

## Northumberland Strategic Safeguarding Partnership with Northumberland Education and Skills Service

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

Issue 34: 24th April 2020

### DSL support during the Coronavirus Covid 19 outbreak

During the school closure period we are going to publish a Safe to Learn bulletin every Friday. Please remember to share with all staff and your governing body.

The next issue will be shared with you on Friday 1<sup>st</sup> May 2020.



### Parental Conflict and its impact on Children - new e-learning module

It's common and normal for parents to have different ideas, opinions, values and priorities. Being able to express and receive these with respect, and working out differences of opinion, is an important part of being in a successful relationship.

If parents don't have a good strategy for resolving conflicts, then distress can become chronic. The conflict never seems to get resolved and the same patterns of angry confrontations are repeated over and over again with only temporary - or often no - resolution. Research evidence clearly shows the negative impact this can have on children and the importance of early intervention in these situations.

With this in mind, a new e-learning module has been created on Learning Together - [Parental Conflict and its Impact on Children](#).

The course is available to anyone working with children, parents and families in Northumberland. If you need any support to access the course, please contact [support@learningpool.com](mailto:support@learningpool.com) or call 0845 074 4114.

### DfE Covid-19 updates

The government has updated its guidance relating to vulnerable children to further clarify the existing guidance. In particular there is more detail about actions to be taken for the different groups of vulnerable children, for example procedures for recording their attendance or non-attendance at their education setting.

**The groups included in the definition of vulnerable children have not changed.**

The guidance can be accessed by following this link: [guidance on vulnerable children and young people](#)

This guidance is also stored in the Information for DSLs folder alongside updated DfE guidance and information.



## Sending Emails to Groups

As we are all working under very different circumstances to those we are used to, may we take this opportunity to remind everyone that when you are sending emails to groups of recipients it's important to blind copy (bcc option in the recipient box at the top of the email) names so recipients can't see the email addresses of others you are sending the email to. This is particularly relevant with any safeguarding information you are sharing.

**Safe to Learn** is not sent in this way as it is shared in partnership groups of DSLs and it is important that you have the email addresses of DSLs in your partnership for support, especially when so many of us are working in isolation. We hope you agree that having this support network could not be more necessary and valuable than under the present circumstances.



## Domestic Abuse Support, Advice and Information

Please remember that this advice, support and information is not only relevant for the children and families you are working with, but also for your colleagues. Being in lockdown with a perpetrator of abuse may be having a massive impact on the lives of many of your colleagues, therefore we urge you to share this information as widely as you can.

**Crimestoppers** has posted a film on their Facebook page encouraging neighbours, friends, family and colleagues to speak up if they see or hear domestic abuse. People can report any concerns 24/7 and completely anonymously if they prefer. The film is available [here](#).

**SafeLives** has published the results from a survey they carried out with domestic abuse frontline services. The survey aimed to assess the extent to which COVID-19 had already impacted on the domestic abuse sector. The results are available [here](#).

### Useful links:

[Women's Aid practical safety advice for survivors](#)

[SafeLives advice and information for survivors, professionals and policymakers](#)

[Freephone 24-Hour National Domestic Abuse Helpline](#)

Where it isn't safe for a victim to speak on the telephone, Women's Aid has an instant messaging service (Monday–Friday, 10am–12pm) which can be accessed via [Women's Aid Live Chat](#)

[What to do if you need urgent police help through the 999 service, but can't speak](#) (The Silent Solution police system)

[Galop National LGBT+ Domestic Abuse Helpline](#)

[Men's Advice Line](#) (Male victims of domestic abuse)

[Respect Phonenumber](#) (For anyone worried about their behaviour towards their partner)

The government has updated their [Support for Victims of Domestic Abuse](#) page.

## Northumberland Strategic Safeguarding Partnership (NSSP)



NSSP advice for keeping children happy and safe online is available [here](#).

The new multi-agency NSSP and Early Help & Prevention Training catalogues are available online [here](#).

## What are Children Saying about Coronavirus?



The NSPCC has published a report entitled [What Children are Saying about Coronavirus](#) which summarises what children are saying to Childline during

confidential counselling sessions regarding their anxieties and concerns over coronavirus. This briefing offers an insight into these worries which can help adults think about what support needs to be put in place for young people at this time.

## NSPCC resources for parents and carers

The NSPCC has created a number of resources to support parents and carers during this difficult time.

Topics include:



- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

The advice can be found on the NSPCC website [here](#).

The website also offers access to the **Calm Zone** by scrolling to the bottom of the page. The Calm Zone includes activities, games and videos to support children and adults to manage stress and anxiety.



## Resources for Schools to Use With Young People

The DfE recently announced that it had produced a document that brought together an initial list of online [educational resources](#) to help children to learn at home. Added to this offer of free resources is a website of online video lessons compiled by a group of 40 teachers across the country. The website is called the [Oak](#)

[National Academy](#) and has resources for pupils of all ages in all subjects.

## Resources for Children and Young People

In addition to the DfE support, Northumberland County Council and Northumbria Healthcare Trust has produced a [‘Coronavirus: Factsheet for Kids’](#).

The Children’s Commissioner has also created a [presentation for children and young people](#) to explain the coronavirus to them and to allow them space to explore their feelings and concerns. The presentation also offers information about how to get their questions answered.



CEOP’s [thinkuknow website](#) also has resources for children and young people of all ages, including new online safety at home activity packs. Scroll to the bottom of the page for the activity pack link.

The Anna Freud Centre has published a range of resources to help support the mental health of children, young people, school staff and parents during this pandemic. The third toolkit in this series has just been released. All three toolkits are here for you to access.

### [Toolkit 1](#)

- a booklet to support schools
- videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health
- activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

### [Toolkit 2](#)

- resources for staff wellbeing
- resources to help children with SEND and

- responding to the unique challenges that may arise for vulnerable children

### [Toolkit 3](#)

- resources for school staff, as well as parents, to use with vulnerable children or children with SEND,
- a resource from Stonewall for the LGBTQ+ community, and
- a resource pack for staff wellbeing and practical activities for adults and children to help stay mentally well during this time.

These links have been included in the **Information for DSLs** folder.



## Local Information, and a massive THANK YOU!

This information was shared in a recent edition of the Northumberland Children's Services Briefing and, in case you missed it, we thought this was a good opportunity to share a huge thank you for all the dedication, hard work and excellent practice taking place in education settings across Northumberland. None of this could happen without you!

Since the start of the school closure period, we have had around 900 vulnerable children, children of key workers and children with an EHCP attending our schools and other settings. In addition, between 450 and 500 children have been attending a range of pre-school providers. During the Easter fortnight, numbers had stabilised at around 600 children in schools and settings and around 400 in pre-school settings. A number of settings stayed open over the Bank Holiday weekend, enough to meet every request for a place that was received.



Our thanks go to all those schools and settings that have supported our families over the last four weeks and to all those colleagues in Children's Services who, in too many ways to mention, have kept this show on the road  
**THANK YOU!**

## Using Zoom

We are aware that many partner agencies are using Zoom video conferencing for meetings however NCC staff will not be using Zoom for any of our meetings or conference calls. There are a number of known security issues with the Zoom platform.

There is official guidance from the Cabinet Office on the use of Zoom.

- **Cabinet Office advises - if your organisation already has a VC platform, continue to use that rather than using Zoom. For us, this means that all our Video Conferencing should be hosted via Google or Microsoft Teams.**
- **If you are invited to join a Zoom meeting set up by another organisation, you must ask that the meeting organiser has set up the meeting according to cabinet guidance to prevent against unauthorised access so that no external can present their screen without permission.**

## Public Health Updates

Our colleagues from Public Health have provided us with updates on the 0-19 team (health visiting and school nursing) teams, to ensure schools know how to contact staff for advice. Please see the document attached to this newsletter for further information.

The ChatHealth service for young people between the ages of 11 and 19 also continues to operate. This

service allows young people to text your school nurse, in confidence, for advice and support. The service deals with all kinds of issues including mental health, bullying, self-harm, alcohol and drugs, relationships, healthy eating and smoking. ChatHealth is available for young people aged 11-19.



## ChatHealth Messaging Service

### Text your school nurse

During these unsettling times, as a young person, you may be worried about your health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

**Young people aged 11-19 years old can send a text to:**

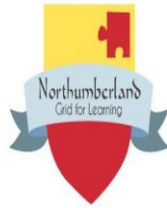
**07507 332 258**

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by Northumbria Healthcare NHS Foundation Trust and is available 09.30-4.30 Monday – Friday excluding bank holidays.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.



## Information from Northumberland Grid for Learning

### Keeping your network safe - an offer from Northumbria Police

As you will be aware, organisations such as schools are at a heightened risk of experiencing a cyber security incident during the COVID-19 outbreak. [https://www.ncsc.gov.uk/news/security-](https://www.ncsc.gov.uk/news/security-agencies-issue-covid-19-cyber-threat-update)

[agencies-issue-covid-19-cyber-threat-update](https://www.ncsc.gov.uk/news/security-agencies-issue-covid-19-cyber-threat-update)

We have received the following information from a colleague at NERSOU. Please ensure the relevant staff in your school are aware of this valuable opportunity to undertake a free vulnerability assessment and help ensure your network is safe and secure.

### Why are police offering this service?

Simply put we want to have fewer victims of crime, all too often we see businesses fall victim to untargeted attacks were the criminals have found a well-known vulnerability which can be easily exploited. Criminals are constantly using software to scan the internet looking for easy targets, e.g vulnerable and out of date systems. By offering this service we hope to find some of these vulnerabilities before they do, so you can take the appropriate action to defend your network.

### Who will be performing this service?

Northumbria Police have recruited skilled volunteers who have the aptitude, skill set and appropriate training to undertake Network Vulnerability Assessments. The volunteers, will work alongside Waterstons, an IT and business consultancy based here in the North East, to produce a vulnerability report, highlighting potential weaknesses in your internet facing systems and infrastructure. All volunteers have undertaken a selection and vetting process, they will be working out of police premises and will handle your vulnerability report in confidence.

### Who can apply for this service?

At present time the service is restricted to North East businesses only, covered by the Durham, Cleveland and Northumbria Police areas.

### What are the advantages of using this service?

You can reduce the chances of your business becoming a victim of common untargeted cyber-attacks. It can help you work towards accreditations like Cyber Essentials and ISO27001 which demonstrate your organisation is taking cyber security seriously, and you're taking steps to protect the data you hold.

### How will the assessment be conducted?

By providing some technical information to the volunteers, this assessment can be conducted, remotely – meaning nobody needs to be physically present on your business premises and the assessment can occur at any time of the day.

### What is the assessment?

The vulnerability assessment offered uses an industry recognised software package. To obtain such a scan from the private sector could incur a cost. This is not a penetration test, but a basic assessment of a limited scope of systems (i.e. internet facing systems like firewalls, mail servers, etc, not user workstations or internal systems) – it doesn't give protection against complex or persistent attacks, but does give an overview of the network security weaknesses that could be exploited by criminals on the internet.

If you believe your school may have been infected with malware, these steps may help limit the impact of the infection:

1. Immediately disconnect the infected computers, laptops or tablets from all network connections, whether wired, wireless or mobile phone based.
2. Consider whether turning off your Wi-Fi and disabling any core network connections (including switches) might be necessary in a very serious case.
3. Seek technical support immediately from the NCC helpdesk (01670 627004), and by sending an email to [itsecurity@northumberland.gov.uk](mailto:itsecurity@northumberland.gov.uk)

*I am a member of the North East Regional Cyber Crime Unit, part of a team with a primary objective of engaging with businesses; organisations and communities to provide advice and guidance to reduce the chances of becoming a victim of common cyber attacks.*

*During this unprecedented time, when we are all busy dealing with the demands of Covid-19, the last thing anyone wants is to become a victim of cybercrime. Although the most common way for criminals to attack is by sending malicious emails to try and get people to click on a link or download an attachment, there are those that will still try and take advantage of weak or insecure networks.*

*Northumbria Police are still offering a free Vulnerability Assessment to all businesses and organisations across the North East (Cleveland, Durham and Northumbria). Using Nessus, which is industry recognised software, they will scan public facing IP addresses and look for any weaknesses or vulnerabilities that could be exploited by the bad guys.*

*This may be more relevant than ever with changes to networks to allow for and/or increased 'working from home'. The Vulnerability Assessment is done remotely, so there is no need for anyone to be in the office or for anyone to attend your premises. The scan should not affect any systems and can be done at any time. Although you may conduct your own vulnerability assessment, this service is also available to all your third party agencies and suppliers based in the North East that, if affected, could also affect your systems and operation. Please provide them with this information.*

*To arrange for a Vulnerability Assessment or to find out further information, please email: [cybervolunteers@northumbria.pnn.police.uk](mailto:cybervolunteers@northumbria.pnn.police.uk)*

*If you have any questions or queries, my contact details are below:*

*Kindest regards*

*Jonathan Green, **Regional Cyber Protect Officer**, North East Regional Special Operations Unit*

*Mob No: 07970 845103, Tel No: 0191 375 2917, [jonathan.green@durham.pnn.police.uk](mailto:jonathan.green@durham.pnn.police.uk), Twitter @nerccu*

## **Contact us**

Whether your school is open or closed during the next few months, please contact us with any queries you might have by phone or by email.

**Carol Leckie, Schools' Safeguarding Team Manager, 01670 622720**

**[Carol.Leckie@northumberland.gov.uk](mailto:Carol.Leckie@northumberland.gov.uk)**

If you cannot make contact with a member of staff directly then 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](mailto:educationwelfare@northumberland.gov.uk)
- If you have a query for the looked after children's team please email - [eslac.info@northumberland.gov.uk](mailto:eslac.info@northumberland.gov.uk)
- If you have a query for the Safeguarding team or children educated other than at school team please email - [eotashealth@northumberland.gov.uk](mailto:eotashealth@northumberland.gov.uk)
- If you have a more urgent query or request please telephone 01670 622787.