



# Safeguarding News



## Safeguarding Team

DSL – Mr Laundon

Deputy DSL – Miss Baverstock & Mrs Clarke

### Pastoral Team – from September

Year 7 – Miss Wilson & Ms Paddington

Year 8 – Miss Woodman & Mrs Butler

Year 9 - Mr Dale & Mrs Ryan

Year 10 – Mrs Jarman-Smith & Miss Shaw

Year 11 – Miss Martin & Mrs Healy

## **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.

## **Free NSPCC Training**

Half a million children suffer abuse and neglect a year in the UK. But there's something we can all do to change that.

Safeguarding is everyone's responsibility. That's why we're encouraging every adult in the UK to take our 10-minute digital training.

Listen up and learn a little with our Connect the DOTS training. We'll show you where to go if you need support, and how to speak up for children who need it. Because that little bit of knowledge can help keep a lot of children safe.

To take part in the training [click here](#) – it only takes ten minutes!

## Omegle

You must be 18+ to use or 13+ with parental permission. Omegle is a social networking/chat website that connects two strangers together for either a text or a video chat. Chats are anonymous unless a user provides this information. Omegle states that "Omegle video chat is moderated. However, moderation is not perfect. You may still encounter people who misbehave."

### What should I be aware of?

- No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities.
- Users are given an option to save the chat's log and share the link. It is also possible for other users to take screenshots of text and video chats.

**We recommend that Omegle is not used by children due to the potential imagery shared and language used which can be explicit.**

You can find out more information from Childnet, including ways of keeping your child safe:

[What is Omegle? Key things parents and carers need to know](#)



**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.**

**NHS**  
Sussex Partnership  
NHS Foundation Trust

**“SPoA”**

West Sussex  
Single Point of Access

Emotional wellbeing and  
mental health support for  
children and young people

West Sussex  
County Council

**YMCA** | YMCA  
DOWNSLINK GROUP

### Contact us



If you are unable to complete the online referral form or have any questions about a referral, please email:

[WestSussexSPOA@spft.nhs.uk](mailto:WestSussexSPOA@spft.nhs.uk)

For more information about the service, go to:

[sussexpartnership.nhs.uk/west-sussex-spoa](https://sussexpartnership.nhs.uk/west-sussex-spoa)

### Follow us on social:

 @our\_mh\_space  
 @our\_mh\_space

This document is available in alternative formats on request, such as large print, electronically or another language.

Please contact:  
[communications@spft.nhs.uk](mailto:communications@spft.nhs.uk)

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Produced by the Communications Team

### Who is the service for?

SPoA accepts referrals for children and young people from the age of four up to a young person's 18th birthday. The young person must also be registered with a West Sussex GP, whilst recognising and working within NHS CHOICE regulations (please note. YES will accept referrals for young people who live in West Sussex or go to a West Sussex school).

All Autistic Spectrum Condition (ASC) and ADHD (neurodevelopmental) referrals need to continue via the current referral routes, unless there is a mental health or emotional wellbeing concern separate to this. Referrals for young people with eating disorders should be made directly to the Sussex Family Eating Disorder Service (SFEDS).

### Other Support

[sussexcamhs.nhs.uk](https://sussexcamhs.nhs.uk)  
mental health information, advice and resources for young people, parents/carers and professionals.

[westsussex.gov.uk/yourmindmatters](https://westsussex.gov.uk/yourmindmatters)  
local information, self-serve advice and training for young people and families.

## Single Point of Access

The West Sussex Single Point of Access (SPoA) is a dedicated service which provides a simplified single route to access specialist emotional wellbeing and mental health support.

The SPoA helps direct you to the right service at the right time, eliminating the need for you to refer to multiple services. Led by Sussex Partnership NHS Foundation Trust, the service is delivered in partnership with West Sussex County Council's Youth Emotional Support Service (YES) and YMCA Dialogue. e-wellbeing is the digital front door for West Sussex SPoA.

### Who can refer to SPoA?

Anyone - children, young people, parents, carers, families, GPs and other professionals.

### How does it work?

The SPoA consists of a team of clinical and administrative staff. All referrals received are triaged (processed) by SPoA within 72 hours.

Referrals that meet the criteria for SPoA will be directed to the most appropriate service to offer treatment and support. The service may offer advice, intervention work, a patient care plan, or a specialist assessment. In some cases, there may also be input from other services too, such as Healthy Child programme or Winston's Wish.

If your referral does not meet the criteria for SPoA, you will be signposted to other services for support, such as Early Help, Health Visitors and specialist services.

This process helps to ensure that the first appointment you have is with the right service.

### Making a referral

Go to [e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support) and complete the referral form, providing a clear description of the mental health need and the help or advice you are seeking.

Send referral to SPoA  
via online portal  
[e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support)

**e-wellbeing**  
POWERED BY  
YMCA Downlink Group



SPoA triage the referral



Referred  
to specialist  
service  
within SPoA

Signposted  
to partner  
organisation  
for support

First appointment

## YOUR SUMMER GUIDE TO POPULAR PLATFORMS

AN ONLINE SAFETY SHAREABLE

 <h3>Messenger</h3> <p>An instant messaging app developed by Meta, popular for group chats, sharing images and videos. This app is also popular for playing games with friends. Can allow young people to connect with strangers, receive message requests from strangers and video call.</p> <p>16+</p>	 <h3>Yubo</h3> <p>A live-streaming platform designed to help users "meet new people" from all around the world. There have been multiple reports of young people being harassed into sending sexualised or nude images and videos.</p> <p>17+</p>	 <h3>WhatsApp</h3> <p>A popular messaging platform which allows group chats, video and audio calls. WhatsApp users have been subject to scams and malware spreading through the platform.</p> <p>16+</p>
 <h3>Reddit</h3> <p>A platform which allows interactions through communities and discussion forums based on particular interests. There are no age verification systems for NSFW channels and can be easily bypassed to view inappropriate content. (NSFW forums are 18+)</p> <p>13+</p>	 <h3>Kik</h3> <p>A mobile messaging app which allows one-to-one chatting, group chats and anonymous chats. Since Kik allows chatting with random strangers, it leaves children open to exploitation and grooming. Once messages are deleted, they cannot be retrieved.</p> <p>16+</p>	 <h3>Telegram</h3> <p>A cross-platform messaging app which allows communication between individuals, small and large groups of up to 200,000 people. The ability to connect with others in the area may lead to young people to disclose locations and personal details that could lead to grooming or harassment in-person.</p> <p>16+</p>
 <h3>Discord</h3> <p>An instant messaging social platform, in which people enter "servers" so they are part of a group - commonly used for gaming communities. Some servers are NSFW (Not safe for work - often meaning inappropriate/adult content) and may have content age-inappropriate for younger users.</p> <p>13+</p>	 <h3>Snapchat</h3> <p>A popular image sharing and messaging app that lets users exchange pictures and videos (snaps), with photo effects and filters, which disappear after a period of time. The 'disappearing snap' feature of Snapchat can lure young people into a false sense of security, and they may send images they would not normally send.</p> <p>13+</p>	 <h3>Instagram</h3> <p>An image and video sharing app. Users can share content that followers can interact with by viewing, liking and commenting. Instagram may push a narrative of a 'perfect world' to young people, and they may feel pressured to post perfect, polished images of themselves.</p> <p>13+</p>
 <h3>YouTube</h3> <p>A popular video sharing and social media platform. Videos can be commented on, liked and shared. Cyberbullying can occur through YouTube comments and age-inappropriate content may slip through moderation strategies deployed.</p> <p>18+</p>	 <h3>TikTok</h3> <p>A free video sharing app which allows users to capture short video clips, share them and watch other user's videos or live streams. Age-inappropriate content which can be accessed through public feeds, especially any live streams. This may be unsuitable for young people and can be the origin of bullying trends.</p> <p>13+</p>	 <h3>BeReal</h3> <p>A once-a-day photo sharing app - Users are given a 2-minute window to share a photo of themselves and their surroundings to their friends. If young people accept contacts they don't know, it is easy to build up a picture of routines in daily life, for example, school uniforms, bus stops and regular locations.</p> <p>13+</p>
 <h3>Twitch</h3> <p>Twitch is a live streaming video platform which allows viewers to broadcast and watch content, mostly about games, including esports. Twitch streams are often live and are therefore difficult to moderate.</p> <p>13+</p>	 <h3>Streaming Services</h3> <p>Streaming services which offer a variety of TV shows, movies, gaming streams and more. Netflix shows such as 'Squid Game' and '13 Reasons Why' went viral and attracted the attention of young people, despite not being appropriate for under 18s. Parental controls which restrict access to age-inappropriate content e.g. profile PIN codes.</p> <p>13+ 16+ 18+</p>	 <h3>Vault Apps (Decoys)</h3> <p>Apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can only be accessed through a numeric pin code. Can become dangerous 'stashes' of youth produced sexual imagery.</p> <p>17+</p>


 ineqe  
 Information Network for Educational Quality  
 June 2023 | @ineqeuq | 01904 750022

Messaging and Community Platforms    Image and Video Sharing Platforms    Streaming Platforms    Vault Apps



## YOUR SUMMER GUIDE TO POPULAR GAMES



### Rocket League

3

A videogame that bridges the gap between car racing, sport matches, and gladiator fights. Put simply, it's rocket-powered cars playing an intense game of football. Rocket League has a reputation for being a toxic environment for gamers with reports of offensive and inappropriate language filling text chats.



### Fifa

3

A football simulation video game where gamers can choose to play as their favourite real-life footballers in their favourite real-life teams. FIFA is readily played by adults of all ages, meaning it would not be uncommon for a young person to interact with someone older.



### Minecraft

7

An adventure game which allows players to explore and create worlds using building blocks to customise their worlds. Children and young people may experience addiction to the game due to its engaging nature.



### Roblox

7

An online gaming and game creation platform. Users can play and create games for others to play. It also includes social features such as friend requests and chats where players can design an avatar and speak to others while they play. Roblox has previously faced criticism following harmful sexualised content being prevalent on the platform.



### Among Us

7

An online multiplayer game which revolves around players attempting to figure out who is a friend and who is an enemy. Crewmates try to complete tasks while the Imposter aims to sabotage the mission and kill them without being found out. Risk of talking to strangers through the chat feature however there is a chat-censor feature which can be turned on to prevent this.



### Poppy Playtime

12

A horror game that involves an investigation of a mystery in an abandoned toy factory. You solve puzzles to survive the "vengeful toys" left behind including 'Huggy Wuggy'. Horror games containing frightening content can cause added anxiety and stress to young people, intrusive thoughts and new fears.



### Fortnite

12

An online multiplayer "shooter style" game meaning players battle it out against opponents with multiple weapon styles. It allows players to create and personalise their own game components. Persuasive design features of the game can keep children hooked, encouraging them to spend in-game currency and add to their screen time.



### Overwatch

12

A team-based game starring a cast of powerful heroes. Players can travel the world and build teams together. Overwatch has been included in esports competitions and has scenes of blood, tobacco use and violence.



### League of Legends

12

A team-based strategy game where two teams of five champions face off to destroy the other's base. Children may be exposed to bad language, hate speech, insults, and sexual language.



### Apex Legends

16

A free-to-play shooter type game with the objective of being the last team standing by collecting loot and fighting enemy squads. It includes some violence and players may talk to others through voice and text chat.



### Elden Ring

16

An action role-playing game in a world of different characters. You can explore the world, grow in strength and fight or ally those you meet. It features strong violence involving both human and fantasy characters, which can be deemed age-inappropriate for younger players.



### Grand Theft Auto

18

An action-adventure game in which players complete missions to progress through the story. Children will be subjected to profanity, violence, sex, crime and other mature themes.



### Call of Duty

18

A series of first person shooter games including 'Modern Warfare', 'Black Ops', 'Vanguard' and 'Warzone'. Involves live user interaction – squads can be made up of friends or players from all over the world.



### Horizon Worlds

18+

A virtual social space which consists of a catalogue of virtual experiences through the Metaverse. There have been several reported incidents of users experiencing sexual harassment while using the platform.



### Avakin Life

18+

A virtual 3D gaming world where users create their own character by choosing outfits and interacting with others at different in-game locations. Users can easily access children and young people online via private and public chats.



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL



<p><b>ASDA</b> Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.</p> <p><b>TESCO</b> Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023</p> <p><b>SAINSBURYS CAFES</b> Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.</p> <p><b>BEEFEATER &amp; BREWERS FAYRE</b> Two children under 16 can get a free breakfast every day with one paying adult!</p> <p><b>THE REAL GREEK</b> Kids under 12 eat FREE every Sunday for every £10 spent by an adult</p> <p><b>TABLE TABLE</b> Two children under 16 can get a free breakfast every day with one paying adult!</p> <p><b>TRAVELODGE</b> Buy 1 Adult Breakfast from just £8.99 &amp; up to two kids eat breakfast for free</p> <p><b>HUNGRY HORSE</b> Kids eat for £1 on Mondays &amp; up to 2 Kids get free breakfast with 1 adult breakfast</p> <p><b>PREMIER INN</b> Buy 1 Adult Breakfast from just £8.99 &amp; up to two kids eat breakfast for free</p> <p><b>SIZZLING PUBS</b> Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p><b>IKEA</b> Kids get a meal from 95p daily from 11am</p>	<p><b>MORRISONS</b> Spend £4.49 &amp; get one free kids meal all day, every day.</p> <p><b>GORDON RAMSEY RESTAURANTS</b> Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants</p> <p><b>PRETO</b> Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms</p> <p><b>BILLS</b> 2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023</p> <p><b>BELLA ITALIA</b> Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.</p> <p><b>WHITBREAD INNS</b> Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p><b>SA BRAINS PUBS</b> Children can eat for £1 with any adult main. Valid All Day Wednesdays</p> <p><b>FUTURE INNS</b> Under 12's eat for free with any adult meal. During the school holidays</p> <p><b>PAUSA CAFE @ DUNELM</b> Kids get 1 mini main, 2 snacks &amp; a drink FREE with every £4 spend after 3pm</p> <p><b>YO! SUSHI</b> From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend</p> <p><b>TO BE CONFIRMED...</b> M&amp;S and Farmhouse Inns</p>
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# 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](mailto:readytotalk@ifieldcc.co.uk)

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