

# Helston Community College

## Safeguarding Newsletter

July 2023



### SAFEGUARDING – EVERYBODY, EVERY DAY

As we reach the Summer break, we are all looking forward to some time to rest and spend time with friends and family, as well as lighter days and hopefully, some fine weather! However, we also know that some members of our community will be facing challenges at this time. We hope that you will find some of the information and advice in this newsletter useful.

#### Meet the Safeguarding Team @ HCC

Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community.



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## Underage Vaping

As you know, vaping among under 18s continues to be a serious concern nationally. Below are some informative films/articles that explain the dangers of youth vaping in more detail.

[Vaping and E-cigarettes: The Facts on Vimeo](#)

[FYI Investigates: Kids Who Vape - First News Education](#)

<https://www.bbc.co.uk/news/world-australia-65522841>

# #CEOPSummerChallenge



This summer, help parents and carers to talk more and learn together with their children, through #CEOPSummerChallenge. On Monday 24th July, we will be launching #CEOPSummerChallenge, six weeks of thematic challenges for parents and carers to complete with their children.

The challenge aims to support parents and carers to talk regularly with their children about being online and how to be safer. Each week, parents and carers can choose one challenge (or more if they wish!), from four options per age group, for ages 4 to 11 and 11+. Topics covered in the challenge will be:

- Week 1: online security
- Week 2: a balanced view of being online
- Week 3: sharing photos online
- Week 4: socialising online
- Week 5: online videos
- Week 6: online gaming

Parents and carers can follow the challenge on our [Facebook](#) (Click CEOP), where they can look out for posts every Monday. The challenge will also be shared with our professional network on [Twitter](#) (@CEOPUK), where you can share with your parent and carer networks.

## Useful Online Safety Guide for Parents

[Parents Safety Net- keeping children safe online during summer hoildays.pdf](#)





We're holding three free webinars over the summer holidays to support young people with the milestones and transitions that happen at this time of year.

Two of the webinars will be for parents and carers, sharing tips and advice to help them support their children with important milestones. The first webinar will be for parents/carers with children waiting for their exam results, and the second will be for those with children about to start Year 7.

The third webinar will be for young people themselves, helping them look after their own wellbeing as they start at university.

Each webinar will be run by Anna Freud education and mental health experts, sharing practical tips and advice for supporting wellbeing and dealing with potentially stressful situations.

**Book your place:**

- [Supporting young people with anxiety before results day](#) - 8th August, 2pm
- [Transition to secondary school: supporting your Year 7 child](#) - 9th August, 2pm
- [Managing your wellbeing when transitioning to university](#) - 22nd August, 2pm

## Family & Parenting Worker Summer Drop-ins

Need support with your child?

- How to better understand your child's needs & behaviours
- Advice on positive parenting and how to keep your child safe
- How to better understand the importance of routines for your family

If you would like to be able to talk in confidence, just pop along, we are here to help and support you.

All parents and carers are welcome.

**Tuesday 01 August** - 1:00 to 2:00pm. The Park Family Hub, Park Terrace, Falmouth TR11 2DJ.

**Wednesday 30 August** - 1:00 to 2:00pm. Perranporth Family Hub, Liskey Hill, Perranporth TR6 0EU.

Contact us for more information: [carrick.familyhubs@cornwall.gov.uk](mailto:carrick.familyhubs@cornwall.gov.uk) or 01872 322661

# School Nurse Service

## What do school nurses do?

The School Nursing service offers all parents and carers in Cornwall and Isles of Scilly, the opportunity for their child to have a health assessments & reviews during their children's school years from reception through to leaving secondary education. This includes children educated at home, it does not, however, include children whose parents/carers have opted to attend private schools.

We provide confidential support and advice that promotes the best possible health and educational outcomes for your child. We also offer confidential advice and support to young people in secondary schools as they request it by use of our Drop-in visits.

We can help if you have concerns about your child's health such as weight, behaviour or continence problems (night and daytime wetting).

## School Nurses have three main roles:

- To give confidential advice and care to children, young people and parents or carers.
- To support young people to look after their physical and emotional health
- To direct young people to the right services
- To guide and support children transitioning into secondary education and adult services

## Self-Referrals

You can request a health assessment anytime for your child by self referring via the Early Help Hub for an appointment.

For advice about self-referral, please access [www.cornwall.gov.uk/earlyhelp](http://www.cornwall.gov.uk/earlyhelp), or email [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk) or tel: 01872 322277.

## How to contact your School Nurse

For more basic advice, guidance, signposting about your child's health you can also Contact the Client Advice Line on 01872 322779

# SUMMER SUPPORT

We thought it would be useful to remind you of some sources of support in Cornwall, while school and other services may be closed.

A good starting point for support is the **Early Help Hub**. You can find a list of the different support services they offer at [Early help - Cornwall Council](#) (01872 322277)

Your GP will also be able to signpost you to specific support that may help.

If at any time you feel that someone is at risk of immediate harm, you should contact the **Multi-Agency Referral Unit** on **0300 123 1116** or the Emergency Services on 101/999.

For specific areas of need, you may find the below useful:

Need	Agency	Contact	
EMOTIONAL WELLBEING/ MENTAL HEALTH	 Kooth	<a href="http://www.kooth.com/">http://www.kooth.com/</a> <a href="http://www.xenzone.com/">http://www.xenzone.com/</a>	
	 NHS Mental Health Helpline	<a href="#">Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)</a> 0800 038 5300	
	 Child Adolescent Mental health Service (CAMHS)	<a href="#">CAMHS   Cornwall Partnership NHS Foundation Trust (cornwallft.nhs.uk)</a>	
	 Young Minds <small>The voice for young people's mental health and wellbeing</small>	<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>	
	 Cornwall Minds	<a href="#">Welcome to Cornwall Mind - Cornwall Mind</a>	
	 Action for Children	Kernow Connect	<a href="https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/">https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/</a> 01872 321486
		Action for Children Webchat	<a href="#">1:1 chat - Parent Talk (actionforchildren.org.uk)</a>
	 Childline <small>ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</small>	Childline	<a href="#">Childline   Childline</a> 0800 1111
	 Whatever you're facing We're here to listen <small>Call now or email on 116 123 email jo@samaritans.org samaritans.org SAMARITANS</small>	Samaritans	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> 116 123
	 Young People Cornwall <small>Making Waves</small>	Young People Cornwall	<a href="#">Making Waves - Young People Cornwall</a> 01872 22244
BEREAVEMENT	 Penhaligon's Friends <small>Helping bereaved children</small>	<a href="#">Penhaligons Friends - A Cornish charity supporting bereaved children &amp; young people</a>	
DRUG/ALCOHOL MISUSE	 WISE <small>in drugs &amp; alcohol</small>	<a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a>	
SEXUAL HEALTH	 brook <small>Cornwall and Isles of Scilly</small>	0300 30 30 714	