

Northumberland Strategic Safeguarding Partnership with Northumberland Virtual school

Half termly bulletin for Governors, Headteachers/Principals and Designated Safeguarding Leads
in Schools, Academies and Alternative Providers

Issue 50: 20/11/2020

Education Support Charity



In this time of uncertainty, teachers and colleagues in schools will be holding onto children's anxiety, whilst staff most likely will have their own worries too. Supporting each other will continue to be important whatever might happen in the near future.

To help us offer support to each other, the Education Support charity is available and is there for everyone who works in education. They have many useful resources on their website specifically about topics linked to coronavirus. The resources can be found here: <https://www.educationsupport.org.uk/>

The Education Support helpline is available 7 days a week, 24 hours a day staffed by trained counsellors on **08000 562 561**.

A useful poster for noticeboards can be downloaded here:

https://www.educationsupport.org.uk/sites/default/files/resources/helpline_poster.pdf

Talking to children and Young People about a Terrorist Attack

When a terrorist attack occurs, children will hear about it in several different ways, some of which may be inaccurate, untrue, or based on rumour or speculation. Wherever they happen, events may create feelings of personal anxiety and fear that children can find hard to articulate: giving them a context to discuss, question and express their thoughts and feelings will help them to process what has happened in a safe environment with a trusted adult. One context for this discussion could be within a PSHE education lesson.



The PSHE Association has recently developed guidance and resources to support teachers to frame a discussion with children and young people about terrorism and other frightening topics that they may be hearing about on the news and through social media.

This guidance is not intended as a script or lesson plan, but to help teachers answer questions, structure discussion and, if appropriate, extend children's learning and understanding. Teachers should pick out what they feel is relevant for the nature and circumstances of an event, the age and readiness of the children, and their whole-school ethos and values.

The support materials are available through the PSHE Association, and are also stored in the Information for DSLs folder:

<https://drive.google.com/drive/folders/1zlyPzwGWTtbDY-zIOM2JAtceh41ifVxT>

Emotional Health and Wellbeing Resources



The **Senior Mental Health Leads Conference: Wellbeing for Education Return** took place on Thursday 5th November. This conference was organised by Northumberland Inclusive Education Services (NIES) and was delivered to all mental health leads in schools. There was a wealth of information and resources available to be shared with support staff and young people during this particularly challenging time. You can access many of the resources shared during the conference by

following the links below.

Be You Padlet

Range of resources provided by the Be You mental health support team. Please be aware some of the offer on this page is currently only available in the trailblazer areas (Hexham and Blyth partnerships)

<https://padlet.com/nies1/beyou>

School Wellbeing Audit

Northumberland Promoting Emotional Health and Wellbeing Checklist was discussed during the conference and it can be found on the Be You Padlet (4th Column). If your school is in a trailblazer area you can complete a form to request support with this tool although the audit tool itself is available county wide. <https://padlet.com/nies1/beyou>

Kooth:

A free, confidential and safe space providing an online, mental wellbeing community for young people aged between 12-25 to find support and counselling, the CCG has bought into Kooth for all young people between 12-25 in Northumberland.

www.kooth.com

Qwell

Available to Educators and education staff in Northumberland. A safe and confidential space to share experiences and gain support from our community and qualified professionals.

www.qwell.io

Take a Minute

Educational Psychologist, Jill Sandeman's take a minute recordings. Jill is happy for these to be shared for the use of staff and parents. Please remember they were originally made to be played on face book and so refer to comments and likes! Please send any feedback to us instead.

<https://sway.office.com/884P1xV1QpngWJAd?ref=email>

Friends Resilience training:

The Friends Resilience programs aims to build resilience and reduce anxiety for children and young people now and across their lifespan. There are 4 programs aimed at different

age groups:

Fun Friends (age 4-7)

Friends for Life (age 8-11)

My Friends Youth (age 12-15)

Adult Resilience (age 16+)

More information and the sign-up forms are available on the Be You padlet

<https://padlet.com/nies1/beyou>

National/international resources:

Every Mind Matters-

Public Health England's new mental health campaign to support children and young people and their parents and carers

<https://www.nhs.uk/oneyou/every-mind-matters/>

Stop, Breathe, Think

My life- app available with a version for kids and one for adults.

<https://my.life/>

HeadSpace

An app that teaches how to meditate- free for teachers

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

Smiling Mind

Practise your daily meditation and mindfulness exercises from any device.

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

<https://www.smilingmind.com.au/smiling-mind-app>

Books:

ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy -

Russ Harris

Stuff That Sucks: Accepting what you can't change and committing to what you can - Ben Sedley

Ted Talks:

[Kelly McGonigal: How to make stress your friend](#)

[Andy Puddicombe: All it takes is 10 mindful minutes](#)

[Richard Weller: Could the sun be good for your heart?](#)

[David Levitin: How to stay calm when you know you'll be stressed](#)

[Pico Iyer: The art of stillness](#)

Staff Wellbeing:

<https://www.annafreud.org/media/7026/3rdanna-freud-booklet-staff-wellbeing-final.pdf>

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/>

Private Fostering

Due to the current circumstances, there is a concern child/ren may be staying with adults who are not direct family members, without family or professionals being aware that this may be a private fostering arrangement. Therefore, please encourage all staff who have direct or indirect contact with children/parents/carers to check on the status of the children who are not residing with parents/immediate family.



Please find links below for further information.

https://www.northumberland.gov.uk/getattachment/Children/Looked-after/Private-fostering/Private-fostering/Useful-information-for-children-parents-carers-a/Private-fostering-guide_-_Professionals.pdf.aspx?lang=en-GB

<https://www.northumberland.gov.uk/privatefostering.aspx>

These documents are also available in the information for DSLs folder:

<https://drive.google.com/drive/folders/1xAjxp8BtTbFFNh8ZqC2yDcXP4I-d8pMC>

Online Safety Information: Do you know your Alexa from you Tellonym Account?

Information provided by Northumbria Police:



**National
Online
Safety**

National Online Safety are making it their mission to empower teachers, school staff, parents and carers with the knowledge they need to keep children safe online. This is especially important during the current lockdown as many children and young people are spending far more time online than they would be under 'normal' circumstances

National Online Safety provide free weekly fact sheets on a variety of topics to support this. To access them, click on the link below and check back each week for new updates.

<https://nationalonlinesafety.com/training>

Drug and Alcohol Education Resources

With Christmas fast approaching, it is a good time to plan some drug and alcohol education for your students to give them age-appropriate messages on these sensitive topics, before the Christmas holidays. Most children and young people will not be misusing substances over the festive period, and it's important to include these social norms messages in any programmes of alcohol and drug education that you choose to deliver. In September of this year, the PSHE Association released Drug and Alcohol Education schemes of work for Key Stages 1-4. This pack includes lesson plans and resources for each key stage — with knowledge organisers included — as well as a comprehensive teacher guidance document, a briefing on the evidence base underpinning effective drug and alcohol education, and governors' briefing. Interactive PowerPoint lesson plans are also available.



If you have concerns about a young person's substance misuse, including alcohol misuse,



you can refer them into **Sorted, the Northumberland Young People's Substance Misuse Service**. The referral has to be completed with the young person's consent, but if you don't have consent, you can still speak to sorted for advice. For further information, or to contact Sorted, please follow this link:

<https://www.northumberland.gov.uk/Children/Young/SORTED.aspx>

To access the Sorted online referral form, please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=3qkTu5CC8EKpgNw73-cPQKY3-wFEeMdlSuuvCe3al25UMExTRk9XV0tYSERXWFZIMTUwWwERGWFZDMC4u>

A virtual friend for Children - ParentZone/BBC Children In Need



Ollee is a digital friend for children aged 8 -11, created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing.

It's designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers. It does this by offering them advice about a range of subjects, including: school, family, friends, their body, the internet and the world around them. For each of these subjects, children can choose an emotion that matches how they feel about it that topic,

Next, they can choose from a list of topics – for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read.

You can access more information and download the Ollee app here:

<https://parentzone.org.uk/Ollee>



16 Days of Action Against Domestic Abuse

16 days of Action Against Domestic Violence starts on Wednesday 25th December and runs until Thursday 10th December 2020. The 16 days of action stems from the original movement, 16 Days of Activism Against Gender Violence. The movement first began at the Women's Global Leadership Institute in 1991.

Since 1991, 5167 groups in 187 countries have contributed to promoting and supporting these 16 days. Schools around the world have dedicated time and energy to this movement and have been active in generating their own toolkits on how to approach domestic violence.

16 Days of Action Against Domestic Violence is aimed at employers to support them to take action against domestic abuse and violence.

Employers have a legal obligation to assess dynamic risk and support the health and safety and wellness of their employees.

Each of the 16 days will have a theme which will explore the various forms of domestic violence. The idea being that the workplace will be better equipped to acknowledge the signs that indicate domestic abuse is happening.



Could these be people that you work with?

- 25% of women are affected by domestic violence during their adult lifetime
- 16% of men are affected by domestic violence during their adult lifetime
- 58% of abused women miss at least 3 days of work a month as a result of the abuse
- 56% of abused women arrive late for work at least 5 times

33% of all domestic violence homicides happened on workplace grounds

'Something's Not Right' Campaign



On 17th November the Home Office launched a new campaign, '[Something's Not Right](#)', aimed at helping secondary school children in England who may have suffered a range of harms, such as sexual and physical abuse, during lockdown.

With schools re-opened and safeguarding channels restored, the campaign aims to build awareness of the support services available to victims and encourage disclosure of abuse to a trusted adult.

The campaign has been developed in close collaboration with the NSPCC, Barnardo's, The Children's Society, Internet Watch Foundation and Marie

Collins Foundation.

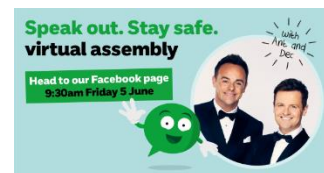
We would greatly appreciate your support in amplifying it to as many children and young people in your schools and settings as possible.

The campaign's brand, **Something's Not Right**, centres on the insight that children who suffer different forms of abuse may not have the ability to define or describe their experience, but they know the emotions they feel and the sense that something is not right. The campaign will help children to understand what may be causing them to feel these emotions and signpost support.

More information on the insight and research used to develop the campaign brand and messaging can be found in the supporters' pack which is in the Information to DSLs folder.

The NSPCC is still here for schools

The NSPCC *Speak out. Stay safe.* Programme has had to temporarily change as NSPCC staff and volunteers won't be able to deliver the programme in schools in the spring term, as they had been doing before the pandemic. The NSPCC, with the support of Ant and Dec, have launched a brand new virtual



version of the safeguarding programme: **Speak out. Stay safe. Online.** The programme is designed for children aged 5 – 11 and includes access to video assemblies and supporting resources for use in the classroom.

Schools will have access to pre-recorded online assemblies, with the messages being delivered in a fun and interactive way, with the help of the NSPCC mascot Buddy and guest appearances from Ant and Dec. The online assemblies include pause points to allow for teacher-pupil interaction.

The NSPCC have also developed supporting resources to go alongside the online assembly. These provide fun and engaging classroom-based activities that prepare children prior to watching the online assembly and help reinforce learning after the assembly.

If you are interested in accessing the online safeguarding programme please contact your local NSPCC Area Co-ordinator at joan.mcsloy@nspcc.org.uk or on 07976065294

Contact Us

Please contact us with any safeguarding queries you might have, by telephone or by email.

Carol Leckie; Schools' Safeguarding Team Manager: 01670 622720

carol.leckie@northumberland.gov.uk

Victoria Kinneavy; MASH Education Liaison Officer: 01670 536381

victoria.kinneavy@northumberland.gov.uk

Justine Clephane; Safeguarding Consultant: 01670 622738

justine.clephane@northumberland.gov.uk

If you cannot contact a member of staff directly, please use these generic details. Your query will be logged,

and you will receive a response by the end of the working day or within 24 hours.

- If you have a query for the Education Welfare team please email – educationwelfare@northumberland.gov.uk
- If you have a query for the Looked After Children's team, please email – eslac.info@northumberland.gov.uk
- If you have a query for the Safeguarding Team or for the Education Other Than At School (EOTAS) team, please email – eotashealth@northumberland.gov.uk