



July 2024

## SAFEGUARDING – EVERYBODY, EVERY DAY

Here we are at the end of another busy, but productive academic year. So much has happened, been experienced and achieved. All members of our school community now deserve a well-earned break. A time to rest, relax and focus on our wellbeing. Perhaps this involves seeing some new places along the way. However, you spend your summer, stay safe. As ever, we also hope that you will find some of the information and advice in this newsletter useful.

### Summer Term at HCC

Yet again, there have been many exciting things happening to help our students develop the skills to be safe and positive members of society.

- Young Carers Awareness Week
- The John Egging Trust has completed its Blue Skies Inspiration Programme, working with a group of Year 8 students, through exciting projects to develop their skills and confidence. This was a great success and will expand to another year group next year.
- Devon & Cornwall Food Action have visited the college on 4 occasions, providing valuable support to the Helston community
- Anti-discrimination Week
- The RLNI visited the College, giving beach safety advice to all year groups
- Assemblies by the College's LGBTQ+ group
- Devon & Cornwall Police spoke with all year groups about vapes and the law
- Activities Week supported the wellbeing of students and staff across the College

### 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.



Mr. A. Oates  
Senior Assistant Headteacher  
Designated Safeguarding Lead



Mrs. C. Price  
Deputy Designated Safeguarding Lead



Mrs. R. Kenward  
Deputy Designated Safeguarding Lead

Several other key members of staff are also trained to an advanced level of safeguarding and will support students they already work with (for example, within our SEND or Post-16 teams).



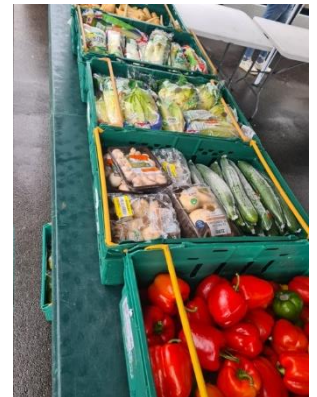
This amazing charity have now visited HCC 11 times and is providing a week's worth of high quality groceries to up to 100 families at a time, all for a donation of £25! This is incredibly helpful amidst a very high cost of living.. A huge thank you to the entire DCFA team!

DCFA will be back at HCC next year (1000-1100), on: **7<sup>th</sup> September, 12<sup>th</sup> October & 23<sup>rd</sup> November**



In order to reduce waiting times, DCFA ask that you pre-order your groceries. Call **07880 835 331** or scanning the QR

code below:



A parent's guide to:

# Moving to secondary school

Online safety tips to support children

internet matters.org



Balancing safe and positive use of technology, (including mobile phones and social media) against the risk which the potential risks to young people online, is a key issue for all parents/carers. It can be really tricky to be confident you are getting this right (society as a whole is still working out).

When making these decisions as a parent/carer, a good place to start is finding out as much information as you can. It also helps to listen to advice from organisations that have researched the topic. The following guide has a wealth of useful information, set out in a clear and accessible way. We encourage you to look at it.

[Moving to secondary school: Online safety guide - Internet Matters](#)



Devon & Cornwall  
**POLICE**

# Child Criminal Exploitation

can happen anywhere. In rural areas, gangs from elsewhere in the country can target young people and exploit them to commit crime.

Please see the information below and view the short videos, so you know what to look for and where to get help, if you have concerns that a child may at risk of criminal exploitation.

['Are you Listening?' Video](#)

[Stages of Exploitation Video](#)

**It's really hard when you think  
your child isn't safe.  
We are here to listen and help.**



My daughter isn't safe,  
she is having to do  
things which could get  
her into trouble with  
the police.

I feel isolated and  
nobody is telling me  
what is going on.

**SAFECALL**  
**It's your call.**

Call or text 116 000, 7 days a week, 9am-11pm  
for free, confidential support

Safecall is a county lines exploitation support service operated by the charity Missing People  
Registered charity in England and Wales (1020419) and in Scotland (SC047419)



# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



## Beach safety

The beach is a fantastic place to be – but there can be hidden dangers too. If you're heading to the seaside, discover our top five tips to help you and your family stay safe.



We always remind students to enjoy their summer holiday but also to look out for one another. Living in Cornwall in particular means that many students spend a great deal of time in and out of the water at our many amazing beaches. Here is the RNLI link to their top five tips to keep you and your family safe at the beach.

[RNLI Beach Safety – Top Five Tips To Stay Safe By The Sea](#)

Have you been thinking  
you could offer a child a loving

# FOSTER HOME?

Do you hesitate because you're not sure

# WHAT'S INVOLVED?

Call us for an informal chat on  
**0300 456 0120** or text **FOSTER** to **82228**



Together   
for Families

**Fostering**  
SOUTH WEST



# MESSAGE FROM DEVON & CORNWALL POLICE



## Do you know the consequences of anti-social behaviour?

As the weather begins to warm up, Devon & Cornwall Police is reminding teenagers and their parents to think about the consequences of anti-social behaviour (ASB).

Learning independence as a young person is important and it is a big step for both teenagers and their parents or guardians. However, equally important is learning how to take responsibility for how your behaviour affects other people. Whether you are 11 or 70, anti-social behaviour impacts people's quality of life and how safe they feel. Rowdy, inconsiderate behaviour in public places shouldn't be tolerated – it's not just kids being kids.

Throughout the summer, Devon & Cornwall Police will be using social media to encourage young people to keep themselves safe and think of the consequences before abusing alcohol.

Visit

[www.devon-cornwall.police.uk/asb](http://www.devon-cornwall.police.uk/asb)

to find out more about ASB and what should be reported to police and or other organisations.

# Summer Support

We know that, despite the hopeful rest and relaxation, school holidays can also bring additional difficulties, stress and worry. Therefore, 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</small>	Childline	<a href="#">Childline   Childline</a> 0800 1111
	 Whatever you're facing We're here to listen <small>Call the helpline on 116 123 email jo@samaritans.org www.samaritans.org</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	 YZUP <small>WISC - 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	