



TIBSHELF COMMUNITY SCHOOL S A F E G U A R D I N G N E W S L E T T E R



CHRISTMAS
2024

Welcome to our Safeguarding Briefing 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.



Content





- Mental health and emotional wellbeing
- Got Your Back
- Go Beyond
- Change Grow Live
- Internet safety
- It's about me
- Cost of living










Safeguarding Team

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

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



Lucie Wainwright
Headteacher



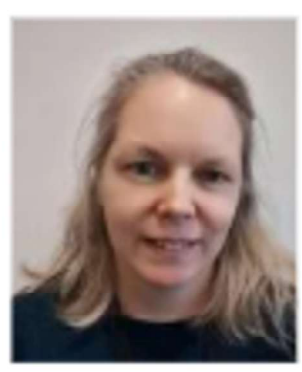
Stephen Doughty
Safeguarding Governor



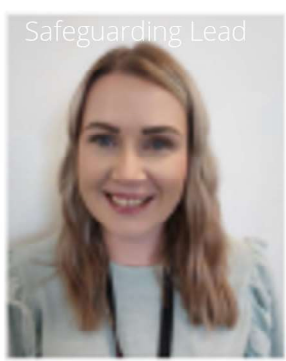
Richard Penford
Designated
Safeguarding Lead



Joy Riley
Safeguarding and
Intervention Team Manager



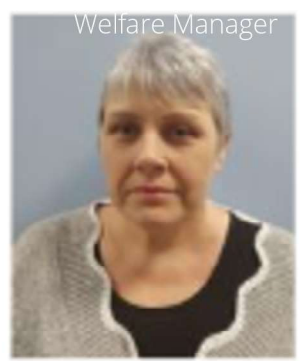
Emma Dunn
Safeguarding and
Welfare Manager



Hollie Stanhope
Safeguarding and
Welfare Manager



Eunice Sinfield
Safeguarding and Family
Support Manager



Jo Marshall
Safeguarding Medical
Welfare Officer

“Working Together to Safeguard Children”



Mental Health and emotional wellbeing.

Here are some links for useful sites that children are able to access on their phones or smart devices for support over the Christmas break. 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.

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
- little bit of body text

CHAT HEALTH

Derbyshire Healthcare Support
Children | Parents | Teenagers

WE HELP 11-19 YEAR OLDS WITH ALL KINDS OF THINGS:

SCAN THE QR CODE TO FIND OUT MORE

HEALTHY EATING

BULLYING

SMOKING

ALCOHOL

MENTAL HEALTH

RELATIONSHIPS

It's safe and easy for you to speak to a qualified health professional. Just send a text, you don't have to give your name. Discreet and quick, it only takes one message to start making a difference...

TEXT US FOR CONFIDENTIAL ADVICE AND SUPPORT

07507 330025

DERBYSHIRE County Council

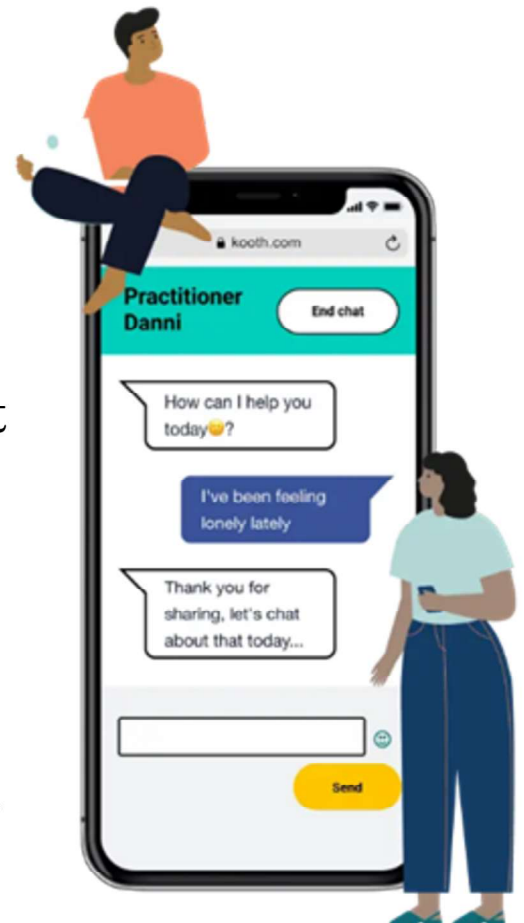
NHS

This service is funded by Derbyshire County Council and provided by Derbyshire Community Health Services NHS Foundation Trust

Mental Health and emotional wellbeing (cntd)



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



Kooth

Kooth offers emotional and mental health support for children and young people aged 11-18years old.

They have qualified counsellors online seven days a week to provide young people using the service online counselling, through a chat-based messaging via drop-in or booked in sessions.

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

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

Mental Health and emotional wellbeing (cntd)



Compass

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.

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

TEL 01332315569



Mental Health and emotional wellbeing (cntd)

Got Your Back

Got your back is a service that supports young people under the age of 17 who have been affected by crime in Derbyshire.

This could be if you are a victim, witness or those who have been impacted in any way.

They offer free and confidential 1 to 1 support that is tailor made for each person.

For support you can call the helpline on 0800 612 6505

Text DVS to 82228

Contact through social media or go to the website on the link below

<https://gotyourback.tv/>

Go beyond

Go beyond is a charity that gives children and young people facing serious challenges in their lives the chance for a break that lasts a lifetime.

These breaks take place in the countryside where staff and committed volunteers give children and young people who have been bereaved, abused or bullied, who are living in poverty or caring for a loved one the chance to escape from their worries and pressure.

It will give them the experiences they need to believe in themselves and think beyond the day to day for a bigger brighter future.





Mental Health and emotional wellbeing (cntd)



**Change
Grow
Live**

CGL is a free confidential service for young people aged under the age of 18 who are using drugs or alcohol and would like some support.

They do not judge and understand that every person's experience is different.

Whether the young person would like to make changes or not they are there to provide support and advice.

This can be long term support or just one off support.

They understand that it can be difficult for young people to open up about substances and will attempt to make it as easy as possible by seeing them in an environment they feel comfortable. Whether this be in the home, youth centre or in school.

Referrals can be made by professionals, family or friends.

Please call on 01773 303646

Or follow the link below for the online referral and more information.

<https://www.changegrowlive.org/young-peoples-service-derbyshire/info>



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 your child(ren) that provides them with an outlet to talk with friends and family along with mental health support through services like Kooth.



And with Christmas around the corner, children may be receiving their first device that has access to the internet. 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:

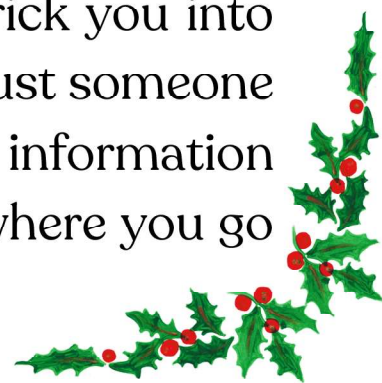
- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse)
- Seeing inappropriate content
- Not getting enough sleep and exercise



Internet Safety

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.

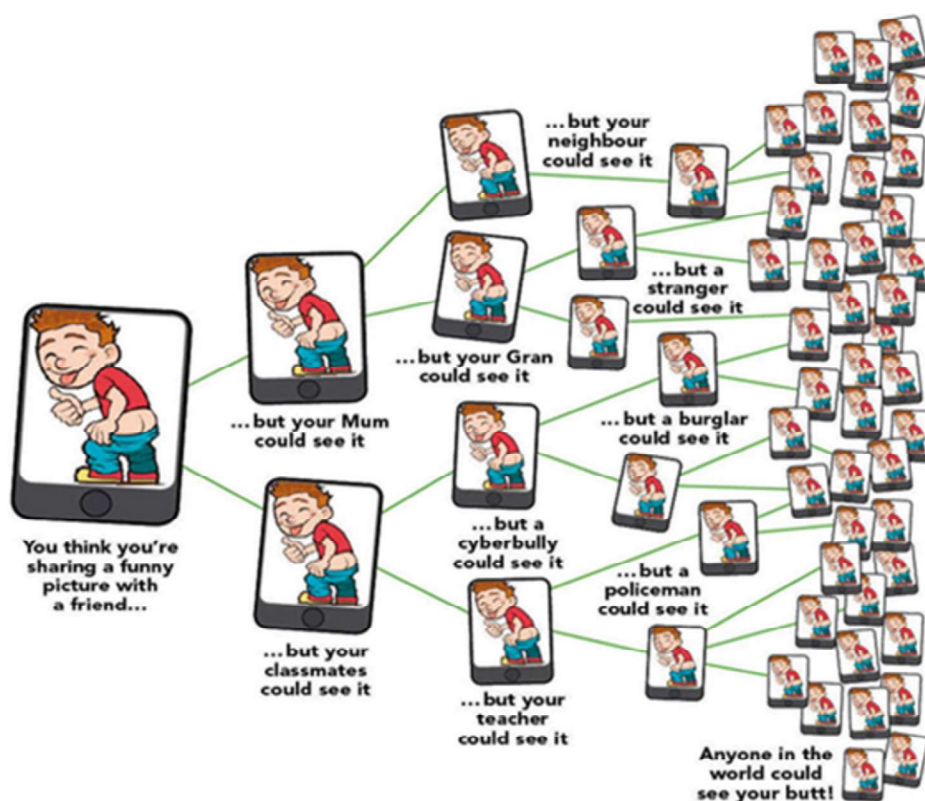


Internet Safety

- 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 advise on internet safety

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





Internet Safety



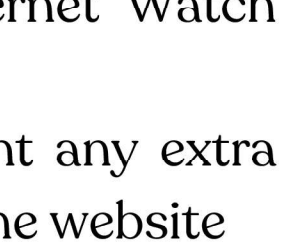
Nude image of you online?
We can help take it down.

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
- 



Internet Safety



Nude image of you online?
We can help take it down.

- 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.





it's about me

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

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

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

If your child is not eligible for the It's About Me programme, many clubs also offer paid places where you can book with them directly.

To book your activities and to find out more information go to www.itsaboutmederbyshire.co.uk





it's about me

The winter holiday clubs will take place from **Monday 23 December – Friday 3 January**. Excludes Bank Holidays and weekends. Bookings open on **Monday 2 December 2024**.

Cost of living and Food banks

The rising cost of living is still being felt by many people. Please find below advice and websites to support with the cost of living crisis and local food banks.

On this government website you will find links for funding and support along with a link to apply for free school meals.

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

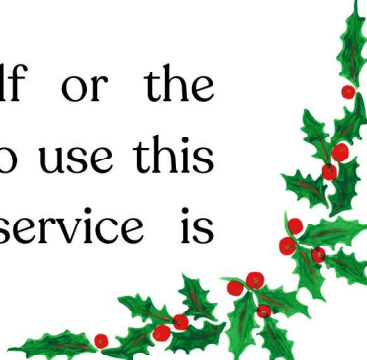
Food Banks

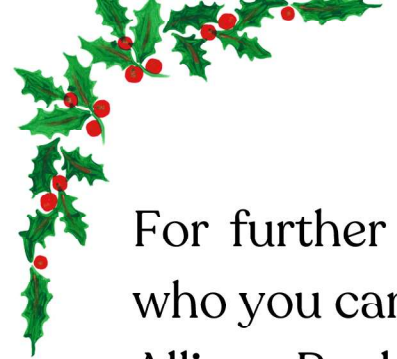
Tibshelf

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.





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

(alccholmewood.com)

Wishing you a Merry Christmas
from the Safeguarding Team!



TIBSHELF COMMUNITY SCHOOL CHARACTER VALUES



Resilience



Respect



Positivity



Integrity



Community Spirit



Curiosity