



Welcome to the first newsletter from the Safeguarding Team.

We aim to bring parents and students the latest, relevant help, advice and reference material on issues that we feel will be of importance to you.

Over the last few weeks Media attention has highlighted the sensitive subject of Sexual Harassment/Abuse within the school community, it is therefore, a focus of this edition of our Newsletter. All Hallows is taking this subject very seriously and has a planned PSHE sessions and assemblies to deliver to the students.

In light of the recent media coverage and disclosures of Sexual Harassment/Abuse, it is clear that we ALL need to be more aware of the language used. We need to be making sure students have a thorough understanding of what consent is and also having conversations with our young people about what is acceptable and what is NOT OK to say or do!

We need to be promoting Respect - both for ourselves and for others. Parents have a hugely important role to play in reducing levels of risk of sexual harassment/abuse. All Hallows takes any report of this kind extremely seriously, you can rest assured that the matter will be fully investigated in a sensitive manner. All parents will be notified of ANY report of a sexual harassment/abuse nature involving their children.

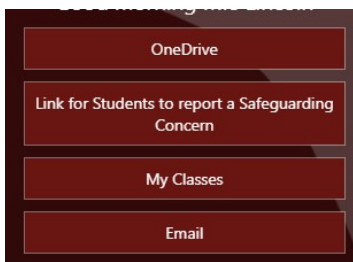
It is important to remember that these kind of behaviours happen to both males and females.



## Speaking to a member of staff at All Hallows - How to report a concern

If you are a student and you or anyone you know has been harmed or is at risk of being harmed in any way, then please speak to a member of staff at All Hallows. We will be able to offer you help and support.. You can speak to any teacher but you may decide to speak to your form tutor or Head of Year. You may prefer to speak to one of the Designated Safeguarding Leads (DSL), teachers who are responsible for Safeguarding. They are;

**Mrs Fanshawe, Mr Rees, Mr Antrobus, Mrs Gill and Mr Carney,**



You are able to email any Safeguarding concerns to [dsl@allhallows.net](mailto:dsl@allhallows.net) using your school email account.

We also have an area on SharePoint which is available for you to report any concern you may have. This link will take you to a form to complete and submit.





## Counselling at All Hallows

We work closely with 2 fully qualified counsellors from The Willows, a local service.

Counselling is a space to identify and work through difficult feelings or issues in your life which may be causing distress with the help and support of a trained therapist. Counselling is about helping you to find your own answers to problems, an opportunity for you to look at your problems in a different way in a non-judgemental and safe environment.

Counselling can help you in the following ways:

- It can help you gain a greater level of self-knowledge and understanding
- It can enhance your relationships with your self and others
- It can improve your sense of choice and self esteem
- It can relieve your sense that you are entirely alone with your problems
- It can help you find meaning and satisfaction in your life

**To access this opportunity please contact your HOY or Mrs Fanshawe for more details.**

## 24/7 mental health crisis line for children, young people, and families

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched.

The freephone number **0800 9154644** is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. The number is available to those who are already receiving mental health services, and also for those who are not. No referral is needed. Click the link below for help.

[Get help in a mental health crisis :: Surrey and Borders Partnership NHS Foundation Trust \(sabp.nhs.uk\)](https://www.surreyandborders.nhs.uk/partnership-nhs-foundation-trust)

## Steps to better sleep...

1. Maintain regular eating/sleeping times & routines during the day
2. Come off technology at least ONE HOUR before bed (this blocks release of melatonin)
3. Ensure daily exercise and mental stimulation
4. Spend time outside in daylight (sunlight produces melatonin)
5. Tire yourself out by doing sufficient activities during the day
6. Develop a calming bedtime routine (bath, candles, music, lavender, talking visualisation)
7. Avoid caffeine post midday
8. Turn lighting down in the evening
9. Keep the bedroom cool (17-18 degrees)
10. Train yourself to sleep. A bedtime routine signals to the brain it's time to sleep and release hormones to allow for this when needed!

## Headspace app:

[www.headspace.com](https://www.headspace.com) mindfulness exercises and videos to help you sleep

## Our All Hallows Website

<https://www.allhallows.net/useful-information.html>

Has many different links to help children and families get help. Please look at the website and you will be able to click on the links from our webpage.



## PSHE at All Hallows

Within our PSHE and Personal Development programme this year students have covered topics including emotional wellbeing, relationships and anti-bullying. In light of national events KS4 students have engaged further in form time discussions on harassment and the impact of the media on young people. Topics of focus as we move towards the end of the year will include online safety, consent, equality, planning for the future and careers.



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# Online Safety advice from the NSPCC Website

## Online safety and coronavirus

Children and young people's lives have changed dramatically because of the coronavirus. With social distancing measures and most schools closing, children will have been spending more time at home and online. And while the internet is a great way for children and young people to stay in touch with their friends and keep busy during lockdown, it can also bring risks. Now more than ever it's important to talk to your child about staying safe online and about the apps and sites they're using. We've got advice to help

### Starting a conversation about online safety.

It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well as talking to their friends.
- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- ask them if they're worried about anything, and let them know they can come to you.
- ask them about their friends online and how they know they are who they say they are.
- listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
- ask your child what they think's okay for children of different ages so they feel involved in the decision making.

[CLICK HERE FOR NSPCC WEBSITE](#)

## Do you know the ages when children can start to use Social Media apps like Instagram, Facebook, Snapchat and WhatsApp?

The answer is **13 years old** apart from **WhatsApp which is 16!** See further details by clicking below:

<https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking/>

## Keeping our school records up-to-date

Are all your contact details up to date? If you change your home phone/email/mobile number, please let the school Front Office know, so that we have the most up-to-date contact details. We must store at least two emergency contact numbers for you.

## KOOTH

As part of Mental Health services for young people. It is a free online counselling and emotional wellbeing support service providing young people aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

[Click here to go to Kooth.com to sign up](https://www.kooth.com)

## Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

Chat to our friendly counsellors

Read articles written by young people

Join live moderated forums

**kooth**  
www.kooth.com



All Hallows Catholic School

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