



December 2023

SAFEGUARDING – EVERYBODY, EVERY DAY

As we approach the Christmas break, we are all looking forward to some time to rest and spend time with friends and family. However, we also know that Christmas can be a challenging time for many, especially with the ongoing cost of living crisis. We wish all members of our college community a happy and peaceful Christmas. We also hope that you will find some of the information and advice in this newsletter useful.

Autumn Term at HCC

Over the last term there have been many exciting things happening to help our students develop the skills to be safe and positive members of society.

Online Safety assemblies and parent information evening

Mental Health Awareness days

Our Anti-bullying Ambassadors continue to promote positive behaviour and support individuals

Assemblies delivered by Kooth to support mental health and wellbeing

Devon & Cornwall Food Action have visited the college on 4 occasions

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

We are delighted to welcome Mrs. Kenward to the HCC team. Mrs. Kenward has a wealth of experience working in schools and with other agencies. She has already settled into Helston and is excited to get to know our community better.



Goodbye Mrs. Harvey

It is with sadness that we say farewell to Mrs. Harvey, who has worked at HCC for an amazing 27 years! Starting as a Teaching Assistant, before becoming a school counsellor and then a member of the safeguarding team, Mrs. Harvey has provided valuable support to generations of Helston families. We are sad to see her go, but wish her a long and happy retirement.



This amazing charity have now visited HCC 4 times and is providing a week's worth of high quality groceries to approx. 100 families at a time, all for a donation of £25! This has made a tremendous difference during tough economic times and particularly over the Christmas period. A huge thank you to the entire DCFA team!

DCFA will be back at HCC (1030-1230) on:

6th January, 27th January & 17th February



Special thanks also to Manger Nick Mill and the team at Tesco Helston for their generous donations. Also to Sainsbury's Helston for the loan of some of their trolleys! And of course, thank you to our staff and students and the DCFA volunteers who give their time to support these great events. We are very excited about the future of this project which shows the amazing potential of community partnership working.



At our last event, students working with Mr. Reay (far left) gave away delicious homemade tomato soup, made from tomatoes delivered by Mark and Adrian from Helston Tesco. All made possible by Alan Dunne (second from right) from DCFA.

It's Christmas Time!



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



scan the QR code with your phone's camera to see the guides on our website



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College®



National Online Safety®

#WakeUpWednesday



CEOP is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online. We help thousands of children and young people every year. **CEOP are unable to respond to reports about bullying, fake accounts or account hacking.**

We are here to help and give advice, and you can make a report directly to us if you are worried about online sexual abuse or something has happened online which has made you, or someone else, feel unsafe, scared or worried.

If you make a report to us about sexual abuse or grooming online it will be read by one of our Child Protection Advisors who will get in contact with you on the phone number or email address that you give to us to make sure that you are safe. They will also discuss with you what will happen next. Please try not to worry, you have done nothing wrong and we will do all we can to help.

We work together with lots of other professionals whose jobs are also to make sure children are safe. This includes other police agencies. If a crime has been committed we will work together and use our specialist skills to identify the person or people responsible and bring them into the criminal justice system.

The [CEOP Education website](#) also has information and advice to help you to stay safe if something has happened to you online.



Penhaligon's Friends Newsletter December 2023

Please click [here](#) to read our Christmas newsletter



The Cornwall Guide to Winter Wellbeing 2023-2024

Now in its 13th year we are encouraging schools to promote the guide which features useful advice, information and contacts about everything from winter illnesses to financial support. Hard copies are available at venues across Cornwall including libraries, GP surgeries, community hubs, town and parish council offices, community pharmacies and Citizens Advice centres. A downloadable copy is available [here](#).

The guide is broken down into five sections:

Warm – simple things to keep you warm and make the most of your home.

Well – advice and help to prevent the cold weather causing serious health problems.

Safe – Protecting yourself and staying safe in snow, ice and bad weather.

Happy – Contacts and advice if you need to talk to someone or want somewhere to go.

Informed – a list of agencies and contacts who can provide help and support.

It has been compiled by Inclusion Cornwall, working alongside Cornwall Council's Public Health team, with support from Voluntary Sector Forum (VSF) and NHS Cornwall and Isles of Scilly Integrated Care Board (ICB).C

Mental Health & Emotional Wellbeing Support for Young People

Unfortunately, Christmas can sometimes be a difficult time, for many reasons. It can cause emotional pressure and/or make existing challenges more difficult to deal with. For some useful information and some practical strategies to help, please click [here](#).



**Navigating depression
and low mood:
a practical guide for
young people**

Christmas Support

We know that, despite all of its joys and happiness, Christmas 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	http://www.kooth.com/ http://www.xenzone.com/	
	 NHS Mental Health Helpline	Mental Health Helpline for Urgent Help - NHS (www.nhs.uk) 0800 038 5300	
	 Child Adolescent Mental health Service (CAMHS)	CAMHS Cornwall Partnership NHS Foundation Trust (cornwallft.nhs.uk)	
	 Young Minds <small>The voice for young people's mental health and wellbeing</small>	YoungMinds Mental Health Charity For Children And Young People YoungMinds	
	 Cornwall Minds	Welcome to Cornwall Mind - Cornwall Mind	
	 Action for Children	Kernow Connect	https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/ 01872 321486
		Action for Children Webchat	1:1 chat - Parent Talk (actionforchildren.org.uk)
	 Childline <small>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</small>	Childline	Childline Childline 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	Samaritans Every life lost to suicide is a tragedy Here to listen 116 123
 Young People Cornwall <small>Making Waves</small>	Young People Cornwall	Making Waves - Young People Cornwall 01872 22244	
BEREAVEMENT	 Penhaligon's Friends <small>Helping bereaved children</small>	Penhaligons Friends - A Cornish charity supporting bereaved children & young people	
DRUG/ALCOHOL MISUSE	 WISE <small>Drugs & alcohol</small>	https://www.wearewithyou.org.uk/	
SEXUAL HEALTH	 brook <small>Cornwall and Isles of Scilly</small>	0300 30 30 714	