

Christmas Safeguarding Newsletter

Belfairs Academy

December 2023



To all our parents and Carers,

Welcome to our latest edition of the Newsletter from Belfairs Safeguarding Team and the final one for 2023. We aim to bring you all the latest, relevant help and guidance on issues we feel will be of importance to you.

The festive season can bring about different safety issues, both for you, as parents, and for your children. This issue explores some of those concerns, offering support and advice.

Thank you for your continued support. We wish everyone in our school community a safe and peaceful Christmas and a happy, healthy new year.

From the Belfairs Safeguarding Team

Belfairs Designated Safeguard Leads



Mrs Foster
Asst Principal



Mr Zweistra
Vice Principal



Mr Williams
Snr Asst Principal



Mrs Rowland
Asst Principal

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

First Contact Team (Social Care): 01702 215007 (Mon-Fri)

Out of Hours Team (Social Care): 0845 6061212 (365 days)

NSPCC Helpline: 0800 800 5000

Childline: 0800 1111

Police: 999 (Emergency) or 101 (Non-Emergency)

Useful contacts for students

Kooth.com

Online counselling service for 11 – 25 years online until 10pm daily.

Young Minds

Telephone 0800 8025544 or text YM to 85258.

Mind

www.Mind.org.uk has A-Z of good information to support anxiety and panic attacks and www.mindful.org aimed at 11-17 year olds.

Childline

0800 1111 / childline.org.uk

EWMHS – 03005551200

Eating Disorders – www.beateatingdisorders.org.uk

Social Anxiety Support - www.social-anxiety.org.uk

Students aged 11-19 can text the school nurse on 07520 649895

The academy nurse can support young people with all kinds of things such as:

RELATIONSHIPS
MENTAL HEALTH
BULLYING
ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS
SMOKING

Text now for confidential advice and support.

Feedback and Questions

If you have a non-urgent query or request for our Safeguarding Leads, you can contact the academy via enquiries@belfairsacademy.org.uk

 **Follow us @belfairsacademy**



To contact the service between the hours of 9am-5pm, Monday to Friday: Call SET CAMHS: Freephone 0800 953 0222 Email: SET-CAMHS.referrals@nelft.nhs.uk

If you need urgent help or out of hours help; call NELFT out of hours: 0800 995 1000



ONLINE SAFETY TIPS FOR CHRISTMAS



Christmas is upon us once again, and some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. A new device means new corners of the digital world to explore, and unfortunately, new risks to be aware of. Here are our top tips to help guide your children to stay safe and responsible:



CHILDREN WITH NEW DEVICES



Always set a password – this will help to keep their private information safe and deny others access to their device without permission.



Discourage device dependency and limit screen time – gently remind them that having family time, seeing friends, and going out are still fun.



Explain secure Wi-Fi networks – home WIFI is protected by a password, but public networks are not. This increases the risk of hackers accessing personal information without your child knowing. Pairing with unknown Bluetooth devices to play music or share photos also pose a similar risk.



Turn location settings off – turning location settings off means your child's whereabouts can't be tracked by others.



Be there if they need to talk – even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them. Listen to their concerns, empathise, reassure, and seek help if you decide to take further action.

SETTING UP APPS AND GAMES

Set up 'parental controls' – customising these settings will determine which games they can play, with who and how they communicate as well as content they can access.

Pay attention to 'age ratings' – be aware they only download and use games appropriate for their age, many popular games have content that's not suitable for younger ages.

Have the 'money conversation' – talk about in-app purchases and other ways money may be spent through their device. Many apps are free to download, but then tempt players to pay for items or to unlock additional content. Agree a budget and ensure children can't authorise in-game purchases by themselves.

Monitor 'in-game comms' – Many apps and games have open chat systems, meaning children can speak to strangers or hear adult language and verbal abuse. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

Be aware of 'gifts' – games such as Roblox, Minecraft and Fortnite have in-game currencies which can be earned through progress in the game – but can also be brought with real money. Common scams include young players being offered currency if they 'click a link', warn your child about such offers and if in doubt to speak to you.

Legal apps that break the law – many apps are legal but enable illegal activity. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Be aware of the apps on their devices.

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WHATS APP GROUP "ADD ANY YEAR 7"



We are aware of a local WhatsApp group called '**Add any Year 7**'. Those in the group are exposed to explicit images and derogatory comments. We have no evidence to suggest that any student of ours is part of this group, but we want to bring it to your attention.

If your child is part of this group, please ensure that they:

- Leave the group as soon as possible.
- Report the numbers which are sending problematic and inappropriate content.
- Do not add anyone else to this group.

Please speak to your child about this group and remind them about the importance of not joining groups, or remaining in groups, where there are large numbers or where they do not know the creators and individuals within the group. This applies to WhatsApp, and all other forms of social media.



HOW TO BLOCK AN UNKNOWN NUMBER



ANDROID PHONES



1. Open the WhatsApp chat with the unknown phone number.
2. Tap **Block**. You can also report the contact by tapping **Report contact** > **Block**.

Note:

- Blocked contacts will no longer be able to call you or send you messages.
- Your last seen, online, status updates, and any changes made to your profile photo will no longer be visible to contacts you've blocked.
- Blocking a contact won't remove them from your contacts list, nor will it remove you from the list on the contact's phone. To delete a contact, you must delete the contact from your phone's address book.

APPLE IOS PHONES



1. If this is the first time you've been contacted by that phone number, you can open the chat and tap **Block** > **Block**.
2. Open the chat with that phone number, then tap the phone number > **Block Contact** > **Block** or **Report Contact** > **Report and Block**.

Note:

- Tapping **Report and Block** will both report and block the number.
- Blocked contacts will no longer be able to call you or send you messages.
- Your last seen, online, status updates, and any changes made to your profile photo will no longer be visible to contacts you've blocked.
- Blocking a contact won't remove them from your contacts list, nor will it remove you from the list on the contact's phone. To delete a contact, you must delete the contact from your phone's address book.

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PREVENTING STREET ROBBERY – ESSEX POLICE

Whilst we continue to see crime falling in Essex, we generally see a rise in Robbery at this time of the year. I wanted to use this opportunity to warn you of the potential risk and provide some crime prevention advice.



ADVICE TO HELP YOUNG PEOPLE STAY SAFE FROM ROBBERY

- Be aware of your surroundings when out.
- Try to avoid using your mobile phone in public or having valuables on display.
- Smartphones are attractive to thieves – a more basic mobile phone will enable you to stay in touch but be less of a target.
- Make a note of the phone's 15-digit International Mobile Equipment Identity (IMEI) number. You can find the IMEI number by dialling *#06# on the device. This can be recorded on <https://www.immobilise.com/> website; this will help police recover it if it's ever stolen.
- Earphones can make you more vulnerable as you are less aware of your surroundings.
- Having conversations with young people about the safest route home, avoiding shortcuts, is a good idea.
- Don't confront a thief – it's not worth risking your own safety for possessions that can be replaced.

WHAT TO DO WHEN A ROBBERY HAPPENS

If a robbery happens then calling 999 on a friend or trusted adult's phone gives police the best chance to provide an immediate response. It also gives us the best opportunity to catch the suspects, recover stolen items, and most importantly ensure they are safe. If they have returned home, they can still report online www.essex.police.uk or call 101.

GIVE INFORMATION ANONYMOUSLY TO FEARLESS



Fearless provides non-judgemental advice about crimes that affect young people. They also provide a safe place for young people to give information about crime 100% anonymously. If your child has witnessed a robbery or knows of any information and they do not wish to speak to the police, they can speak to Fearless 100 % anonymously at www.fearless.org.



SUPPORTING CHILDREN'S MENTAL HEALTH

"It's the most wonderful time of the year!" and "Christmas is a time to be happy!" are phrases we hear constantly during the festive period. Christmas becomes a quest for perfection for just one day which can become so overwhelming it can make it a daunting and scary time of year. Just because it is Christmas does not mean caring for your child's mental health should be put on hold. However, talking to children about their mental health can also be very difficult, so here are some **'Conversation Starters'** for you to try:

Talk about mental health naturally – speak about mental health as a part of everyday life, so that talking about our feelings and those of others is normalised.

Be open and honest – children appreciate honesty, particularly if you are having to share information about a difficult subject.

Mind your language – be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful.

Listen – this sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said.

Help your child feel safe – teens particularly feel that by talking about their worries or concerns will make things worse. Reassure your child that you will discuss a plan of action together.

It's okay to say 'I don't know what to do next' – adults do not have all the answers but often children think they do. It is okay to acknowledge what your child is experiencing is not something you have come across before. But you will work it out and seek help together.

Know when to seek help – assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? Talk to you child about your concerns and that it is likely they will need further support beyond family and friends.



It is okay
to show that
you are not
okay

USEFUL SOURCES OF INFORMATION:

Your GP
NHS website
Young Minds <https://youngminds.org.uk>
Action for Children <https://parents.actionforchildren.org.uk>

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KIDS MEAL OFFERS OVER CHRISTMAS

ASDA – 'Kids Eat for £1' café meal deal.

SAINSBURYS – Kids eat for £1 (hot main meal or lunch bag) with the purchase of an adult hot main meal.

HUNGRY HORSE (Anne Boleyn, Rochford) – Kids eat for £1 every Monday with every full paying adult.

MORRISONS – Kids eat free with any one adult meal with a value of £4.50 or over.

TGI FRIDAYS – Download 'Stripes Rewards' App and kids eat free when ordering adults main meal, all day every day.

BELLA ITALIA – Kids eat for £1 with the purchase of any adult main Monday – Friday.

IKEA – Kids pasta with tomato sauce and a soft drink for 95p or any other Kids meal for £1.50 from 11am.

DUNELM – Kids eat free at Pausa Café with every £4 spent in the café.

SIZZLING PUBS (The Castle, Hadleigh) – Kids eat for £1 Monday – Friday from 3pm when buying an adult main meal.

USEFUL APPS TO KNOW ABOUT:

TOO GOOD TO GO



This app works with lots of different types of stores and restaurants, so you'll find anything from supermarket groceries to hotel breakfasts, to fresh pastries from bakeries. Open the app, reserve a meal, and turn up at the store within the given collection time. Not only are you getting a heavily discounted meal, but you are saving a meal from being wasted and have done something good for the planet!

OLIO



This app works with businesses to redistribute their unsold or unserved food. Volunteers have been trained to work with local shops, cafes and offices who pick up whatever food is left at the end of each day. It is then added to the app for people living nearby to request and collect at a fraction of the price or for free.

MINDSHIFT



This is a free self-help anxiety relief app, helping young adults reduce worry, stress, and panic by following evidence-based strategies based on cognitive behavioural therapy (CBT). Using CBT tools can help challenge negativity, learn about anxiety, and develop more effective ways of thinking. This app provides a space for children to create thought journals, a 'chill zone' providing calming audio to reframe thoughts as well as advice on facing fears, starting healthy habits and challenges to widen their comfort zone.

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MONDAY: FOOD BANK AND LOCAL SERVICES CONTACTS

TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
10.00 – 12.00	Southend Communities Outreach Group (SCOG)	Foodbank	Balmoral Community Centre, Westcliff - white door to the left	Referral or drop in, SS07 postcode only. £1 per visit
10.00 – 12.00	Storehouse	Foodbank and breakfast	Coleman Street, Southend	Free
11.00 – 14.00	SVP	Lunch	Short Street, Southend	Free after initial membership of £1
13.00 – 14.00	Storehouse	Foodbank and lunch	Coleman Street, Southend	Free
13.00 – 15.00	Southend Foodbank	Foodbank	Ferndale Baptist Church, North Avenue, Southend	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
17.00 - 18.30	Southend Foodbank	Foodbank	Hawkwell Distribution Centre, The Faith and Hope and Charity Shop, Hawkwell	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
16.00 – 17.15	The One Love Project	Women only soup kitchen, foodbank, and amenities	Carnarvon Road, Southend	Free
18.30 – 20.00	The One Love Project	Soup kitchen, foodbank, and amenities, for all	Carnarvon Road, Southend	Free

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TUESDAY: FOOD BANK AND LOCAL SERVICES CONTACTS

TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
09.30 – 10.30	St Marks Hall	Foodbank	St Marks Hall, Rochford	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
11.00 – 13.00 (alternate Tuesdays)	Southend Alliance, SVP	Foodbank	St Lukes Hub, Shoebury	£5 1 st visit, £4 thereafter. Unlimited visits, up to 15 items per visit. Open to the public / by referral
11.00 – 13.00	The Whittingham Mission	Coffee and bingo	Whittingham Avenue, Bournes Green	Free
11.00 - 14.00	SVP	Lunch	Short Street, Southend	Free after initial membership of £1
11.45 – 13.15	Trinity Family Centre	Community Café meals	Argyll Road, Westcliff	Affordable, low-cost meals
13.00 - 15.00	Southend Foodbank	Foodbank	Belle Vue Baptist Church, Southend	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
14.00 – 16.00	Shoebury Arc	Foodbank and children's clothes	Friars Baptist Church, Shoebury	Free
19.00 – 20.00	SVP	Kindness kitchen and Homeless Street Hub	Short Street, Southend	Free after initial membership of £1

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WEDNESDAY: FOOD BANK AND LOCAL SERVICES CONTACTS

TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
9.30 – 11.30	Storehouse	Family Session, lunch	Coleman Street, Southend	Referral only, via children centres, GP, school, nurseries, Peabody or health visitors
9.30 – 11.00	Southend Foodbank	Foodbank	Eastwood Baptist Church, Eastwood	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
10.00 – 12.00	Southend Communities Outreach Group (SCOG)	Foodbank	Balmoral Community Centre, Westcliff - white door to the left	Referral or drop in, SS07 postcode only. £1 per visit
11.00 – 14.00	SVP	Lunch	Short Street, Southend	Free after initial membership of £1
13.00 – 14.00	Storehouse	Women's session, adults only	Coleman Street, Southend	Free
13.00 – 15.00	Southend Foodbank	Foodbank	St Saviours Church, Westcliff	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
12.00 – 14.00	57 West	Coffee and biscuits	Clarence Road, Southend	Free
19.00 – 20.00	SVP	Kindness kitchen and animal health checks	Short Street, Southend	Free after initial membership of £1

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THURSDAY: FOOD BANK AND LOCAL SERVICES CONTACTS

TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
11.00 - 14.00	SVP	Lunch	Short Street, Southend	Free after initial membership of £1
11.30 – 12.30	The One Love Project	Foodbank, adults only	Carnarvon Road, Southend	Free
12.00 – 14.30	The Whittingham Mission	Funbank, foodbank	Whittingham Avenue, Bournes Green, Southend	Residents of SS2 4 only. Proof of address and photo ID is required
12.00 – 14.00	57 West	Coffee and biscuits	Clarence Road, Southend	Free
12.30 – 14.30	Southend Foodbank	Foodbank	Shoeburyness and Thorpe Bay Baptist Church, Southend	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
13.00 – 14.00	The One Love Project	Foodbank, adults attending with children	Carnarvon Road, Southend	Free
18.30 – 20.00	The One Love Project	Soup kitchen and amenities	Carnarvon Road, Southend	Free

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FRIDAY: FOOD BANK AND LOCAL SERVICES CONTACTS

TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
10.30 – 12.00	Storehouse	Foodbank and breakfast	Coleman Street, Southend	Free
11.00 – 13.00	57 West	Drop-In, brunch	Clarence Road, Southend	Free
11.30 – 13.00	SVP	Vinnie's Pick 'n' Mix	Short Street, Southend	Initial membership of £1, £4.50
12.30 – 14.30	Southend Foodbank	Foodbank	Earls Hall Baptist Church, Westcliff	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
13.00 – 14.00	Storehouse	Men only, foodbank and lunch	Coleman Street, Southend	Free
From 14.00	Storehouse	Men only, social support session	Coleman Street, Southend	Free
19.00 – 20.00	SVP	Kindness kitchen and Homeless Street Hub	Short Street, Southend	Free after initial membership of £1

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THE WEEKENDS: FOOD BANK AND LOCAL SERVICES CONTACTS

SATURDAYS				
TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
09.30 – 11.00	Southend Foodbank	Foodbank	Westleigh Baptist Church, Leigh on Sea	Red Voucher required, via Citizens Advice, Victoria HUB, children's centres, SAVS
12.30 – 16.00	SVP	Light lunch and games	Short Street, Southend	Free after initial membership of £1
19.00 - 20.00	SVP	Kindness kitchen and Homeless Street Hub	Short Street, Southend	Free after initial membership of £1

SUNDAYS				
TIME	HOST	SERVICE PROVIDED	ADDRESS	COST / VOUCHER REQUIRED
10.45 – 12.00	57 West	Church service with brunch	Clarence Road, Southend	Free, no referral required
10.30 – 16.00	SVP	Light lunch and games	Short Street, Southend	Free after initial membership of £1
19.00 (3 rd Sunday o/t month)	Storehouse	Church service and light meal	Coleman Street, Southend	Free
19.00 – 20.00	SVP	Kindness kitchen and Homeless Street Hub	Short Street, Southend	Free after initial membership of £1

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WHAT'S HAPPENING IN SOUTHEND:



Where: Trinity Methodist Church, Argyll Road, Westcliff on Sea, SS0 7HL

When: 25th December and 26th December @ 11-2pm

What: Christmas meals will be provided for those who, for whatever reason, won't have Christmas dinner this year. Main meal and dessert will be provided with a sandwich to take away for later. It is free and no booking is required.

Donations are welcome but not necessary.

We know for some of you Christmas can be a difficult time of year, and for some, this year has brought many difficult challenges. So, from us all at Belfairs Academy, we wish you peace and hope at Christmas and hope the New Year is full of better days. We look forward to welcoming you all back to the Academy on Thursday 4th January 2024.

