



**Helston Community College**

# Safeguarding

**December 2025**

# Newsletter

## **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 people.

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.

This term saw Mrs. Neville (Deputy Designated Safeguarding Lead) leave HCC, to move to a promoted role in another school. We thank Mrs. Neville for the amazing support that she provided our school community and wish her well in her new job!

While we were sad to see Mrs. Neville go, we are delighted to welcome Mr. Squires to the HCC team! Many of you will know Mr. Squires from his time working at St. Michael's Primary School. Since joining HCC on 17th November, Mr. Squires has already made a massively positive impact on students and staff alike. He brings a wealth of experience and a tremendous skillset to the college. Welcome Mr. Squires!

## Meet the Safeguarding Team...



**Mr A. Oates**  
Senior Assistant  
Headteacher  
Designated  
Safeguarding  
Lead



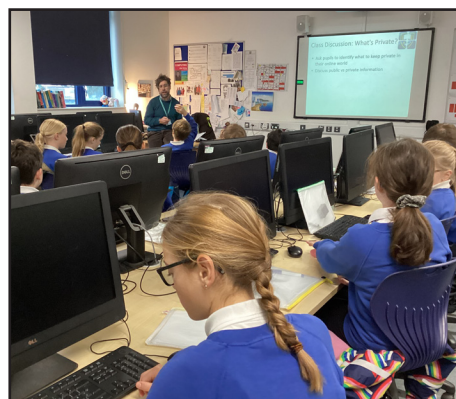
**Mrs C. Price**  
Deputy  
Designated  
Safeguarding  
Lead



**Mr A Squires**  
Deputy  
Designated  
Safeguarding  
Lead

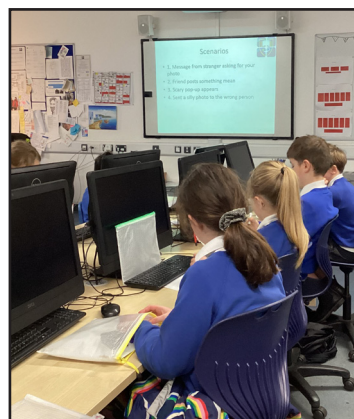
Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community. Several other key members of staff are also trained to an advanced level of safeguarding and will support students they already work with (for example, within our SEND or Post-16 teams).





## Online Safety Session at Helston Community School

Godolphin Primary students from Years 4, 5, and 6 enjoyed an engaging morning at Helston Community School, where they took part in an Online Safety session led by our Online Safety Lead. The session focused on practical ways to stay safe during their online activities, covering topics such as protecting personal information, recognising potential risks, and making responsible choices online. The pupils were enthusiastic and contributed thoughtfully throughout, leaving with valuable tips to help them navigate the digital world safely.



## The Impact of News on Children - Internet Matters

The world is one of cycles. The current generation moving through the school system, are doing so in a time of particular instability. The consequence for the media landscape has been a shift from 'light' news to a constant stream of 'heavy' content. Online this trend has been inescapable whether to drive clicks or generate controversy, increasingly our media consumption has been overtaken by gloom.

This pessimistic outlook has been further enhanced by the continuing evolution of AI. News stories that would have once been unquestioned, now straddle the line of real and fake. For children and young people whose critical faculties are not yet fully developed, this can provoke a whirlwind of confusion. Confusion tends to breed negative mental health effects since one can no longer distinguish true from false.

Internet Matters has recently produced a page explaining what can be done, to help children and young people navigate an increasingly murky information space. If interested, please follow the link below:

<https://www.internetmatters.org/hub/research/impact-online-news-childrens-wellbeing/>



## Keeping Cornwall Updated

Lots of useful information in the latest edition of Cornwall Council's 'Keeping Cornwall Updated' newsletter. This edition includes health advice, information on fostering and more **Keeping Cornwall Updated**.

## Social Media Bullying - Know the Signs, Share the Support

Bullying no longer ends when the school bell rings. With social media, children can be targeted anytime, often silently and invisibly. Teachers play a vital role in spotting the signs and guiding students toward help. Childline offers clear, practical advice on how young people can report abuse, block bullies, and build resilience. Let's make sure every child knows they're not alone - and that support is just a click away. Sharing this resource helps children feel supported, know where to turn, and understand that bullying is never their fault. **You can find their advice here.**

## Reporting Indecent Images Posted Online

We know that, unfortunately, some people will use the Internet to post and share indecent images of young people. If you or your child ever see such content online, please use the link below to report it and begin the process of its removal.

Please also inform the HCC Safeguarding Team.  
<https://www.iwf.org.uk/>

# Quick Reference: Your Morning Anxiety Toolkit



## The Night Before:

- Pack bags and lay out clothes together
- Create a visual checklist they can tick off
- Keep evening routine predictable and calm
- End positively: "Tomorrow we'll take it one step at a time"
- Avoid lengthy worry conversations before bed

## The Morning Of:

- Wake gently - connection before demands
- Break everything into tiny, achievable steps
- Build in one pressure-release moment (hot chocolate, stroking pet, music)
- Acknowledge anxiety briefly, then redirect to action
- Use your agreed "Plan B" on overwhelming days
- Keep instructions simple and repetitive: "Shoes, coat, car"
- Stay calm and physically close - guide them through



## The resource, available to view on our website includes:

- A quick reference toolkit parents can stick on the fridge or screenshot
- Seven key strategies, from building a calmer evening routine to maintaining gentle boundaries on difficult mornings
- Suggested scripts throughout; the actual words to say when you're not sure what will help
- "What helps/what doesn't help" comparisons for each approach
- Guidance on working with school, including an important note about when these strategies won't work (because if a child isn't safe or supported at school, pushing through morning anxiety can make things worse)

Full guide available here: <https://www.helston.cornwall.sch.uk/safeguarding>



# REPORT REMOVE

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.



## Is someone threatening to post nudes or sexual images of you, your child or a friend online?

Sexually coerced extortion or 'sextortion' is a type of blackmail where someone tries to use intimate, naked or sexual photos or videos of you to make you do things you don't want to do. Sometimes, these photos or videos are taken without your knowledge, and the person blackmailing you uses them to force you to pay money or do something against your will.

Criminals often target people who use dating apps, social media platforms, webcam/live streaming sites or websites related to pornography. They might pretend to be someone else online and become friends with you. Later, they might threaten to share pictures or videos with your family and friends.

Remember, if you ever find yourself in a situation like this, it's important to know that the victims of 'sextortion' are **never** to blame. The criminals who try to extort money or make victims do things they don't want to do are the ones at fault.



**Report Remove is safe, easy and free – all you need to do is follow these steps:**

- Visit the dedicated [Report Remove page](#) on Childline's website.
- Choose your age range.
- Create a Childline account so they can send you updates on your report.
- Report your image or video which is handled by the Internet Watch Foundation (IWF).
- Talk to a Childline counsellor if you want any extra support, or access support on the [Childline website](#).
- Check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report.
- Report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.



## Christmas Hampers

HCC are proud to have again worked with local community members Glennie McKinley and Mick Cade to support local families at Christmas time. Some years ago, when a local charity was unable to continue providing Christmas Hampers for families in need, Glennie and Mick took this upon themselves. We are also especially proud that HCC Yr. 10 student, Elsie Etherington, has also played a key role in helping prepare hampers and to involving the college in distributing them. Well done Elsie – a great example of our College value of kindness! Every year, with the support of donations from the community, they put together and wrap hampers for those who need them most. These hampers include a wide range of food and Christmas treats – in tough economic climate and at an expensive time of the year, these hampers provide lifelines to those struggling to make ends meet.

This year, HCC helped to distribute 33 hampers to members of our school community. We know what a difference these make – thank you Glennie and Mick!

*Pictured: Charlene Price (Deputy Safeguarding Lead, HCC) and Mick Cade*



## Devon and Cornwall Food Action

We are delighted to have had another successful year, working with Devon and Cornwall Food Action, to support the community of Helston and the Lizard. DCFA have attended the college every month and on 13th December, helped over 60 local families. This month's event included some Christmas items!

For £30, families receive a minimum of:

- Tea or coffee
- Pasta or rice
- Selection of tins and cereal
- Box of pasties or pies
- Bag of frozen items
- Bag of fresh fruit and veg
- Bag of household toiletries
- Bread/rolls/cakes
- Pet food
- Often more!

If you have not yet visited a DCFA event, please come along to one next year. The dates are:

- January 24th
- February 21st (tbc)
- March 21st
- April 18th (tbc)
- May 23rd (tbc)
- July 4th
- September 19th
- October 24th (tbc)
- December 5th



To book, please contact Debbie on 07880835331.





## VAPE DETECTION WANDS

As you are probably aware, schools have the legal power to conduct searches of students' outer clothing and belongings, if they have reason to believe that students may be in possession of prohibited items, or items that may pose a risk to the student or others. Full details of this can be found in the College's Behaviour Policy. This is a rarely used, but important part of ensuring that school's remain safe and orderly places of learning.

In order to support this, secondary schools in the Truro and Penwith Academy Trust also have vape wands, which can be used, if needed. These are primarily used to ensure that students are not in possession of vapes. The wands do not make any physical contact with students, but will make a beeping noise when metal is detected.

You will be aware that the use of vapes by children has dramatically increased in recent years – this is

illegal, but also poses real risks to children's health and wellbeing. Many of the vapes supplied by young people are unregulated – they often contain extremely high levels of nicotine, as well as chemicals that are poisonous.



Should you have any information regarding vapes being supplied to young people, please report this via VapeAnon – this allows you to share information (anonymously, if you wish), that will be followed up by Trading Standards and Devon & Cornwall Police.

**VapeANON - Vape-Free Schools**

## HOLIDAY FEEDBACK FORM

We hope that you have a happy and restful Christmas. However, if something significant happens over the break, which you would like staff to be aware of, please use the link below to give us details of this. This might be something difficult (for example, a bereavement), or something positive (for example, winning a sporting achievement or passing a music exam).

Responses to the form will be reviewed by a member of the College's Senior Leadership Team and then shared with other staff if and as appropriate. This will enable us to support students, celebrate an achievement, or just to be aware of something important.

<https://forms.office.com/e/XMiSxTjwir>

**Speak Up  
Stand Together  
Stay Safe**

On a night out I left my drink unattended and later blacked out. My friends said I was just drunk, but I know my limit. I wish I reported it to help me reclaim a sense of freedom and safety.

**MY FEELINGS  
MATTER!**

**YOURS DO TOO**

An alarming **85% of women** aged 18-24 and **64% of women** of all ages reported that they had experienced unwanted sexual attention in public places.

This is unacceptable.  
Speak up and report it.  
**#ITDOESMATTER**

**IT DOES  
MATTER**

**Speak Up  
Stand Together  
Stay Safe**

ONE DAY MY FRIEND CATCALLED A GIRL AND EVERYONE LAUGHED. I FELT GUILTY, NOT SPEAKING UP FOR HER, I KNEW IT WASN'T OK. I'VE REGRETTED IT EVER SINCE.

**MY ACTIONS  
MATTER!**

**YOURS DO TOO**

An alarming **9 in 10 women, men, and non-binary people**, have experienced some form of **non-contact sexual offence**.

This is unacceptable.  
Speak up and report it.  
**#ITDOESMATTER**

**IT DOES  
MATTER**



# Holiday Safeguarding Support

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:

## Mental Health



[Kooth.com](#)   [Xenzone](#)



[Mental Health Helpline - Urgent Help](#)   0800 038 5300   [CAMHS](#)



[Mental Health Charity For Children & Young People](#)



[Cornwall Mind](#)



[Kernow Connect](#)  
01872 321486

[1:1 chat - Parent Talk](#)



[Childline](#)  
0800 1111

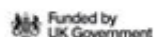


116 123   [jo@samaritans.org](mailto:jo@samaritans.org) (emails may take several days for a response)



[Making Waves - Young People Cornwall](#)   01872 22244

## Health advice



ChatHealth  
Parent Line 0-5   [TEXT 07312 263 423](#)

ChatHealth  
Parent Line 5-19   [TEXT 07312 263 499](#)

ChatHealth  
Young People 11-19   [TEXT 07312 263 096](#)

Alternatively, for 0-19 health advice you can also contact:

- 01872 324261 (option 2)
- [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)



Get confidential health and wellbeing advice and support



[www.cornwall.gov.uk/chathealth](http://www.cornwall.gov.uk/chathealth)

## Bereavement



[Penhaligon's Friends](#)

## Drug/Alcohol Misuse



[wearewithyou.org](http://wearewithyou.org) (YZUP)

## Sexual Health



[Brook Cornwall](#)

0300 30 30 714



## Mental health support that meets public healthcare needs

Kooth's services make large scale prevention a reality across whole populations. Kooth services are also linked to broader health economics outcomes, such as reduced numbers of anti-depressant prescriptions and lower hospital admissions due to suicidal ideation or self-harm.



**kooth**

### For young people

Kooth's digital service gives every young person the know-how and tools to help manage and help take control of their mental health.



**Qwell**

### For adults

Qwell is our service for adults aged 18 and over, offering free and effective in-the-moment support throughout life.



**kooth**  
Integrated Digital Pathway

### Waiting lists

Kooth's Integrated Digital Pathways relieves NHS pressures by offering immediate support to people on mental health waiting lists.



### How can we prevent people falling into crisis

#### Sir Norman Lamb

Former North Norfolk MP and Health Minister, Mental health campaigner



## Digital support can change lives

Sir Norman Lamb talks to Dr Lynne Green about digital support in the context of the crisis care concordat initiative, commenting:

"Being able to access support directly, without having to go on a waiting list for months on end... is a priceless part of the architecture of support that we should make available to people."



# FIVE

## ACTIVE BYSTANDER

### WAYS TO BE AN

"LEAVE THEM ALONE"

#### 1 DIRECT

Call the person out for their behaviour and let them know it's not okay.

Best used when: Among friends or people you know.

#### 2 DISTRACT

Interrupt by asking a question or starting a conversation. Try asking for directions or the time.

Best used when: You're unsure what the reaction might be to intervening directly.



#### 3 DELEGATE

Ask someone else to help. This could be someone with authority or someone nearby.

Best used when: You need extra support.



#### 4 DELAY

Check they're okay or if they need any help afterwards.

Best used when: You feel uncomfortable intervening at the time.

Are You Okay ?



Only intervene if it's safe.

#### 5 DISAPPROVE

Send a clear signal you don't like what they're saying or doing. Try shaking your head or walking away.

Best used when: Among friends or people you know.



5Ds taken from Brook's Active Bystander Course for universities. Find out more at [brook.org.uk/bystander-training/](https://brook.org.uk/bystander-training/)