



Clacton County High School

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CCHS SAFEGUARDING NEWSLETTER

December 2018

Welcome to our final safeguarding newsletter of 2018. Safeguarding is embedded into our school ethos and we continually highlight the importance of staying safe online and in the community.

It has been a very busy term, with assemblies and form time activities having an emphasis on social issues; how these relate to our modern British Values such as democracy, rule of law, respect and acceptance. There was also a focus on highlighting and positively promoting differences in people across race, gender and creed, and we continually raise awareness of mental health issues and the support available both in school and wider.

REAL days covered significant topics including exam management, which included strategies on 'examination well-being' promoting confidence and a positive mind-set for our older students. Emotive issues of knife crime, gangs and the prison system, were covered by 'Prison Me? No Way!', a charity who aim to make youngsters mindful of the risks involved and how to stay safe. Students also looked at human rights laws, which protect us every day of our lives.

Child Sexual Exploitation (CSE) sessions raised awareness of societal dangers to reduce student vulnerability and provide guidance on how to keep safe.

The safeguarding and pastoral teams continue to provide support to all students and the newly created mental health ambassadors; 'Mind Matters Mentors', hold a weekly drop-in session, where students can chat to trained peers about any concerns. Our Mental Health & Healthy School Co-ordinator oversees these sessions and closely monitors any conversations to ensure more serious concerns are directed to the designated child protection officers.

Support for Students

At Clacton County High School, we pride ourselves on the level of pastoral care we provide for our students, offering support, both within school and signposting to external agencies.

In school, additional support is available from Teen Talk, Aly Thomson (Counsellor), Young Carer's and numerous other services.

The links on the following page, which are also on our website, contain information on the numerous agencies available to offer advice and guidance on a range of issues, including both academic and emotional.

- Adverse Weather Arrangements
- Admissions 2017
- Clouds Restaurant



besafe@countyhigh.org.uk

Academic Support

In addition to your teachers, numerous subject specific websites are available for students to assist them with their understanding of the topics they are covering. Follow the links below - some websites require specific login details; these can be obtained from the relevant subject areas.



Additional Support for Students

Alongside the support that we are able to offer within school, there are also outside organisations that can also help students both locally and through national organisation accessible websites.

TeenTalk

If students need support they can contact TeenTalk and take advantage of their unique service. TeenTalk offer a support and information service for 11-25 year olds in the Tendring area, which has been built up over the past 18 Years. They offer a self-referral service, there are no time restrictions and no appointment is required. Their support is informal, non-judgmental and confidential. To find out more about TeenTalk along with the support and activities they offer just follow the link - [TeenTalk](#) or call them on 01255 504800



National Support Websites

Childline - www.childline.org.uk | [online chat](#) | [message boards](#)
 Freephone 0800 11 11 (24 hours)

Childline is the UK's leading young people. It provides confidential telephone counselling service to anyone under 19 with any issue they're going through, big or small; they can help with anything - from bullying to exam stress and relationships. They comfort, advise and protect.

Childline is free and doesn't show up on the phone bill. Childline is confidential and available any time, day or night.

The Parentzone website from CEOP also has help and information around these topics:-

1. Support for children who have experienced crime.
<http://parentinfo.org/article/support-for-children-who-have-experienced-crime>
2. 10 ways parents can make divorce less painful for their children.
<http://parentinfo.org/article/10-ways-parents-can-make-divorce-less-painful-for-their-children>
3. Should you share pictures of your children online?
<http://parentinfo.org/article/should-you-share-pictures-of-your-children-online>
4. Snap Chat Maps – A parent's guide.
<http://parentinfo.org/article/snapchat-a-parents-guide>
5. Talking to your children about suicidal thoughts.
<http://parentinfo.org/article/talking-to-your-child-about-suicidal-thoughts>
6. Fake News – Who can you trust:
<http://parentinfo.org/article/fake-news-who-can-you-trust>
7. Mood Altering Substances – Information about legal highs
<http://parentinfo.org/articles/top-tips>
8. Digital Resilience – A parent's guide:
<http://parentinfo.org/article/digital-resilience-a-parents-guide>

Prevent Strategy

The PREVENT Duty

As of July 2015, the Counter-Terrorism and Security Act (HMG, 2015) placed a new duty on schools and other education providers. Under section 26 of the Act, schools are required, in the exercise of their functions, to have “due regard to the need to prevent people from being drawn into terrorism”. This duty is known as the Prevent Duty.

The purpose of the PREVENT Strategy is to stop people becoming terrorists or supporting violent extremism in all its forms. The strategy has three objectives, one of which is to prevent people from being drawn into extremism and ensure they are given appropriate advice and support. At Clacton County High School, we follow the procedures as set out in the document, ‘The Prevent Duty’ (DfE June 2015).

Sports Clubs and out of school activities

Being part of an extra-curricular club promotes self-esteem in young people and develops many skills. The link below provides guidance to ensure safety when joining clubs/activities.

<http://www.escb.co.uk/Portals/67/Parents/How%20to%20choose%20a%20club,%20tutor,%20coach%20FINAL.pdf>

Internet Safety

It is vital that we ensure our students, across all age ranges, are fully aware of the potential dangers of the Internet, whilst being able to enjoy using it as well. With this in mind, there are a lot of help topics available on the NSPCC website via the link below, for parents on the new social networks that children may be using. Make sure your child stays safe online, know whom they are contacting and conversing with, and remind them of the possible dangers of speaking to strangers via social networks.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety>

A leaflet has been created for parents to assist in keeping teenagers safe online. This has been emailed to all parents and hard copies are available from reception. There is also a link to this document on the e-Safety page of our website.

There are also risks, but by understanding and talking about the dangers you can help keep your child safe online.



What social networks are children using?

From Facebook and Instagram to Snapchat and Tumblr, Net Aware is a simple guide for parents to the most popular social networks, apps and games

[Visit Net Aware](#)



Be Share Aware

It's good to share – but sometimes sharing online can be dangerous. Be Share Aware and keep children safe online.

[Be Share Aware](#)

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>



<https://www.internetmatters.org/>



<https://www.thinkuknow.co.uk/>



I hope that you all have a very Happy Christmas.

Julie Aldis

Head of Safeguarding and Child Protection