

TIBSHELF COMMUNITY SCHOOL

SAFEGUARDING

NEWSLETTER



SUMMER 2024

Welcome to our Safeguarding Summer Briefing of 2024

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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Mental Health and Wellbeing

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, with a chat-based messaging service via drop-in or booked in sessions.

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



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 with 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 safeguarding@tibshelf.derbyshire.sch.uk if you have any safeguarding concerns.

YoungMinds | Mental Health Charity For Children And Young People | YoungMinds

Additionally, we encourage parents and guardians to engage with our various online resources, designed to provide valuable information on maintaining a safe and supportive environment for children. Our website features a comprehensive list of frequently asked questions, tips for online safety, and guidance on recognizing and addressing potential risks.

We understand that the well-being of our students is a shared responsibility, and we are committed to working closely with families and the community to ensure every child feels secure and supported. Your vigilance and cooperation are crucial in creating a nurturing atmosphere where all students can thrive.

Thank you for your ongoing support and partnership in keeping our school community safe.

Compass - Changing Lives provides prevention and early intervention, emotional wellbeing and mental health support to Children, Young People and Families (CYPFs) across Derby & Derbyshire.

Changing Lives is made up of two services, a Mental Health Support Team which supports schools and CYPF in Derby, High Peak, Glossop, Erewash, Bolsover, the Derbyshire Dales, Chesterfield, Amber Valley and South Derbyshire, and the Early Intervention Targeted Support Service which provides support across the county and city.

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

Please follow the link below for more information and how to make a self-referral along with helpful information.

TEL: 01332 315569

They also have a new app that you can access via the QR code attached.



This service has replaced Action for Children also known as Build Sound Minds.

Water Safety

Summer
WATER SAFETY

To enjoy the water safely and make the right call...

- 
ENTER SLOWLY AND CAREFULLY
- 
STAY WITHIN REACH
- 
ALWAYS BE SUPERVISED

In an emergency...

- 
CALL 999
- 
IF YOU'RE IN TROUBLE FLOAT AND CALL FOR HELP

Water Safety continued

On average 304 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.

46% of drowning occur during the summer months and this rises to 75% amongst 12-17 year olds.

Rivers/Lochs AND Lakes pose the greatest risk statistically as there are more hazards than an average person is not equipped to handle and there is lack of professional supervision. Accidents are most likely preventable with the correct knowledge and information shared.

How to stay safe and get help

As part of your planning, consider the distance you might be from emergency support and the time it may take to arrive. Also, double-check that your phone is in a waterproof case and that you have a signal.

If you get into trouble or feel overwhelmed in the water, 'Float to Live':

- 1. Fight your instinct to thrash around.**
- 2. Turn on your back.**
- 3. Lean back.**
- 4. Get your breathing back under control.**
- 5. Now, think about getting out.**



Familiarise yourself with any rescue measures in place where you are swimming, such as emergency signage and the location of the lifeguards or identify where the public rescue equipment is stored



Water Safety continued

Minimise your risk of infection by following these tips:

- Cover cuts and abrasions, however minor, with sticking plasters. Don't swim if you have deep cuts. If you cut yourself while swimming, leave the water as soon as possible. Rinse the cut with clean water or a clean saline solution. Carefully remove any visible foreign objects, apply an antiseptic solution if you have one, and apply gentle pressure with a clean cloth or bandage. For all but minor cuts, we recommend calling 999/111.
- In all cases, you should monitor the wound for signs of infection and seek further medical attention if you notice any. After swimming, always wash your hands in clean water or use an antibacterial gel before eating.
- Take a full shower at the earliest opportunity and thoroughly clean any cuts or grazes. Follow this up with an antibiotic cream to prevent infection.
- Try not to ingest water while swimming.
- Wash all your swimming kit (wetsuit, costume, goggles, hat, etc.) in clean water and thoroughly dry it before your next swim.

There is always the possibility of getting injured or bitten by wildlife when you are open water swimming. Here is some basic advice on dealing with the most common occurrences:

- Stings from bees, wasps and hornets are usually more painful and alarming than dangerous, although some people are allergic to the poison, and multiple stings from a swarm of insects can be extremely dangerous. Likewise, stings in the mouth and throat can cause swelling, leading to suffocation. Apply a clean cloth soaked in cold water to relieve pain and swelling for up to 20 minutes. For stings in the mouth, if available, you should suck ice for immediate relief and call 999/111.
- If you find a tick, remove it using tweezers or a tick remover by gently pulling the head upwards, using even pressure. Ensure you remove the head of the tick to prevent further infection. Place it in a sealed plastic bag and seek medical advice, taking the tick with you for analysis.
- If a leech bites you, don't flick or pull it from the skin; it will fall off once it's full of blood. Once it's off, wash the wound and apply a clean cloth soaked in cold water for up to 20 minutes to relieve any pain and swelling.
- If you get stung by something like a jellyfish or Weever fish, notify a lifeguard or, for severe cases, call 999/111. Be aware that these stings can cause an allergic reaction and will need emergency help. Treat by rinsing the affected area with seawater (not fresh water), carefully remove any spines from the skin using tweezers or the edge of a bank card, then soak the area in very warm water (as hot as can be tolerated) for at least 30 minutes – use hot flannels or towels if you can't soak it.
- Snake bites are extremely rare, as only three types of snakes are found in the wild in the UK. The adder is the only common venomous snake. You should get all snake bites checked by a medical expert as soon as possible. Try to remember the colour and pattern of the snake to tell the doctor.

Please follow the link below for more guidance and information.

<https://www.rlss.org.uk/news/drowning-prevention-charity-urges-families-to-stay-safe-as-uk-temperatures-set-to-climb>

Online 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 this comes a plethora of different concerns and problems, even though it can also provide an outlet for your child(ren) with friends and family along with mental health support through services like Kooth.



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

Here are some steps to help to protect your child(ren) on their devices.

1) Set parental controls on devices

Use parental controls to restrict access to in-app purchases and explicit age-rated content, along with putting a limit on how much time they can spend on their devices. These will likely need to have passwords for these and it's important to ensure that these are different so that your child(ren) doesn't know them. To make these changes it is advised to go to settings but be aware that different devices may work differently. Young people are often added into social media groups with others that they don't know or didn't agree to be added into. Below is a link on how to change the settings on WhatsApp so that they can only be added by their contacts and not people from outside of their contacts.

https://faq.whatsapp.com/1131457590844955/?cms_platform=iphone

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.

Using phones in the hub of the family rather than in isolation to protect your child.

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 minimize snacking during screen time

Turn not using screens into a game, using apps like Forest, where not using devices is rewarded

Online safety continued

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

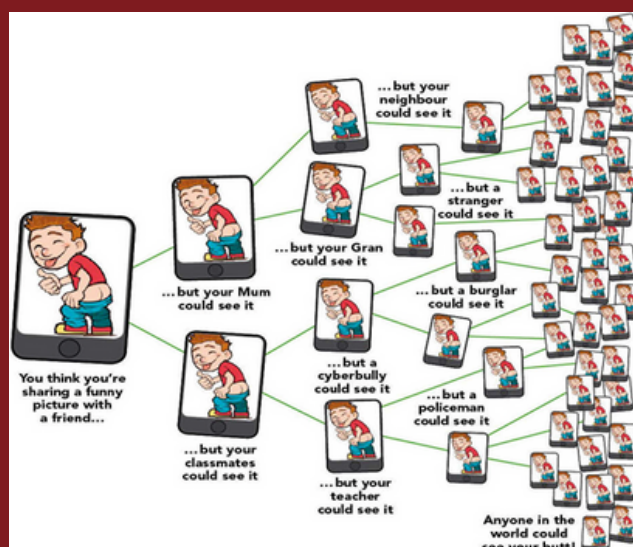
Social media can be used for sending messages, sharing pictures and for video and audio chat with people around the world. It's hard to know who they may be chatting with and it's important to make our children aware of the dangers on social media. A parent's guide to social media: A Parent's Guide to 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 and what to do if they have sent a nude:

A Parent's Guide to Sharing Pictures | Skips Safety Net (skipseducational.org)

<https://shorespace.org.uk/what-to-do-if/youve-shared-a-nude-or-been-sent-one/>



Online safety continued

4) Encourage off-screen activities

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

- See [Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/activities-for-kids) for free ideas for activities and games

Facts about online for young people

As well as harms to mental and physical health, screen time can disrupt pupils' learning both at home and in the classroom, as it can take up to 20 minutes for pupils to refocus on what they were learning after engaging in a non-academic activity such as browsing the internet or noticing a notification on their phone.

79% of children have encountered violent pornography before the age of 18, with the average age that children first see pornography being 13 years old. Some 81% of girls aged 7-21 have experienced some form of threatening or upsetting behaviour, and online sexual crimes committed against children online has risen by 400% since 2013.

One in five children (19%) aged 10-15 experienced at least one type of bullying behaviour online, and out of them, around three-quarters (72%) said they experienced at least some of it at school or during school time.



Shore is a safe and anonymous place for young people to get help and support. The aim of this website is to prevent sexual behaviours among young people.

It is 100% anonymous and is ready with their experts to give help and advice to young people.

It's for anyone who:

Has a question about healthy sexual relationships.

Wants to change their own behaviour.

Is looking for reliable information to help them respond to someone else's behaviour.

The site also has helpful links for parents and carers, please take a look at the link attached.

<https://shorespace.org.uk/#>

Online safety continued



Please look at the link below for the Online Safety Act explainer.

The Online Safety Act 2023 is a new set of laws that protects children and adults online. It has put a range of new duties onto social media companies and search services, making them more responsible for their users safety on their media platforms.

Online Safety Act: explainer - GOV.UK (www.gov.uk)

Anti Social Behaviour



It's summertime and temperatures are rising as it's getting towards the end of the school year. We need to ensure that our students are aware of what is expected of them while out in society.

We recommend that you speak with your child(ren) about their safety and behaviour while out in the community. This will also be a good opportunity for you to set some boundaries and give the reassurance that they can speak with you if they ever find themselves affected by anything.

Anti-Social Behaviour - continued

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 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 are they planning to do?
- Where are they going?
- Who are they 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 make sure they know who it is
- Make sure they know how to use the police 101 and 999 services



Domestic abuse and the impact on children

Children, young people and families who are affected by domestic abuse or violence can get support including refuge accommodation, by contacting Derbyshire Domestic abuse Helpline. This is available 24 hours a day 7 days a week and is a single point of contact to get the help your family needs.

Call 08000 198 668

Children that witness or experience domestic violence are at serious risk for long-term physical and mental health problems. They may develop anxiety, depression, PTSD, low self-esteem, and behavioural difficulties. They may also have trouble with their academic performance, emotional regulations and social relationships. They will also be more likely to become victims of perpetrators of abuse in adulthood.

Every child will be affected differently to the trauma of domestic abuse.

Since the Domestic Abuse Act 2021 was put in place children that have been exposed to domestic abuse are now recognised as victims of domestic abuse in their own right, rather than just a witness.

If you are concerned that a child may be at risk of immediate domestic abuse, always call 999.

If you have concerns that a child is at a non-immediate risk then there are other services below that you contact for support.



Refuge – is the largest domestic abuse organisation in the UK where you can call their freephone 24 hour National Domestic abuse Helpline on 0808 20000247

[Contact us | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](https://nationaldahelpline.org.uk)

Childline- offers free, confidential advice and support to all children, whatever your worry. Call their freephone on 0800 1111

[Childline | Childline](https://www.childline.gov.uk)

The Elm Foundation provides domestic abuse support services across the community covering in Chesterfield, Bolsover, parts of Amber Valley and North East Derbyshire.

They are there to help people either living in domestic abuse now or if they have been subject to this in the past.

They also provide a range of services for children and young people including those who have witnessed domestic abuse in the home, those that are at risk of abuse or who have experienced this themselves in their own relationships. This is provided in one-to-one sessions, group sessions, in schools and when safe in the home.

They also provide support for the perpetrator to help provide a stop to the abuse and support them in making changes and know what a healthy relationship looks like.

Please click on the link below for more information and understand on what support they can provide. [Services | The Elm Foundation](https://www.elmfoundation.org.uk)



School attendance update September 2024

Attendance categories

95 to 100% - as expected
91 to 94% - at risk of persistent absence
80 to 90% - persistent absence
51 to 79% - at risk of severe absence
Less than or equal to 50% - severe absence

Support first approach

Missing school means children fall behind. This not only impacts on their future achievement, but also adds additional stress and worry as the pupil attempts to catch up. This can affect their mental health and that of their family.

Schools will always try to offer support to remove barriers to attendance before considering any form of legal intervention however they can only do this with the support of parents. If you do not engage with this support the school may feel that they have no choice than to request the Local Authority consider taking legal action against you for failure to secure your child's regular attendance at school under section 444(T) of the Education Act 1996



Penalty Notice Fines for School Attendance are Changing

With the introduction of the new National Framework for Penalty Notices, the below changes will come into force for Penalty Notice Fines for unauthorised absence after 19th August 2024.

Education Penalty Notices are issued to the parents of statutory school age children and can be issued to each parent or carer who is deemed liable for the child's absence from school.

• First Offence

The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:
£160 per parent, per child paid within 28 days.
Reduced to £80 per parent, per child if paid within 21 days.

• Second Offence (within 3 years)

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:
£160 per parent, per child paid within 28 days.

• Third Offence and Any Further Offences (within 3 years)

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

Can my child take a holiday in term time?

The simple answer is NO - pupils can only take leave of absence during term time if this is approved in advance by the school. Leave taken without permission may result in a penalty notice and or prosecution.

Health care plans

Health care plans

If your child has a medical condition they will benefit from having an Individual Healthcare plan.

This information will be referred to in emergency situations and will also be taken on school trips. Therefore, the information needs to be as extensive and precise as possible.

If your child is on any medication, please can you complete the school medicine administering form and return to school along with the health care plan.

Individual healthcare plans will need renewing either once a year or as the condition changes. It is parents' responsibility to inform school of any changes to your child's requirements, and to provide school within date medications, where applicable.

Should you wish to discuss your child's medical needs or if they change in the future, please contact our Medical Welfare Officer Miss Marshall.

Please follow the link to find the forms for the individual healthcare plans
<https://tibshelf.derbyshire.sch.uk/page/?title=Medical&pid=86>

Health care plans

it's 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 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.

<https://bookings.itsaboutmederbyshire.co.uk/list>

Travel Derbyshire on Demand



Travel Derbyshire on Demand is a new type of bus service that needs to be booked in advance, but is more flexible than conventional bus. There is no fixed timetable, meaning that pick up times, routes and destinations can be planned to suit the needs of when and where passengers want to travel. It is fully accessible, able to carry passengers in wheelchairs and has space for pushchairs.

It can be used for all types of travel whether this is visiting friends, medical appointments, going to the shops or going to work.

Journeys cost from £3 with deals on family tickets and multiply journey deals.

The service runs from Monday to Friday 7am to 7pm

Saturday 8am to 5pm

There is no service on Sundays, bank holidays or public holidays.

Call centre hours are Monday to Friday 8am to 5pm

Saturday 9am to 1pm

Call on 01773 317173

Please follow the link for further information

<https://www.roadxs.com/travel-derbyshire-on-demand/>

Cost of living - Food Banks

Although some pressures may be starting to ease, like the cost of heating during the summer months, 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 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.

The summer holidays will have a huge impact on our shopping bills with the whole family being home at times along with a few extra friends that may join at meal times.

Love Food Hate waste is an organisation that has the aim of reducing the amount of food waste sent to landfill. Below is a link for more information and useful resources to help combat this and provide meal planners and ideas to help make use of what you have in the back of the cupboard. It could also be a good way of getting your children involved in helping with the planning and prepping of meals.

Love Food Hate Waste / Preventing food waste



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 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.

They will also be holding a uniform swap shop in the summer where you can swap uniform that may now be too small for a different size. Please look out on social media for an updates on dates and times.



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

Allison Beckett 07739113148

Lian Kingscott 07808719681

Holmewood

Living hope food bank in the Abundant Life Christian Church S42 5T is a place where people are able to visit, have a warm drink and biscuit and be 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 hours, time and energy to serve others and will give people the respect that they deserve, run 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

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](#)

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 \(derbyshire.gov.uk\)](http://derbyshire.gov.uk)



WORRIED ABOUT ENERGY BILLS?

Make your home energy efficient for FREE!

Our Green Doctors offer FREE home visits to help tackle high energy bills, draughts, damp, mould and more.

We provide advice to save you energy and money, supply and fit free energy efficient measures, and support you with accessing financial help such as grants and debt advice.

 GREEN DOCTOR 

www.groundwork.org.uk/fivecounties/green-doctor

Or contact us directly:
greendoctor@groundworknottingham.org.uk
0115 978 8212



TIBSHELF

HOLIDAY ACTIVITY PROGRAMME



WHAT'S ON:

Dodgeball, football, cricket, basketball, food preparation skills, climbing wall (selected dates), arts and crafts, castleball and more!

Sessions are free and lunch is provided. 5-13 year olds only.

WHERE AND WHEN:

Tibshelf Village Hall, DE55 5NU
10am-2pm on 25 and 29 July,
1, 5, 8, 12, 15, 19, 22, 28 and 29
August

TO BOOK:

Please scan
this QR code
or visit:
[bit.ly/leisure-
consent-form](https://bit.ly/leisure-consent-form)



CONTACT US:

For more information or to
book/cancel a place, please call
01246 242571