

TIBSHELF COMMUNITY SCHOOL SAFEGUARDING NEWSLETTER



SPRING 2025

Welcome to our first Safeguarding Briefing of 2025

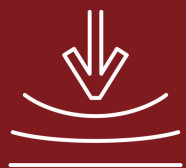
The purpose of our Safeguarding Briefings is to provide you with information about safeguarding issues that may affect your child(ren) and to bring you the latest hints and tips to keep your child(ren) safe.

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.



Content



- Reminder
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- Cost of Living – Food Banks
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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

Reminder

We just want to remind parents/carers to ensure that your child is not bringing any items of glass onto school site – such as glass bottles or perfume/aftershave etc.

Please ensure only non-breakable are brought on to school premises.

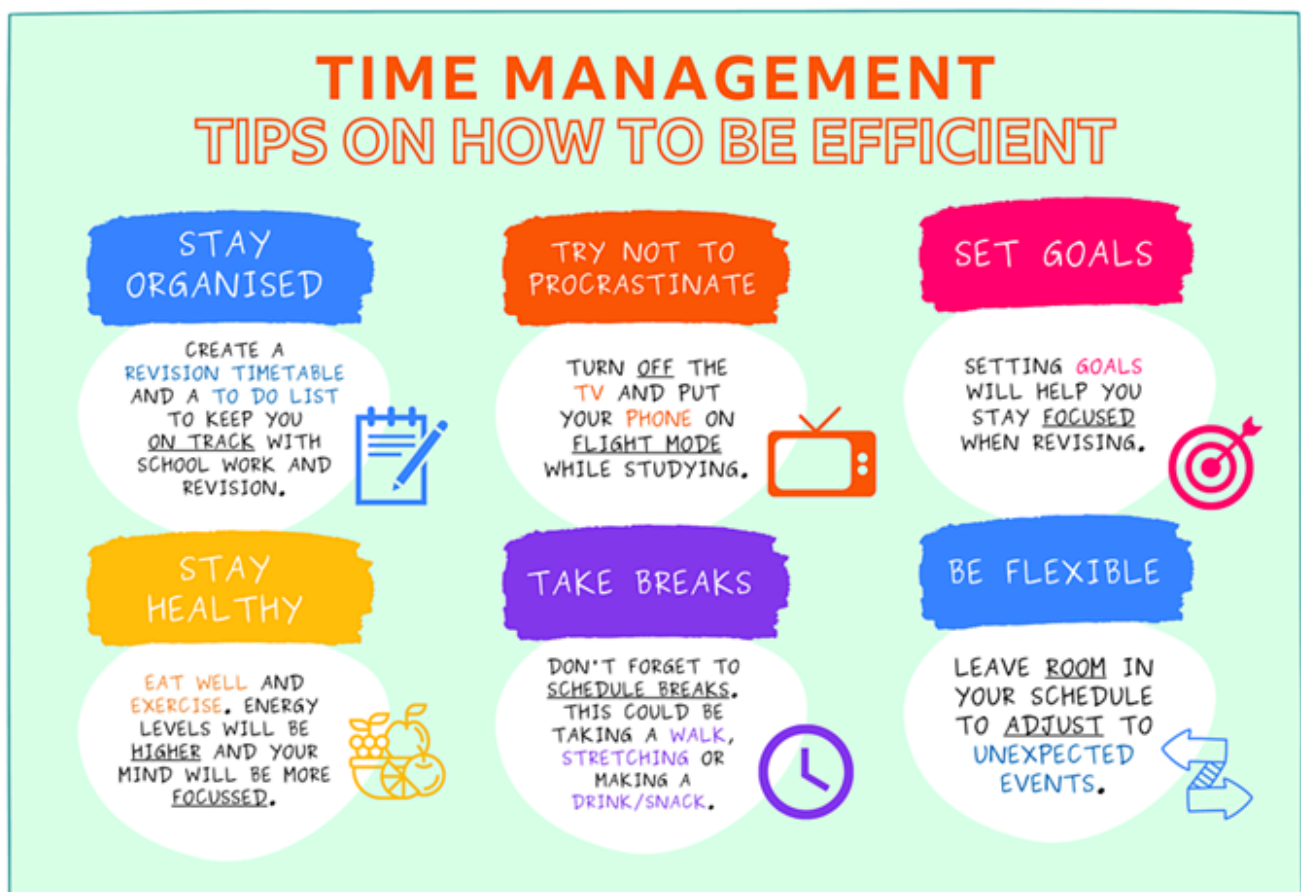
Please raise this with your child.

Revision and Self Care

It is normal for students to feel stressed and anxious about upcoming exams and stress is the natural response to pressure. It can be helpful to focus on what needs to be done and helps you to get motivated, sometimes it can be too much for students to handle and manage.

The stress of exams and the pressure students may feel may come across in numerous different ways such as; feeling anxious or depressed, irritable or angry, struggling to sleep, changes to eating habits, having negative thoughts about themselves, worry about the future, finding it hard to stay focused and concentrate, losing interest in things they have previously enjoyed or them feeling unwell/sick/tired and having headaches.

If you notice any of the changes it's important to speak with your child and seek help and support, this could be making an appointment at the GP, speaking with school or seeking support from some other services that are added below.



Revision and Self Care (cntd)



Some helpful hints and tips for exam pressure

Take a break – schedule in regular breaks when revising and recognise when you need to stop when you become stressed or overwhelmed.

This can be difficult to do especially when you are feeling the pressure.

However, a change of scenery may make your time revising afterwards feel fresher and more productive.

Mapping out studies – It could also help to try out new ways of revising to help you feel more on top of things. The way you revise for one subject may not work the same way as in another subject.

- Write down what you feel you know about the subject/topic, then follow up with like what you would like to know more about.
- Make a revision plan, ensuring that you mark off each area that you have completed.
- If you are feeling creative, you could draw a pathway towards your exams and what will happen after you have taken each one and into the future. This way you could mark off your progress as you go along.

With anything from a few notes on paper to revision cards to full mappings out, work out what you feel most comfortable with and what works for you.

Taking care of you – Taking time out when you feel like things are too much is an important thing to do. For some people they may meditate, get a cup of tea or a favourite snack, do some deep breathing exercises or go out for a walk.

Revision and Self Care (cntd)

You need to ensure that you are drinking plenty of water and try to eat regularly. Staying hydrated can help you to feel better both physically and mentally and it's important for your brain power. Water will help to reduce and avoid headaches while setting regular times to eat will help with maintaining a good routine.

Switching off – Avoid looking at screen for at least 1 hour before bed, this will help you to fall asleep and stay asleep for longer. Enabling you to have a clear mind for exams and revision and help to reduce your stress levels.

If possible, it is better to separate your revision space to your resting space to help you fully switch off.

Moving – It's important to keep moving by having stretch breaks from your desk. This will help with stress and help avoid stress stiffness and enable you to concentrate for longer.

Talking – Ensure that you talk to a friend or a trusted person about how you are feeling. Speaking up and venting to others will help you to destress.

Reaching out to others whether this be a tutor, your head of year or support staff within school with your worries will help enable you to feel supported and for you to work out what you need help with. This could be working on your time management or looking at what study support can be looked into.

Positive affirmations – Try repeating positive affirmations to yourself, you could share these with other friends that are also struggling.

Some to start you off could be-

I am always relaxed during my exams

Getting good grades is natural to me

I am learning to enjoy studying

I am smart

I always work hard and achieve my targets

I will be okay today

Journaling and music – Writing down what is on your mind in a journal or listen to some calming music or a podcast. This is a great way to help with tensions and anxieties.

Remember to be kind to yourself and give yourself the space and time that you need as this will help you feel calmer and gain a better perspective.

Revision material link

<https://tibshelf.derbyshire.sch.uk/page/?title=Revision+Materials&pid=203>

CAMHS stands for Child and Adolescent Mental Health Services.



They support children from 0-18years along with their families who have a wide range of mental health difficulties.

They offer assessment and treatment of a range of mental health problems including anxiety, depression, eating disorders, ADHD and psychosis.

Telephone: 01246 514412 24/7 helpline: 0800 028 0077

For further information visit:

[Children's mental health services \(CAMHS\) - Derby and southern Derbyshire :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](http://derbyshirehealthcareft.nhs.uk)

Urgent CAMHS Team

The UCT will respond to acute mental health presentation in young people under the age of 18. This will be within 4 hours if the mental health presentation is serious and there is serious self-harming or presentation of serious suicidal thoughts.

Telephone: 07901 330 724 to discuss a child or make a possible referral (10am-10pm, 7 days a week)

For further information visit: TEAM:

[Urgent Care – CAMHS\(camhsnorthderbyshire.nhs.uk\)](http://camhsnorthderbyshire.nhs.uk)

Thrive – social Prescribing for Young People

Thrive – 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, focusing on a holistic approach focusing on the individual needs.

Telephone – 01246 925241

Email – socialprescribing@spireitetrust.org.uk

[Social Prescribing for Young People – Chesterfield FC Community Trust \(spireitetrust.org.uk\)](http://Social_Prescribing_for_Young_People_-_Chesterfield_FC_Community_Trust_(spireitetrust.org.uk))



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



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.



Emotional health and wellbeing is a site that is able to signpost for people within Derbyshire to provide resources for people, these are also updated on a regular basis. This site provides links and resources for both adults and young people.

Derby & Derbyshire - Emotional Health & Wellbeing
(derbyandderbyshireemotionalhealthandwellbeing.uk)



Young Minds

If your child is anxious about school, unable to come into school or refusing to attend, Young Minds and Action for Children have some helpful guidance and online support for you and your family.

It is normal for children to feel worried and anxious at times especially when starting a new school or when they are going through their exams. Although over time some children find school a struggle and it can be a challenge for both the student and the parent/carer. Children can feel anxious for many different reasons, whether it's being worried about making new friends, finding the schoolwork hard or feeling the pressure to do well in school and fit in with others. Along with outside factors from home that may affect the child, this could be due to the loss of a family member or the separation of parents. For some students the school setting may not be the right place for them, and a different setting may be more appropriate, this can cause the child to become more anxious and unsettled impacting on their mental health.

Young children will show their anxiety in many different ways, this could be shown by them not wanting to get up and ready, saying that they can't go to school, feeling sick or having stomach or head pains, not sleeping well at night and becoming withdrawn, quiet and low.

If this is a situation that you have been finding yourself in or you are worried about then Young Minds and Compass Changing Lives have some helpful advice and tips with supporting your children in going to school. We would also recommend reaching out to school and speaking with the child's Head of Year in the first instance.

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

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

Attendance

Your child's attendance is very important and without this your child will have a reduced engagement with their learning, socialising with peers which can have a impact on their chances at success in the future.

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

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

If your child is unavoidably absent from school then parents are expected to contact school by telephone or text on the first day of each absence and each subsequent day, identifying the reason for the absence and the expected day of return. The call needs to be received by school by 8.30am.

If we have not received any contact for your child being absent, then Attendance Protocol will be instigated.

Attendance (cntd)

These are as followed.

- The first day calling will be activated for all pupils who are not in school after registration at 8.35am and where no reason for absence has been made.
- A text message will go to parent/carer by 10am.
- If there is still no contact made a further call will be made again that day.
- If school are unable to make contact with parent/carer and are concerned about a pupil a home visit may be carried out.
- School will telephone home if pupils leave site without permission.
- Where pupils attendance falls below 95% letters for monitoring their attendance will be generated as a standard to inform parents of their low attendance.
- Parents are encouraged to check their attendance percentages on the Arbor App.
- Should your child's attendance continue to fall below 90% without medical evidence, letters of formal monitoring procedures will be issued to individuals, and we encourage you to speak with your child's Head of Year for support.
- Should you request a leave of absence for your child please note that these need to be completed 4weeks in advance of the request of leave.

If your child does **not** attend school for 5 days, then we will need to complete a safe and well check.

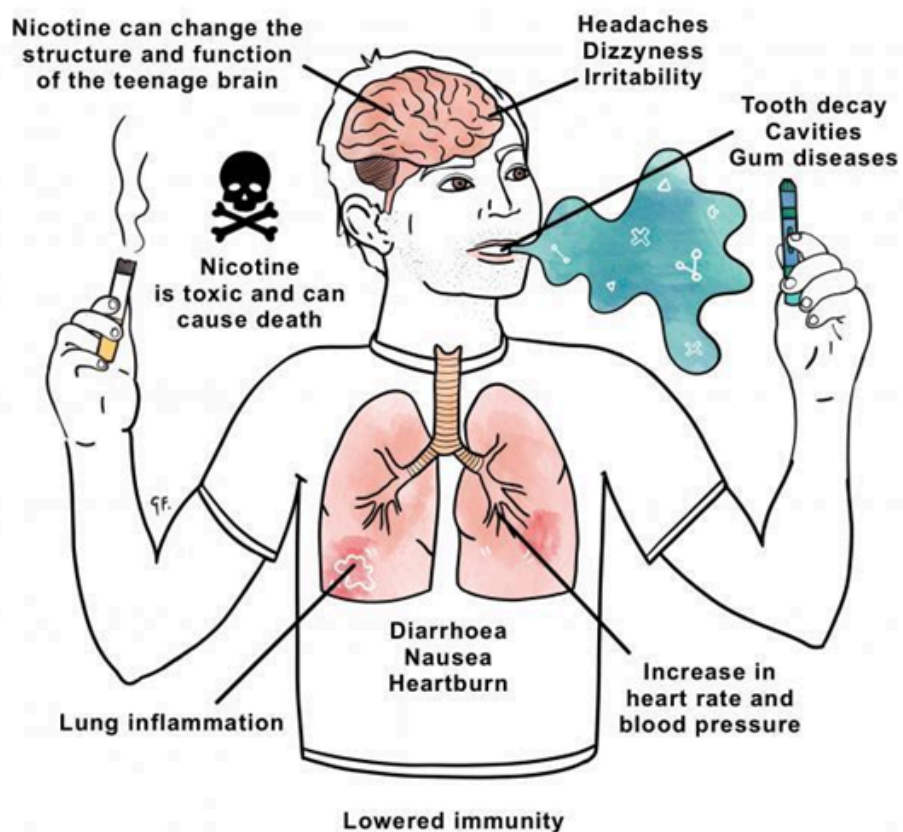
We encourage families to bring their children to school for this, but if needed this will be completed by a home visit from our Family Support Manager or a member of the Intervention Team.

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

Vapes

Vapes are becoming increasingly popular with teenagers and young adults who are not current or former smokers. The vapes that are used are usually a small disposable device that can contain the maximum permitted nicotine concentration. They do not give off as strong a smell like cigarettes do and therefore it may be harder to detect that someone is using a vape. Vapes are displayed in most stores and are seen to be bright, colourful, and displayed at the counter so are seen by the consumer compared to cigarettes that are no longer able to be displayed and have images showing the risks of smoking on them.

Elf bars are currently illegal and have been removed from all stores and should be reported if a store or someone is found to be selling them.



What is in the vapes?

The four main ingredients in vapes are **propylene glycol(PG), Vegetable Glycerin (VG), water, flavorings' and nicotine**. Vapes typically feature both PG AND vg, with one of the two often more dominant than the other. Besides the nicotine, vapes can contain potentially harmful ingredients including;

- Heavy metals, such as nickel, tin and lead
- Volatile organic compounds
- Flavor ants such as diacetyl, a chemical linked to serious lung disease
- Ultrafine particles that can be inhaled deep into the lungs.
- Cancer causing chemicals
- Nicotine

It is difficult for the consumer to be fully aware of what they are being sold. The vape juice may be marketed as having zero percent nicotine in them but in fact in may contain traces of nicotine.

Extreme examples

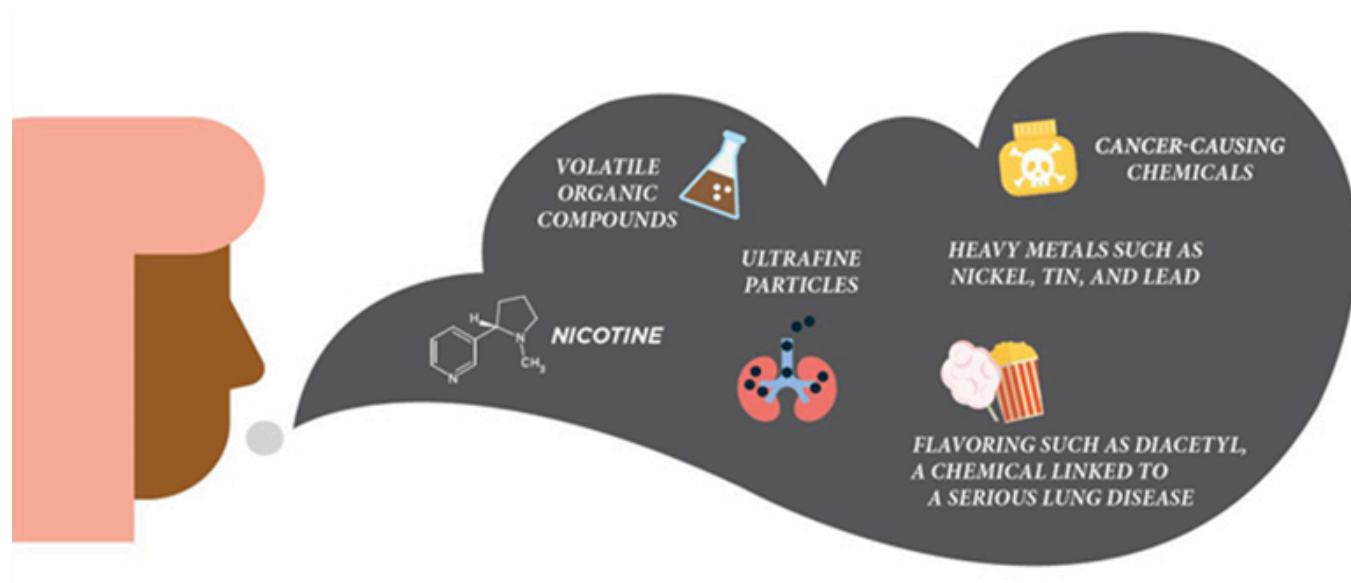
If you purchase a defective vape these have been known to cause fires and explosions, which have resulted in people being seriously injured. Adults and young children have been poisoned by swallowing, breathing, or absorbing the vape juice through their skin and eyes.

Negative health effects of vaping

Using vapes has a negative effect on respiratory health, and research shows that young people are twice as likely to suffer from a chronic cough and shortness of breath. Using vapes can also aggravate and worsening asthma. Vaping can also reduce the function of the lungs via disturbance of gas exchange and tissue inflammation making it so that you have lower immunity and are a higher risk of catching an infection. Using vapes can also cause headaches along with feelings of nauseousness and vomiting. All these factors will affect the everyday life for users of vapes and e-cigarettes with the affects potentially being irreversible and caused long term damage.

Vapes in school

If a child is found to have a vape on them within school, the vape will be confiscated and will not be handed back. A phone call home will be made and in some instances the police may have to be contacted.



Cost of Living – Food Banks



While some pressures are beginning to ease, like the summer meaning we are less reliance 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, advise and services that you can 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.

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 who you can donate, please contact either;

Allison Beckett 07739113148

Lian Kingscott 07808719681

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 that 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 ours, 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 \(alcchholmewood.com\)](http://alcchholmewood.com)



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/>

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](#)



Kids eat Free or for £1

YoSushi! Kids Eat Free

kids eat free all day (Monday - Friday) during all school holidays at Yo Sushi!, when dining with a full-paying adult (minimum £10 spend). T&Cs

Las Iguanas

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas ages 12 and under. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased. Limited to one per table.

Asda Cafes Kids Eat Free

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required. The offer has been extended until the end of 2025.

In addition, children will receive a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal.

Freebie: Asda also provides FREE Ella's baby food pouches for children under 18 months old with any purchase.

Kids eat Free or for £1 (cntd)

Morrisons Cafes Kids Eat Free

Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.50. This offer includes half terms.

TGI Fridays

Kids Eat Free all day every day When 'Stripes Rewards Members' purchase a full-priced adult's main meal. If you're not a Rewards Member, book your table and then download the app before your visit.

Beefeater Kids Eat Free

Two children get free breakfast with one paying adult! It has also been reported that if you sign up for their newsletter they send out a code for kids to eat free

Brewers Fayre Kids Eat Free

Up to two Kids (under 16) eat free, unlimited breakfast with any purchase of an adult's breakfast.

Sainsbury's Cafés

Sainsbury's Cafes offers one child hot meal or lunch bag for £1 with any adult main meal purchased over £5.20. This offer is on every day from 11:30am. Kid's mains include one main, 3 sides a drink and a piece of fruit. More information about the offer can be found [here](#).

Sizzling Pubs kids Eat free

Between 3pm - 7pm (Monday to Friday), kids eat for £1 with the purchase of every 1 adult main meal in Sizzling Pubs in England, Scotland and Wales. More information can be found [here](#).

Hungry Horse Kids Eat Free

Kids eat for £1 when accompanied by a paying adult, on Mondays only at Hungry Horse.

Dunelm Kids Eat Free

During School Holidays, for every £4 spent by an adult in the cafe, kids can enjoy one free mini main, two yummy snacks and a drink - across all menu items. The offer is running all day everyday, at Pausa Cafes at Dunelm.

Table Table Kids Eat Free

Two children under 16 years old can get a free breakfast every day with one paying adult!

Kids eat Free or for £1 (cntd)

The Real Greek Kids Eat Free

Kids under 12 Eat Free Every Sunday at The Real Greek with every £10.00 spent by an adult.

Bella italia Kids Eat Free

Kids Eat Free all day every Thursday and for £1 until 6pm, Sunday to Wednesday with any adult main from the Al La Carte (main menu). Kids can enjoy three delicious courses & a drink! Meals are suitable for 2-11 year olds.

Ikea Kids eat for 95p

Kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am. Also on Fridays kids get tomato pasta, a drink and a piece of fruit for just 45p.

Premier Inn

At Premier Inn, you can enjoy their all-you-can-eat Breakfast for just £9.99 and up to two kids under 16 eat for free.

Travelodge

At Travelodge, you can enjoy their all-you-can-eat Breakfast for just £9.75 and up to two kids under 15 eat for free.

Dobbies Garden Centres

At Dobbies, for every purchase of an adult breakfast or lunch, kids eat for FREE. This offer is on every day.

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 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](tel:01629536481).

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

it's about me

Activities for the Easter Holidays

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 activities 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 is attached below where you are also able to see other activities and ideas for the easter holidays

bookings.itsaboutmederbyshire.co.uk/list



Internet Safety

We are a 'no phone school' here at Tibshelf Community School although we do understand that our students will have devices and access to the internet. Whether this is by phone, tablet or gaming device and with this comes a plethora of different concerns and problems. Although it can also provide an outlet for you child(ren) that provides them with an outlet to talk with friends and family along with mental health support through services like Kooth.

We want to ensure that families of Tibshelf Community School are provided with information that is relevant to internet safety.

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)
- Seeing inappropriate content
- Not getting enough sleep and exercise

Tips to stay safe online

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 seeing. 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

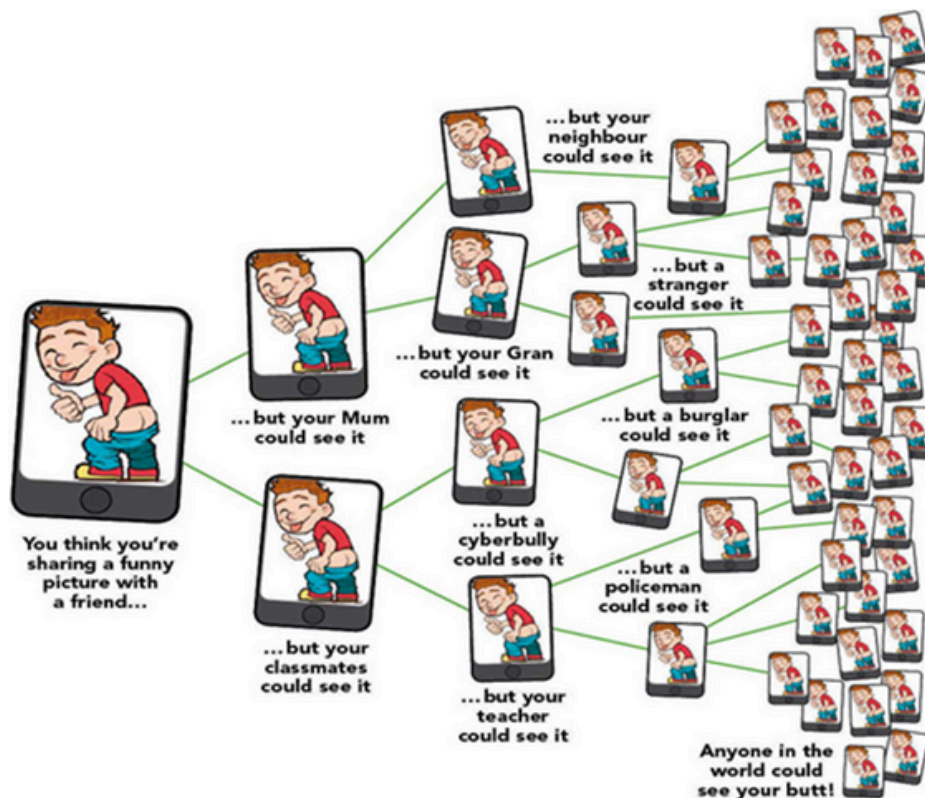
You should never give out your password or log-in information. Make sure you pick strong, easy to remember [passwords](#).

- 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.

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

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





Report remove 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/>

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 to you for you to be able to contact the police.

Fearless

Fearless is a site where you can access non-judgmental information and advice about crime and criminality.

What makes this site different is we also provide you with a safe place to give information to us about crime - **100% anonymously**.

You can call the on 0800 555 111

[100% anonymously always.](#)

<https://crimestoppers-uk.org/fearless>

TIBSHELF COMMUNITY SCHOOL

CHARACTER VALUES



Resilience



Respect



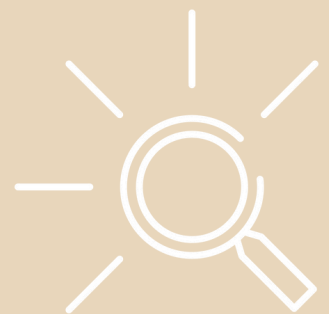
Positivity



Integrity



Community Spirit



Curiosity

