

# Winter Safeguarding Newsletter Winter - 2024



The Safeguarding team would like to wish our Belfairs families a restful and peaceful Christmas and a safe New Year.

During this festive season, our students will have a lot more free time and the risks to them during this period will naturally be higher both in the community and online.

We hope that you find the information in this newsletter useful. As ever if you have any concerns, please do not hesitate to contact the numbers included below.

Thank you for your ongoing support.

## 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: 0808 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 0808 8025544 or text YM to 85258.

### **Mind**

[www.Mind.org.uk](http://www.Mind.org.uk)

A-Z of good information to support anxiety and panic attacks  
[www.mindful.org](http://www.mindful.org) aimed at 11-17 year olds.

### **Childline**

0800 1111 / [childline.org.uk](http://childline.org.uk)

**EWMHS - 0300 5551200**

**Eating Disorders - [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)**

**Social Anxiety Support - [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)**

## STUDENTS AGED 11-19

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 on 07520 649895  
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](mailto: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](mailto:SET-CAMHS.referrals@nelft.nhs.uk)  
If you need urgent help or out of hours help;  
call NELFT out of hours: 0800 995 1000



HELPFUL THIS WINTER

**All Restaurants & Shops that  
kids eat free or for as little as £1  
this Christmas**

**Sainsbury's Cafes** – kids eat for £1 with the purchase of an adult hot main from 11 30am every day.

**ASDA** – kids eat free for £1 all day, every day with no adult spend required.

**Pausa Café @ Dunelm** – kids get one mini main, two snacks and a drink for free with every £4 spent after 3pm.

**IKEA** – kids get a meal from 95p daily from 11am.

**Beefeater & Brewers Fayre** – two children under 16 get free breakfast every day with one paying adult.

**The Real Greek** – free kids meal for every £10 spent by an adult from 22 December 2023 until 7 January 2024.

**Travelodge & Premier Inn** – buy one adult breakfast from £8.99 and up to two kids eat breakfast for free.

**Sizzling Pubs** – every Monday-Friday between 3pm-7pm kid's main meals are £1 with every adult meal purchased.

**TGI Fridays** – kids eat free when 'Stripes Rewards Members' purchase any adult meal via the app.

**Preto** – kids up to age 10 eat free all day on weekends and from 4pm weekdays with a paying adult

**Gordon Ramsey Restaurants** – kids under 8 eat free all day, every day at selected Gordon Ramsay restaurants.

**Bella Italia** – children eat for £1 with any adult main - the offer is valid 4-6pm Monday to Thursday.

**Whitbread Inns** – two kids under 16 can eat for free with every adult breakfast purchased.

**Table Table** – two children under 16 get breakfast for free every day with one paying adult.

**Hungry Horse** – kids eat for £1 on Mondays.

**Future Inns** – under 5's eat for free with any adult meal

## **DON'T FORGET:**

### **Free School Meals:**

**[enquiries@belfairsacademy.org.uk](mailto:enquiries@belfairsacademy.org.uk)**

**'FAO Data Manager'**

**If your child is eligible for free school meals, they'll also qualify for the food vouchers that may also be available through the Household Support Fund.**

**Find out more by contacting your local council.  
To check if you are eligible for Free School Meals and to apply, please click here Southend Council Support Fund**



**Belfairs**  
ACADEMY

## TALKING ABOUT TAKING RISKS WITH YOUR TEENAGER



Having a teen in the family can be tough, they're not a child anymore and they're also not quite an adult. They may sometimes be moody or bad tempered, but they still need your love and support, even if they pretend, they don't!

### **New experiences**

It may be hard to stop your growing teen from taking risks or trying new experiences, especially when it's driven by peer pressure. It's best to talk to them about the risks involved in certain situations or behaviour as they begin to take steps towards becoming an adult.

It may be stressful for you as a parent so make sure you are there for them and be ready to pickup the pieces if things fall apart.

Don't just make it a one-off conversation, keep communication open with your teen and talk to them about the risks they may face.

### **Keeping your teenager safe**

They may kick up a fuss about being old enough to look after themselves, but the truth is that teens don't always make the right choices, and they know this as well as you do. Setting out some ground rules makes it clear that they're being looked after and despite the fuss that they make about being in charge of their own lives, the boundaries actually make them feel safe and secure.





### **Help them say 'no' to pressure**

Point out that their friends might just be showing off. Help them see that they can have a mind of their own.

### **Make sure they are aware of the risks**

Teens need to understand the risks surrounding the choices they make. It is not uncommon for young people get in trouble with the police because of things they do when they are drunk or on drugs. Talk to them about potential risks and making positive choices.

### **Don't expect instant solutions**

If they are displaying risky behaviour, it might be they are masking this behaviour and possibly struggling with other issues such as bullying, self-esteem, friends or relationships. Let them know you are there to listen and help. Avoid trying to solve everything with one conversation. Seek support from others such as your GP, the school, family and friends.

### **Be clear about what is and what isn't allowed in your home**

Help them understand what your worries are too.

### **Positive messages help**

Your behaviour will influence them most. Don't expect them not to drink and smoke if you drink and smoke in front of them.

### **Don't panic if you think your teen is using drugs or drinking**


Wait until you are calm and let them know you are worried. Encourage them to tell you what's happening.

### **Not going out late alone**


Knowing how they will get home, keeping in touch by mobile phone and letting you or a friend know where they are going. Go through safety tips with them so they understand what to do if they are facing an uncomfortable or worrying situation.

## Summary

Let them know that you understand that the pressures teens face can be difficult.



Listen and talk openly to your teen about the risks and challenges they will come up against, this can help reduce the risks that they face in their day-to-day life.



Don't try to force a conversation. It's a good idea to keep an open mind and accept that talking about difficult issues might be tricky for you both.

Give them practical ways to help them stay safe so they don't have to learn through their mistakes.

Sometimes the best way to help your teen is to get help and support yourself. Don't be afraid to ask for it.

## Food Banks Available This Winter

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



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## **Vaping statistics among teenagers**

**7.6% of teens and 9.4% of young adults (18 to 24) use vapes and e-cigarettes.**

**Youth exposure to e-cigarette ads has increased.**

**60.9% of teens say they tried e-cigarettes and vapes to see what it's like.**

**Near-daily vaping in the past 30 days was reported by 1.7% of eighth graders, 4.2% of 10th graders, and 7.8% of 12th graders.**

**“Relaxation” is the top reason cited by adolescents who vape.**



**Essex Police state that one in six vapes confiscated at schools spiked with ‘zombie drug’ – July 2024**

**Essex Police have created the worlds first portable “spice” detecting machine**

**596 vapes seized from schools across London, West Midlands, Greater Manchester and South Yorkshire**

**In 28 out of 38 schools, 1 in 6 vapes contained Spice - Almost all of the “spice” vapes were refillable with very few results from ‘single use’ vapes**

## Adults Secret Phones.

Government alert last weekend saw the government use the emergency phone system to send alerts.

We know some survivors have a phone hidden and that the government alerts will make a sound even if your phone is switched to silent.

Refuge has a resource video that will help you safely manage the alerts. See below (1).

Victims of domestic abuse with concealed phones can opt-out of receiving alerts either by turning off Emergency Alerts in their phone settings or by switching their phone off when it is not in use.

Guidance on how to do this is available. See below (2).

We have found out that there is a problem with a specific phone Nokia Series 30+, and that you will need to go into the settings directly.

If you are looking for help regarding tech more broadly- please see the specialist tech abuse website that Refuge have set up. See below (3).

They also have online live chat to support any query

[1. Refuge resource video to help you safely manage phone alerts.](#)

[2. Guidance on how to switch off emergency alerts](#)

[3. Refuge Website](#)

# Cost of Living Support and Advice Available

**Livable**  
Southend

**Southend-on-Sea**  
City Council

**Cost-of-living  
support and  
advice available  
for residents**

**YOUR PARAGRAPH TEXT**

For the latest local updates, visit  
[www.southend.gov.uk](http://www.southend.gov.uk)

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**COST OF LIVING DECEMBER 2024**

## **Parents of most vulnerable children to lose automatic right to home education**

A new bill in parliament will give local councils the power to intervene and demand school attendance if a child's home environment is found to be unsafe.

### **The right to home schooling will no longer be automatic for parents of the most vulnerable children under new government proposals**

Bridget Phillipson, the Education Secretary, will unveil a new bill in parliament.

Under the proposed legislation, the Children's Wellbeing and Schools Bill, local councils will be given the power to intervene and demand school attendance if they deem a child's home environment is unsuitable or unsafe.

It will also remove the automatic right for parents to home-school their child if their child is subject to a protection investigation or is under a protection plan - meaning they are suspected of being at risk of significant harm.

New registers will also be brought in to identify children not in school, as well as unique identifier numbers to record any issues and prevent children from "falling through the cracks".

The Department for Education said measures in the bill will ensure teachers and schools are always involved in decisions around safeguarding children in their area.

The two landmark measures into law will be of huge significance for any child currently at risk of harm in this country - it will now be supported by proper data-sharing between organisations so no child can become invisible in the system.

## YOUNG CARER FUN AND SUPPORT



Young Carers can take a break from their caring role and be with people who understand about life as a young carer. Get creative, play games, make friends, relax, and try different activities planned by Young Carers.

Keep a look out on the Facebook Southend Carers just register your email for details on these and invites to join them.

**For Ages 12-16 years old we have a Young Carers Club (RESET) run in the school holidays.**

RESET is a relaxed group offering different fun activities developed from Young Carers ideas. It is a safe space to meet other Young Carers and take a break from their caring responsibilities. We offer arts, craft, games and workshops as well as emotional support for carer related issues.

**For Ages 15 -17 years old we have a Young Carers Café (YC Café) run monthly.**

This is a relaxed group for Young Carers to meet with other young carers for a chat and to participate in workshops designed to help access training, confidence building and advocacy support preparatory for their transition to adulthood and adult services e.g. financial capability, how to stay safe and personal empowerment.

**YOUNG CARER FUN AND SUPPORT**



## **Young Carers Days Out**

**Providing opportunities to have fun, make memories with peers and simply be themselves.**

For all Young Carers registered with us we have a Monthly Fun Event (MFE) run on the last Saturday of each month. This is an opportunity to build memories with peer young carers who are registered with us and have fun exploring new places while experiencing different activities together. The events are based on Young Carer feedback and take part in a variety of places within the Southend area, to suit all tastes.

Link for website:

[Southend Carers / Young Carers](#)

# We are the Mental Health Support Team!

## It's good to talk!

Talking to us can help stop difficulties from spiralling so you can enjoy school, time at home and time with friends and family.



## Dealing with anxiety and low mood

Overcoming anxiety and low mood can be hard. But taking time to stop and learn how to manage anxious feelings, challenge unhelpful thinking and improve your mood can enhance your emotional wellbeing.

## You are not alone

**It's ok to not be ok.** The MHST are specially-trained to help you with your emotional wellbeing. It is helpful to share your worries with someone you trust so you can work through your difficulties together.

## Accepting that challenges are a part of life

Most people experience emotional difficulties at some point so it's important for you to acknowledge when this is happening and talk about it. This can help you understand how it affects your life.

**Remember, these feelings will pass.**



The Mental Health Support Team are here to provide support to all children, young people and their families with emotional wellbeing in schools and colleges. **To find out more about the service, scan the QR code to visit our website or talk to school staff.**

[www.nelft.nhs.uk/essex-mental-health-support-teams](http://www.nelft.nhs.uk/essex-mental-health-support-teams)



Mid and South Essex  
Health and Care  
Partnership

**NELFT** **NHS**  
NHS Foundation Trust



MENTAL HEALTH SUPPORT TEAM



We Look Forward to welcoming you back to the Academy on  
Monday 6th January 2025.

