending too much time in front of screens can be a positive thing, but high levels of screen time can also put your child at risk of.

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

Steps you can take to help protect your child are to set parental controls on devices, restricting access to in-app purchases and explicit or age rated content, and on some devices, you are able to set timers on how long you can access apps. You could also make a plan together with your child to discuss screen time limits and model behaviour you want to see from your child- this could mean no screen time for yourself while watching a family movie or during meal times.

Ensure that children are staying safe online by having conversations with them about this regularly.

Screen Time (cntd)



There are lots of things you can do to keep yourself 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 else screenshots or shares it.

- Don't share personal details

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out 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. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

- Think about who you're talking to

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. Find out more about grooming.

- Keep your device secure

Make sure that you're keeping your information and device secure.

- Never give out your password

You should never give out your password or login information. Make sure you pick strong, easy to remember passwords.

- Cover your webcam

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

Screen Time (cntd)



Please look at the link for more useful advice on internet safety

More information on this is in the links below.

[Keeping children safe online | NSPCC](#)
[Parents and Carers - UK Safer Internet Centre](#)



Report removal is a service to help support getting images that may have been shared removed.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free – all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.

Please follow the links below to support with this process and to find out more information.

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

Screen Time (cntd)

Read more about [how to report an image or video](#).

As a school, if we receive any reports that an indecent image of a child has been shared, we will follow our safeguarding policy and report this to the police.

You will be informed of this and will have the incident number shared with you for you to be able to contact the police.



Bicycle Security

Over 88,000 pedal bikes were stolen between 2019 and 2020!

With the summer approaching, more young people will be out on their bikes, and we want to raise awareness of this.

To ensure your bike is protected, make sure it is registered.

This can be completed on the national database at [The National Cycle Database | BikeRegister](#)

Top Tips for keeping your bike safe:

- ensure it's in a safe space with an efficient lock [Cyclist | Cycling news, reviews, rides and how-tos](#)
- consider high security with good quality CCTV
- register your bike
- get your bike water marked, this is a visible deterrent for thieves
- have images of your bike with the make, model, size, frame number and colour
- insure your bike



E-Scooters

Derbyshire Constabulary has shared the importance of being aware that they take a zero-tolerance approach towards e-scooter use in the county and city.

It's illegal to use them on public roads and footpaths.

It will be sent to be disposed of on being seized on the first interaction. The user can be liable for a number of offences, including driving without tax or insurance.

In some circumstances, parents/carers may be criminally liable for the use of the e-scooter by the child.

Since the change in November 2024, the Force has seized over 450 illegally used e-scooters, and this continues to increase.

If you see someone riding an e-scooter illegally, you can report this directly to Derbyshire Constabulary. You can do this either by phoning 101 or 999 in an emergency or by visiting their website [Contact us | Derbyshire Constabulary](#)



Mental Health

Here are some links to 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 are a safe and anonymous place. These services help children to feel safe and confident in exploring their concerns and seeking help and support.

Kooth

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

<https://www.kooth.com/>



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 aged 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 by email on intervention@tibshelf.derbyshire.sch.uk if you have any safeguarding concerns.

Meet our mental Health Ambassadors

Who are we

The student wellbeing ambassadors are volunteer students who want to make a difference to young people's lives and help them achieve good mental health.

Some ways we do this are: running a wellbeing lunch time club aimed for people who just to come and sit down and in a nice quiet space with friends for example: if you've had a bad start to the day or if there is just anything in general your worried/anxious about one of us is always available and happy to listen.

Our wellbeing ambassadors wear a yellow badge and there are 21 of them around the school, who are always there and happy to listen to anything that is worrying you and will try their best to resolve it with you. But might have to share to the staff if they feel that you are not safe.

Drop-in sessions are held in school on Tuesdays and Thursdays.



Summer Safety

Summer is the favorite time of year for most people.

The long days provide a much-needed break, and this will often be filled with days out, travel, being out with friends and having family time.

But with this can also danger for children. Drowning incidents increase during the summer months, and hot sun puts children at risk of sunburn, dehydration and heat-related illness.



Whether your children are at home in the summer, on holiday abroad or in the UK, it's important to address this safety.

- Stay Hydrated: Drink plenty of water to prevent dehydration, especially during outdoor activities.
- Sun protection: Use sunscreen with a high SPF, wear protective clothing, and seek shade to avoid sunburn.
- Food safety: Wash hands and utensils before preparing food, and keep raw meats separate from ready-to-eat foods.
- Heat Safety: Avoid strenuous activities during peak heat hours and take breaks in cool areas and shade.
- Swimming safety: Always supervise children around water and ensure they wear life jackets when necessary.

Please look at the link below for more water safety tips, whether you are at home, road or at your local pool.

[Summer Water Safety | Royal Life Saving Society UK \(RLSS UK\)](https://www.rlss.org.uk/)



Cost of living

While some pressures are beginning to ease, like the summer, meaning we are less reliant on heating for some. There are still many of us feeling the pressures of the living crisis and how this is impacting our lives daily.

Below are helpful links, advice and services that you are able to access to seek support and information. Within some of these services, you will also be able to make a donation to support local families in need.



Cost of living (cntd)

New community drop in hub opened in Chesterfield for neurodiverse children and young people

Local charities and voluntary organisations are providing advise, support and guidance to children and young people with their carers and families with a plan of helping improve services.

The Hub are to;

- Provide a safe, supportive environment where you can be heard
- Compassionate staff who act as guides
- Identifying and bringing together a range of organisations to support users
- Offer information and support services on topics such as benefits, housing, employment, and clinical services
- Offering information on whether they have or do not have a diagnosis

Chesterfield

Booked appointments on Tuesdays 12:30pm to 3pm, Wednesday to Friday, 10am to 4pm

Drop-ins Wednesday 10am to 3pm, Friday 10am to 1pm

Monkey Park Community Hub, 128a Chester Street, Chesterfield S40 1DN

07874 941890

neurohub@fair-play.co.uk

www.monkeypark.org.uk



Cost of living.(cntd)

Apply for 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 are able to get something to eat and drink at break and lunchtime. 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](tel:01629536481).

[Free School Meals \(derbyshire.gov.uk\)](https://www.derbyshire.gov.uk/free-school-meals)

Derbyshire Discretionary Fund

The Derbyshire Discretionary Fund (DDF) can provide grants or emergency cash payments if you are in urgent need of financial help following a crisis or disaster.

Telephone: 01629533 399

[Derbyshire Discretionary Fund \(DDF\) – Derbyshire County Council](https://www.derbyshire.gov.uk/derbyshire-discretionary-fund)

Holmewood

Living Hope food bank in the Abundant Life Christian Church S42 5TA

The Living Hope Food Bank is a place where people are able to visit and have a warm drink and biscuit, and being able to socialise with others who maybe in a similar situation to them, or be able to help and support them.

They are run by a team of volunteers who unselfishly give their, time and energy to serve others and will give people the respect that they deserve, ran 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

01246 854796, 07940 845 805

[Living Hope – Abundant Life Christian Centre
\(alccholmewood.com\)](https://www.alccholmewood.com)



Cost of living (cntd)

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[Derbyshire Discretionary Fund \(DDF\) - Derbyshire County Council](#)

Tibshelf

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 Friday 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 how you can donate, please contact either;

Allison Beckett 07739113148

South Normanton

The South Normanton Foodbank is a project funded by local churches working together towards stopping hunger in the local area.

They operate at two different sites, twice a week in South Normanton and once a week in Alfreton. They provide a three day supply of emergency food from registered care professionals.

They also offer a listening ear and maybe able to point you in the right direction for further support.

Info@southnormantonarea.foodbank.org.uk

07999551691

Further details can be found on the website along with how to donate or volunteer.

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

Cost of living (cntd)



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July – 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July – 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

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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 students' 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 that 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)?

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: 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.

Anti-social behaviour (cntd)

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 a 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 a 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 become 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 will they 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

Anti-social behaviour (cntd)

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 a 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 service



Reporting ASB?

If you or your child experiences 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 emerging issues and hotspots for local police to include in their community response plans and patrols.

Oral Hygiene

Looking after your children's teeth means ensuring that you keep food containing sugar and acids at mealtimes reduced due to the risks of both tooth decay and enamel erosion.

- Brush teeth twice a day, in the morning after breakfast and last thing at night
- Use fluoride toothpaste containing between 1350 parts per million and 1500 parts per million of fluoride
- Visit your dentist at least once a year

It's free to visit your dentist up to the age of 18 years old, or under 19 if in full-time education.

Follow the link to find a dentist local to you <https://www.nhs.uk/service-search/find-a-dentist>

Fizzy drinks



Did you know that fizzy drinks are the largest source of sugar intake for 11-18 year olds? Energy drinks also contain high amounts of caffeine.

Excessive consumption of energy drinks leads to negative health outcomes such as headaches, sleeping problems, irritation and tiredness. Energy drinks containing over 150mg of caffeine are labelled as 'not recommended for children', retailers should not sell these to under 16s.

Acidic foods and drinks, including fizzy drinks, can cause dental erosion. Plain water and milk are the best things to drink. Tea without sugar is also good for teeth as it contains fluoride. It's recommended that you only drink fruit juice once a day with a main meal and leave a 30 minute gap before brushing.

Electric or manual, it doesn't matter, they are both equally as good as long as they are used correctly.

Follow the links below on how to use both.

<https://www.youtube.com/watch?v=BapR9J86ZZw>

<https://www.youtube.com/watch?v=chqjw6lBllM>

remember to replace your toothbrush or electric brush head every 3 months

Vaping can negatively impact oral hygiene by increasing the risk of gum disease, cavities and tooth discolouration. Vaping also reduces saliva production, which can lead to dry mouth and an increased risk of infections. The liquid is within the vape liquid.

Its about me



It's About Me is a programme for families in Derbyshire to help children and young people have fun and be active over school holidays!

The programme is funded by the Department of Education and the clubs are designed for children between the ages of 4-16 years of age who are eligible for benefits related to free school meals and are delivered in partnership with Derbyshire County Council and local activity providers. They also provide clubs for children with special education needs and/or disabilities. This is a great opportunity for children to take part in a variety of different activities and make new friendships along the way.

Bookings are now live with the link attached below, where you are also able to see other activities and ideas for the easter holidays

bookings.itsaboutmederbyshire.co.uk/list

Support for Parents/Carers

Emotional health and mental wellbeing affect all aspects of our lives and health choices. Mental wellbeing is about feeling good and functioning well.

It's also about us looking at life's challenges and how we cope with these and making the most of life's opportunities.

Below are services and sites that you can access for support and information.

[Free NHS Mental Health Support](#) | [Derby Talking Therapies](#)



Support for Parents/Carers (cntd)

How we help | Every turn Mental Health

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

Contact details:

Tel: **0300 555 5580**

Email: **derbyshire@everyturn.org**



[Derby & Derbyshire Mental Health Services & Support | Vita Health Group](#)

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

- Calling us on **0333 0153 496** - Monday to Friday: 8am to 8pm and Saturday: 9.30am to 12.30pm
- Completing our **online referral form**
- Using our **digital assistant**

Support for Parents/Carers (cntd)

Bereavement Support



[Derbyshire Bereavement Hub – Counselling, Support and Networks](#)

Support for adults and children



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

[Home – Cruse Bereavement Support](#)

Further support and advice is attached to this link. [Derby & Derbyshire – Emotional Health & Wellbeing](#)

TIBSHELF COMMUNITY SCHOOL

CHARACTER VALUES



Resilience



Respect



Positivity



Integrity



Community Spirit



Curiosity

