

SAFE & Well



Gartree High School's Termly Safeguarding & Wellbeing Bulletin

Issue 8

Autumn 2022

Welcome!

Welcome to the 8th issue of Safe & Well.

This issue features some key information about events that are happening in school this term and looks forward to a safe and healthy Christmas period. This is always a term where tiredness and excitement mix in equal measure and we hope the information contained here can help you reach the holidays happy, well and in good spirits

Stay safe!

MCAS App

Our new school communication app, 'MyChildAtSchool' (MCAS) is up and running. This allows parents easy access to a range of information about their child at Gartree, including their attendance, timetable, merit record, consequence record, as well as displaying key messages from school.

The app can be used to check on your child's homework and what they have been consuming for school dinner. It can also be used to purchase things like locker keys and school trips. Given its key role in aiding communication between parents and school we would strongly encourage parents to download and use the app.

Find out more here:

<https://www.gartree.leics.sch.uk/mcas-log-in-help>

and contact this email address if you have any difficulties accessing the app: lbowley@gartree.leics.sch.uk



Anti Bullying Week

REACH OUT WITH KINDNESS

REACH OUT TO SOMEONE YOU TRUST IF YOU NEED TO TALK.

REACH OUT WITH KINDNESS AND OFFER TO HELP.

IF YOU SEE CONFLICT OR BULLYING, REACH OUT WITH KINDNESS AND TELL A TRUSTED ADULT.

REACH OUT
ANTIBULLYINGWEEK

OpenView Education
www.openvieweducation.com



BULLYING



	What is Bullying?	What to do about it?
S	Several	Start
T	Times	Telling
O	On	Other
P	Purpose	People

We want Gartree to be a safe place where pupils feel happy, protected and are free to express themselves. We take this responsibility very seriously and will not tolerate bullying in any form.

If you think you are being bullied or you witness bullying:

- Ask the person to stop.
- Remove yourself from the situation
- Talk to a member of staff about it (e.g. your Tutor or Pastoral Team)
- Use the e-mail system to report it:

stop@gartree.leics.sch.uk

"Bullying is repeated behaviour towards another that is intended to hurt someone either physically or emotionally."

Anti – Bullying week was 14-18 November this year. This year, students are encouraged to “Reach out with Kindness”. We explored this theme in assemblies and in form time. Whilst it is important to have a week focusing on anti-bullying, we encourage our students to be vigilant to bullying all year round. There are many ways in which students can reach out if they see or experience something they are unhappy with;

- Speak to your Tutor or the Pastoral Team
- Speak to any adult in school
- Click on the Confide button on any school device.
- We would also urge parents and carers to contact school if they have any concerns (Tutor are usually the best first contact)

Here are some websites that also provide helpful advice;

<https://anti-bullyingalliance.org.uk/>

<https://www.kidscape.org.uk/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

<https://www.stopbullying.gov/>



Wellbeing Ambassadors

The Well-Being Ambassadors are a group of students from years 8 and 9 who have worked together to promote positive well-being and mental health to students in all-year groups. The Well-being Ambassadors training conference took place on Wednesday 23rd November 2022 at South Wigston High School. This introduced new year 8 students to the role.

At the conference pupils were trained in their role as Well-Being Ambassadors - to help promote health in schools and inspire pupils to think about their well-being. During the conference the attendees took part in mental health and internet safety training. The Ambassadors from the school will form a well-being committee which will be supported by members of staff Ms Owen and Ms Tew.

By the end of the conference each committee developed an action plan to deliver in the school. This may include putting on assemblies, running activities with their peers or setting up notice boards to promote student well-being. All pupils received a T-shirt to wear when they are performing their duties on the school's behalf.

This group will organize activities throughout the year to give students the chance to take part in fun activities and promote a healthy lifestyle to encourage a positive well-being amongst students. We look forward to their excellent contribution to the school over the coming months.

*Thanks to Ms Tew and Ms Owen for organizing and working with the wellbeing ambassadors.



Safeguarding Evening

The school held its safeguarding evening on 15 November. This evening sought to outline how the safeguarding team at Gartree works, explore some of the key safeguarding issues that we are challenged with currently, share some findings from our e-safety student survey, and pass on key pieces of advice for parents. Below are a couple of key slides shared on the evening.

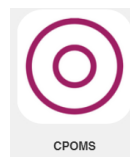
Supporting the wellbeing of your child – in school

- Pastoral System HOY / AHOY - safe space
- Well-Being groups coming soon - by Wellbeing Therapy Solutions
- Extra Curricular Groups from sports - music - Lego club!
- Community groups 'Proud to Be' for both KS3 and KS4
- Anger management workshops - coming soon by Reach
- Drug Awareness Training for all students by Drug Sense UK - January 12th
- Library - open and break and lunch
- School Counsellor
- Close Liaison with local community police officers



Safeguarding in Context

- What we do
- CPOMS is our safeguarding software
- We have a team of Safeguarding Leads
- All staff are trained annually in safeguarding
- All staff receive a safeguarding bulletin weekly



Below are some key sources of information we shared on the evening;

<https://www.kooth.com/>

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://lrsb.org.uk/uploads/keeping-children-safe-is-everyones-responsibility.pdf?v=1633694817>



Safe and Well at Christmas

We realise that Christmas, although a time of joy for many, can be a period when families' security, finances and wellbeing can be challenged. With this in mind we wanted to remind you of the Leicestershire County Council Hardship Fund. An outline of the letter we sent to parents is captured below, and we would encourage you to contact finance@gartree.leics.sch.uk for more details.

Leicestershire County Council have an Household Support Fund that is provided by the Government to local authorities to support families with children and individuals most in need (Please see attached policy for further details). This replaced the Covid Local Grant Scheme (CLGS). The following supports that are available are:

Food vouchers

- Households with children - £20 per adult per week, £15 per child per week (for maximum of 2 weeks)
- Single households - £25 per week (for maximum of 2 weeks)
- Multiple adult households - £20 per adult per week (for maximum of 2 weeks)

Household Fuel vouchers

- Family household - £98
- Single household - £56

Restrictions to the grant

The grant is not:

- Intended to cover payment of rent or other housing costs
- To be used for general advice on managing debt and/or finances

At this time only ONE application per household can be considered.

We are also working with the following charities this Advent Period. If you feel you would need to access these charities, or contribute towards them, please find details below;

The Chocolate Elf Leicestershire - Delivering Advent Calendars and Selection Boxes to Children, The Elderly and Homeless in Leicestershire in time for Christmas

<https://www.facebook.com/groups/323233745206320/>

Oadby Foodbank – School collection from December 1.

<https://oadbyfoodbank.org.uk/>



Shelter – Shelter is a registered charity that campaigns for tenant rights and the homeless in Great Britain <https://england.shelter.org.uk/>

Gartree Justgiving page Sleep Rough for Shelter 2022

<https://www.justgiving.com/fundraising/ed-wilson3>



LAMP

Leicestershire Action for Mental Health Project is a local mental health advocacy charity. Gartree have developed a fundraising relationship with the charity thanks mainly to one of our year 11 students, Jack Radford.

Jack received the award for Leicestershire Young Fundraiser of the Year this month - a fantastic achievement! His interview with Radio Leicester can be heard 1hr 17mins into this link.

<https://www.bbc.co.uk/sounds/play/p0dc8wqz?partner=uk.co.bbc&origin=share-mobile>

If you wish to access the charity, it's website link is below. Look out for further fundraising activities going on in school in the near future.

<https://www.lampadvocacy.co.uk/>



Student Details

The usual reminder that as always, as part of our Safeguarding responsibilities, it is important that we have the correct details regarding students' contact details, medical information etc. Please remember to update these by contacting us:

admin@gartree.leics.sch.uk or 0116 2717421



Safe Cycling

We are really glad that more and more of our students are choosing to cycle to school – it is a healthy and environmentally safe way to travel. We wanted to share again a useful graphic on how to ensure your bike is safe and seen, and also emphasise the importance of riding safely:

- Making sure the cycle is road worthy
- Wearing a cycle helmet
- Sticking to roads and cycle paths
- Obeying traffic signs and road rules
- Making sure you are respectful to other road users
- Using hand signals when turning
- Avoiding sudden or unpredictable maneuvers

BE SAFE BE SEEN

Find out how you can stay safe cycling in the winter online at www.environment.admin.cam.ac.uk/what-are-we-doing/travel

- 1 Wear bright reflective clothing.
- 2 Put a white front light and red back light on your bike.
- 3 Put a red back reflector on the back of your bike.

Web: www.environment.admin.cam.ac.uk
Email: environment@admin.cam.ac.uk

CUenvironment
@CambridgeSust

THE CAMBRIDGE *green* CHALLENGE



Useful Websites/Contacts:

- www.ltai.info/ - PREVENT information and advice
- www.nspcc.org.uk – Support for many areas around child welfare & wellbeing
- www.childrensociety.org.uk/ - Charity supporting vulnerable children
- www.childline.org.uk/ - Information and advice in lots of areas
- www.youngminds.org.uk – Information and advice for young peoples’ Mental Health, including a great section for Parents
- www.net-aware.org.uk/ - Parent guides to Apps and gaming
- www.bbc.co.uk/webwise/topics/safety-and-privacy/ - Online safety
- www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider - How to set Parental controls on your internet
- <https://lrsb.org.uk/> - Leicestershire & Rutland Safeguarding Board
- www.firstcontactplus.org.uk/ - Leicestershire advice and support
- www.fearless.org/en/campaigns/county-lines - Information on “County Lines” and Child Criminal Exploitation
- <https://www.camhs-resources.co.uk/> - Resources from CAMHS
- www.annafreud.org/ - Excellent advice and support for families on wellbeing/mental health
- <https://www.teenagehelpline.org.uk/> online mentoring and advice for your child
- safeguarding@gartree.leics.sch.uk – Gartree safeguarding email address



