



Safeguarding News



Safeguarding Team

DSL – Mr Laundon

Deputy DSL – Miss Baverstock & Mrs Clarke

Pastoral Team

Year 7 – Miss Wilson & Ms Paddington

Year 8 – Mr Dale, Mrs Ryan & Mrs Clarke

Year 9 – Miss Hurrell & Miss Shaw

Year 10 – Miss Martin & Mrs Healey

Year 11 – Miss Woodman & Mrs Butler

Are all your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details for you.

Announcing 'Listen Up, Speak Up'

To start the year the NSPCC has unveiled their new 'Listen Up, Speak Up' campaign, aimed at giving adults practical advice, about how to address concerns about a child. Although a core duty of safeguarding staff, the reporting of concerning signs among children in education is a key part of anyone charged with looking after children and young people. And the disheartening news is that at the moment the world of under-18s is in the midst of a spike in concern flagging. From April 2021 to March 2022 the NSPCC Helpline spoke 8,347 times with adults, compared to 7,338 in the same period for the previous year. Unavoidably when a child begins to show concerning signs indicative of abuse whilst on the school premises, a reoccurring question of 'what do I do' will spring to mind. You may know the child well, or know the family well and it will almost certainly put you in a difficult position. Even for safeguarding staff, it is not uncommon for these feelings to dominate, at least initially. The new NSPCC campaign, is designed for these situations, and I hope you'll find it useful.

If interested please follow the link: [NSPCC - Listen up speak up campaign](#)

Report any concerns if you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or another member of the Safeguarding Team.

You can also contact the Integrated Front Door on 01403 229900. If a child is in immediate danger, call the Police immediately on 999.

Bereavement Support through Winston's Wish

Winston's wish work directly with children and young people between the ages of 7 and 25 years old in a few ways:

Helpline and Live chat - their helpline is available weekdays 8am-8pm on 08088 020 021 and the live chat is available on their website weekdays 3pm-8pm. They can provide advice and support as and when it is wanted, as well as guidance for any adult supporting children and young people with their bereavement.

Group support - virtual groups for children, young people and parents/carers. More information and booking can be found here - [Winstonswish - Supporting you online. Grief support groups](#)

1 to 1 support - Direct video-based support to any child or young person aged between 7 and 25 years old in the UK; please note that there is currently a 6 month wait for this service. To make a referral please call their helpline on 08088 020021

www.winstonswish.org



Winter Warmers!

ARE YOU FEELING THE PINCH WHEN YOUR BILLS COME IN?

LET CRAWLEY COUNCIL AND FREESHOP HELP!

COME TO THE BEWBUSH CENTRE RH11 8XW



MONDAY 9AM - 5PM

FRIDAY 10 AM - 4 PM



WE THOUGHT TO HELP YOU WITH ELECTRICITY
AND FOOD COSTS YOU CAN COME AND ENJOY;

Hot drinks Soup Toast Crumpets Treats

WHILE ACCESSING

Heating Free WiFi Charging points

Computers to access the internet



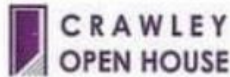
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FREESHOPCRAWLEY.COM

BEWBUSH CENTRE, DORSTEN PLACE, BEWBUSH, RH11 8XW

Crawley Labour Women
 Are supporting these Crawley Charities in the cost of living crisis



The Cost of Living Crisis is hitting us all hard.

If you are struggling there are organisations in Crawley that can help - so please reach out.

If someone you know is struggling - please encourage them to reach out.

If you are able to help with time or money or donations - please be in touch.

We can only get through this by supporting each other and working together.

- **Crawley Labour Women's Group; To Help; 07766 903880**
- **The Easter Team food bank; For Help; 07940 900948 - To Help; 07930 896782**
- **Crawley Open House; 01293 447702**
- **Crawley Free Shop; 07861 907133**
- **Citizens Advice Bureau; 0808 278 7969**
- **Samaritans; 116 123**

Dealing with Body-Confidence for Young People - ChildLine

The world is now more superficial than ever before – tiktok, Instagram, snapchat and others have standardized, what the world expects people to look like. What the world expects when someone is termed 'beautiful'. For young people, the standard idea of beauty has always been an immense pressure for those transitioning between being a child and being a young person. Most of this transition occurs during secondary schools, and this puts an immense pressure on pupil's to conform with these ideas in order to be popular, or to fit within a group of friends. With an increasingly image based society low confidence among teenagers has become a far greater issue. Bullying and stigmatization against those who don't fit or don't think they fit within these standardized visions of how you should look, has an immensely negative effect on young people's mental health. And that can have a negative effect on educational performance and attendance. To help young people with this, ChildLine has created a page over on their site with advice on these issues. It would be an ideal resource for those putting together an assembly on these matters, or simply planning a lesson for their year group.

If you're interested please follow the link: [Info-advice you your body, my body, how you look](#)

Mental Health Ambassadors

ICC Mental Health and Wellbeing Ambassadors are students who have shown a real interest in championing positive mental health and wellbeing. Our ambassadors are keen to share their learning around mental health and wellbeing and the importance of self-care. The Ambassadors have a responsibility for leading and promoting wellbeing throughout the school, they drive the message forward and release the stigma around talking about challenging feelings and encourage people to talk. The Ambassadors host drop-in sessions on a Tuesday and Thursday Lunch time in SO1 where any member of the college community can go to access support. As well as their role in supporting members of the college community the ICC Mental Health and Wellbeing Ambassadors provide feedback on what's working well and highlight any gaps in whole-school approaches to wellbeing.



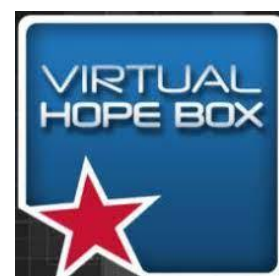
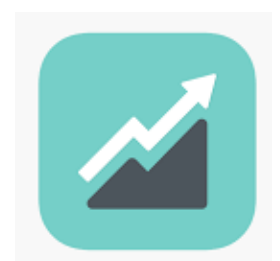
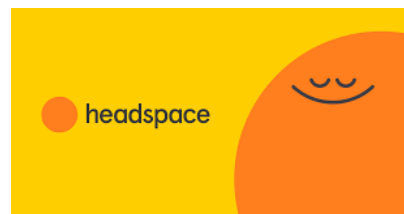
Applications for our next cohort of Mental Health and Wellbeing Ambassadors are currently open, if you are able to demonstrate the following, please email Miss Hurrell on phu@ifieldcc.co.uk to begin the application process.

- Passionate about mental health and wellbeing
- Willing to raise awareness about mental health
- Open to different ideas and opinions
- Caring and considerate about others at ICC
- Willing to learn new things
- interested in improving your own wellbeing



Useful Apps for Mental Health

- ♥ **Calm Harm** – an app that provides tasks that can help you resist or manage the urge to self-harm.
- ♥ **Headspace – Guided Meditation**
- ♥ **My Possible Self** – This enables the user to take control of their thoughts, feelings and behaviour
- ♥ **SAM anxiety management** – an app to support young people to understand and cope with anxiety
- ♥ **Mindshift** – an app with anxiety coping tools.
- ♥ **Smiling Mind** – an app designed to assist people in dealing with the pressure, stress and challenges of daily life.
- ♥ **Sleepio** – an app for those with sleeping difficulties
- ♥ **Rise Up: Eating Disorder Help** – If you are struggling with food, dieting, exercise and body image.
- ♥ **Stay Alive** – If you are having thoughts of suicide or you are concerned about someone else who may be considering suicide
- ♥ **Stem 4: Calm Harm** – It gives you 4, 5 or 15 minute activities when you are having thoughts of self-harm
- ♥ **Virtual Hope Box** – Distraction, inspiration, relaxation and coping tools
- ♥ **What's Up** – For people coping with depression, anxiety, stress and anger.



#StayAlive

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



**National
Online
Safety**

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?
YES NO

**How does this game/app work?
Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.



Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5



Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



Support for Students

YES

Youth Emotional Support

Self-harm, low mood, difficult relationships, anger issues, anxiety, sleeplessness, difficulty with eating and weight.

SCAN ME



FIND IT OUT

Mon- Fri

9am-5pm

01403 229900

Centenary House, RH10 8GP

See FIO poster for more info

Visit your GP

NHS

Chat Health

TEXT your School Nurse
07480 635424

Mon - Fri
9am-4:30pm

THE SHARP SYSTEM

Need someone to talk to?
Worried about yourself or a friend?

Make a REPORT



Zumos

SCAN ME



Crawley LGBTQU+



CEOP

Are you worried about online sexual abuse?
Let us know safely and securely



Childline

0800
111



TEXT SHOUT 85258

Anxious?
Worried?
Feeling Isolated?
Lonely?
Depressed?

allsorts

Are you lesbian, gay, bisexual or trans?
Are you unsure?
Are you under 26?
Would you like to meet other LGBT+ young people or get support?

01273 721211



Young Carers

01903 270300



Jigsaw

Child Bereavement
01342 313895



9:30am-
12:30pm
Mon - Fri

For any other advice or support you can see your Mentor,
Pastoral Manager or Progress Leader

Alternatively you can email readytotalk@ifieldcc.co.uk

Emails will be monitored Monday - Friday, 8:30am-3pm