

South York
MULTI-ACADEMY TRUST

FULFORD SCHOOL SAFEGUARDING & WELLBEING NEWSLETTER

JULY 2024



Safeguarding Lead's Welcome

Honesty Empathy Ambition Respect Tolerance



Welcome to our first edition of the Fulford School Safeguarding and Wellbeing Newsletter.

At Fulford School we are continually working to support students in feeling safe and well at school and to enable them to flourish both within and outside of school.

Within school, Mrs Elsworth and Miss Tomlinson lead the safeguarding support alongside the pastoral support from Mr Copeland, the Heads of Year, Assistant Heads of Year and Form Tutors to offer guidance when needed to all of our students and their parents/carers where appropriate.

As we approach the summer break, we know that school holidays can be stressful. Holiday times can also bring about different safety issues, both for you, as parents and carers, and for your children; this may mean some young people and families need additional help and support over the break.

This newsletter gives links to additional support if needed. Your children will be and should be out enjoying themselves, without the pressures of school. This can lead to different kinds of worries for parents however, knowledge and having conversations with your children will greatly help in reducing any potential risks they may encounter. We hope that you find the following links useful and informative. If there are any safeguarding topics you would like covering in future editions please do let us know.

The safeguarding team would like to take this opportunity to wish you a happy and safe summer break.

"Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility."

"No act of kindness, no matter how small, is ever wasted."
Aesop



CONTENTS:

- ♦ **Welcome**
- ♦ **Assemblies**
- ♦ **Personal Development**
- ♦ **Tutor Time**
- ♦ **Reach Out**
- ♦ **Keeping Safe This Summer - Summer Holidays, Sun Safety, Water Safety, Alcohol and Substance, Rail Safety,**
- ♦ **Parents Guide to Safeguarding in Out of School Settings**
- ♦ **Action for Happiness Calendar**
- ♦ **Letter from the National Crime Agency & CEOP**
- ♦ **Sources of Support**
- ♦ **Sources of Support in School**

SAFEGUARDING & WELLBEING

Summer Term

Assemblies:

This term we have had many opportunities to focus on our safety and wellbeing within school.

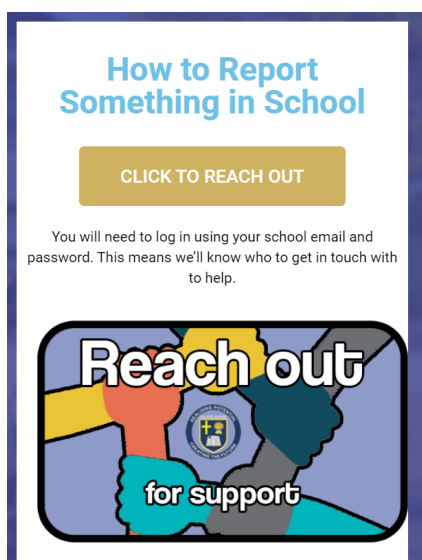
Mrs Elsworth started the term with an assembly on National Child Safety week. She explored how we keep ourselves safe within school and also suggestions on how students can keep themselves safe outside of school.

Tutor groups then had the opportunity to discuss keeping themselves safe, including water safety and rail safety.

We have also had an assembly presented by Mrs Stabler on vaping in "Love Your Lungs Week" and there will be an assembly at the end of term on keeping yourself safe in the summer holiday.

Reach Out

If students want to ask for support for themselves or a friend, they can use the Reach Out Button on the School Website:



Honesty
Empathy
Ambition
Respect
Tolerance

FULFORD SCHOOL



Child Safety Week

June 2024



Personal Development Lessons

Yr. 7 - Healthy Relationships, Rail & Water safety

Yr. 8 - Health Wellbeing & relationships including sexting and use of social media

Yr. 9 - Lessons on Mental Health and Wellbeing, keeping ourselves safe online and exploitation

Yr. 10 - Before their work experience received guidance on keeping themselves safe in their placements; this included Health & Safety and how to seek support if needed.

Yr. 11 - Prior to the exams, Yr. 11 covered exam stress and safety at festivals

Sixth Form - have attended a set of Wellbeing Workshops support mindfulness, positive wellbeing, and friendships as approaching exams and end of sixth form.

Tutor Time

Yr. 7 - have been exploring discrimination and what that means.

Yr. 8 - have been exploring different festivals and cultures.

Yr. 9 - have been exploring resilience

Yr. 10 - have been exploring Equality & Diversity

KEEPING SAFE THIS SUMMER

Summer Term



SUMMER HOLIDAYS



The summer holidays can be a great chance to spend time with friends and have some time off. But sometimes it can feel a bit lonely.

Or you might miss the routine you have when you're in school.

On this page from Childline you can find:

- Coping with summer holidays
- Staying safe
- Ways to cope

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun then ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

LOVE THE SUN, PROTECT YOUR SKIN

Being outside in the sun is fun! You just need to make sure you're safe

How do we protect ourselves from UV rays so we can stay safe and have fun in the sun?



SLAP ON SPF 30+ SUNSCREEN



WEAR A HAT



STAY IN THE SHADE BETWEEN 11AM - 3PM



PROTECT YOUR EYES



COVER UP

KEEPING SAFE THIS SUMMER

Summer Term

Water Safety

Given the wonderful weather we have had and some of the recent tragedies in rivers, lakes, reservoirs and at the beach we want to share this information with you again.

It is perfectly natural to want to cool off when it's hot. Unsuitable rivers and quarries hide dangers below, with the additional hazards of freezing cold water and currents. Teenagers especially are drawn in by peers.

We're supporting the RLSS UK's free, online water safety toolkit which teaches families how to enjoy the water, safely.

The 'Lifesaver-Lifechanger' toolkit, gives people the confidence to keep themselves and others safe around the water by providing instruction on safe land-based rescues. This short course provides skills for life that will set individuals and families on a journey to gain knowledge and confidence to enjoy the water, safely. You even get a certificate!

<https://www.rlss.org.uk/take-the-toolkit>



KEEPING SAFE THIS SUMMER

Summer Term



Rail Safety

Network Rail have asked us to pass on the following key messages regarding rail safety to students and parents:

- Trains are fast and quiet, travelling up to 125mph and taking 2km (one and a quarter miles) to come to a stop – even with the emergency brakes.
- It is against the law to trespass on the railway and can result in a fine of £1,000 and a criminal record. This isn't just about going onto the tracks, climbing over fences, misusing level crossings etc. is still trespassing even if you don't go on the tracks.
- Always Stop, Look and Listen before using a level crossing. Never start to cross a level crossing when its lights are flashing.
- Make sure you're paying attention whenever you use any kind of level crossing; keep dogs on short leads and don't be distracted by phones, earphones etc. as you cross.
- The electricity is ALWAYS switched on around the railway including equipment boxes and overhead wires, and these use very high voltages and are very dangerous.
- You don't have to be touching the wires to receive an electric shock as electricity can jump (arc) up to 3 metres in any direction – including upwards. Even if you're above the wires (e.g. climbing on a bridge) it doesn't mean you're safe from them when getting too close. The injuries received from such a shock can be life-changing, and unfortunately are often deadly.
- Trains can generate turbulence as they go past, it's strong enough to drag someone onto the tracks or under the train – another good reason to not trespass, and the reason why there are yellow lines on the platforms.
- Should you witness any incidents of unauthorised access or trespass, or any other dangerous behaviour on or near railway land, please contact British Transport Police on 0800 40 50 40, text them on 61016, or in emergencies call 999. You can also call the Network Rail 24-hour helpline on 03457 11 41 41.

For more information on railway safety you can visit the websites:

<https://switchedonrailsafety.co.uk/> which has games, quizzes, and activities aimed at those aged 3 to 16 years old and

<https://www.youvstrain.co.uk/> which has further resources available for those aged 11+.

Please note, the You vs Train website and the 12-16 section of the Switched On website contains content that some people may find upsetting and so is targeted at secondary school-aged children and older. We'd encourage you to visit these sites with your children, if suitable, and discuss with them the dangers of trespassing on the railway.

KEEPING SAFE THIS SUMMER

Summer Term

Online Safety

With the summer holidays fast approaching, children and young people will have more free time to spend with friends, family and online.

This can lead to them accessing inappropriate materials, sharing more than they should or communicating to strangers.

There are some links below for help and support for parents and carers around online safety but the key messages are :

- Talk about what they are doing online
- Monitor what they are accessing regularly
- Discuss as a family how much online time is too much and all agree to that .



Alcohol & Substances

As the warmer weather and summer holiday approaches, we are hearing more reports of young people attending parties and gatherings where alcohol and substances may be present. This includes vapes that may have had substances added to them.

Although most won't try them it is still advised to have conversations about what they would do in this situation.

We've attached two parent guides here:

Talking About Alcohol



Talking About Alcohol
A guide for parents
and carers

Substances

NSPCC

FRANK

STAY SAFE ONLINE THIS SUMMER



EdTech

SUMMER HOLIDAY GUIDE

It can be challenging to find holiday activities for digitally savvy young ones. There are plenty of edtech (educational technology) avenues to explore this summer, however, and we've compiled a rundown of our favourites...

For the gamer

There are some excellent free (or cheap) platforms out there which let budding programmers create their own games and characters. Children can discover the basics of game design as they learn how to build characters and make them speak, move and interact with each other. Young ones can construct a game from scratch and then share it with their friends.

Try: Play Lab at code.org • Toca Builders

For the photographer

If your child is an aspiring photographer or loves fine-tuning images before posting them on social media, there are options which young people may find less daunting than Photoshop. As well as editing and adjusting photos, making illustrations or converting between image formats, some packages are geared towards illustration while others let you work with raster and vector graphics.

Try: Photopea • Sumopaint • PhotoGrid

For the sports fan

Video games are usually seen as reducing the time young people spend exercising. However, there is a genre that encourages physical activity: from music-based games that get users up and dancing, to sports simulators where the controller becomes a tennis racket. Devices' ability to track movement in real time and translate it into a game can make physical activity less of a chore.

Try: Runkeeper • Strava • Zombies, Run! (12+)

For the coder

Online, you can find a selection of programming environments where users can learn to make simple apps. Young people can design an app, code it in JavaScript or work in text-based language, then share their newly created app with friends. With millions of aspiring coders in the world, the internet has an abundance of tutorials to get young ones started.

Try: App Lab at code.org • Dance Party at code.org • Flappy Code at code.org • Hour of Code

For the explorer

Young adventurers can discover the world from new perspectives – strolling Tokyo's streets or soaring over Yosemite. For those with virtual reality headsets, Google Earth VR puts the whole planet within reach, while – even further afield – youngsters can use their device to delve into the wonders of our solar system with virtual tours of NASA's labs and mission control centres.

Try: Google Maps Treks • Google Earth VR • NASA at Home: Virtual Tours

For the avid reader

Your child's smartphone or tablet can become an inspirational learning tool that fires their imagination while improving their reading, vocabulary, spelling and comprehension. Mobile reading apps and audiobook libraries are worth setting some screen time aside for. As well as developing young ones' language skills, they also encourage the unbridled bliss of enjoying a good story.

Try: Hoopla • Epic • Audible

For the musician

Learning to play an instrument and creating music electronically has become much easier thanks to technology. As the field keeps advancing, more software is being created – and there are many applications which are compatible with various devices, including mobile phones. For example, your child could start their journey to becoming a superstar DJ with real-time mixing and editing tools.

Try: Let's Play Kids Music: Summer Musical • GarageBand • Transitions DJ • YouTube music tutorials

For the historian

Virtual tourism boomed when the pandemic cancelled everyone's travel plans. Let technology transport you to jaw-dropping historical sites or inside some of the world's most inspiring museums. Explore the Colosseum or the Amazon rainforest in VR, take a virtual tour of the National Museum of Computing at Bletchley Park or step inside the British Museum without leaving your living room!

Try: HistoryView Virtual Library • The British Museum – Google Street View • The National Museum of Computing 3D Virtual Tour

For the artist

Unleash your child's creative streak over the holidays with these arts and craft activity ideas! Most are quick and easy to make with materials you'll probably already have at home. There are ideas for young artists of all abilities, so you're sure to find a few exciting projects to try out. Children could also take a virtual tour of some stunning galleries and art installations.

Try: Artist at code.org • Summer crafts for kids at Activity Village • Summer arts and crafts at Projects with Kids • Google Arts and Culture – virtual reality tours you'll love

Meet Our Expert

Gary Reddin is Leader of the Virtual Curriculum at Alt Bridge School, a specialist provision school in Liverpool. He has supported the integration of technology into the teaching practice across the curriculum to empower young people to reach their academic potential and prepare for life beyond school.



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KEEPING SAFE THIS SUMMER

Summer Term



Parents' guide to safeguarding in out of school settings



Many parents and carers will be looking for childcare providers and other out of school settings during the summer holidays. The parents' guide is also available in several community languages (links are at the top right of the web page).

Download the 'Guidance for parents and carers' here:

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings>

Action For Happiness Calendar - July

Action for Happiness create monthly calendars with suggestions to do each day. Why not try them during the summer break? If you like them, the August calendar will be here:

<https://www.actionforhappiness.org/calendars>

Jump Back Up July 2024

MONDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

TUESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

WEDNESDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

THURSDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

FRIDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

SATURDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

SUNDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

ACTION FOR HAPPINESS

Happier · Kinder · Together

Financially motivated sexual extortion

Dear Parent/Guardian,

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is never to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on [CEOP Education's parents and carers website](#).

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- **Chat regularly about their life online:** have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- **Talk about where to find information about relationships and sex:** organisations like [CEOP Education](#), [Childline](#) and [Brook](#) have age appropriate advice topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- **Review privacy settings:** talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on [how to talk your child about their privacy settings](#).
- **Make sure they know where to go for support:** let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- **Make sure they know where to report:** remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).

To learn more about what resources are available to help you support your child, visit the [UK Safer Internet Centre](#).

Financially motivated sexual extortion

What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

- **Don't pay, do stop contact and block:** you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.
- **Avoid deleting anything:** try not to delete anything that could be used as evidence such as messages, images and bank account details.
- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the [CEOP Safety Centre](#) to report any online blackmail attempts.

If it has already happened and your child has shared an image and sent money to someone exploiting them:

- **Reassure them that they've done the right thing by telling you:** make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help. Children and young people's mental health may be negatively impacted by experiences of exploitation; you can [find advice on looking after your child's mental health from the NHS](#).
- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the [CEOP Safety Centre](#) to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.
- **Report any images or videos that have been shared:** help your child to remove images that are online or prevent images being shared online by following these three steps:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#)

SOURCES OF SUPPORT

Supporting Wellbeing

A reminder of where you can look for support or guidance:

[The Go To](#) – Provides support and guidance on wellbeing and mental health for young people and parents in North Yorkshire

[Compass Buzz, 'Buzz US' service](#) - Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.

[Young Minds](#) – Their website includes guides for both parents/carers and young people. As a school we successfully raised over £500 through our 'Hello Yellow' non-uniform day back in October.

[York Mind](#) - York Mind exists in order to promote recovery from mental ill-health, emotional well-being and independent living.

[Better Heath](#) - The 'Every Mind Matters' campaign from the NHS includes guides on dealing with change, self care and dealing with social media. There are tips for parents/carers to help support children who may be struggling with their mental health.

[NHS England](#) – A clear article with tips and guidance on what to do if you're a young person and you're struggling, including further links to other websites and support.

[Kooth](#) - Kooth is an online mental health service for children, young people and adults. In North Yorkshire, Kooth offers free online counselling and emotional well-being support for children and young people.

SOURCES OF SUPPORT

Safeguarding Support and Guidance

A reminder of where parents and carers can look for support or guidance:

[York Safeguarding Children Partnership](#) have some useful support and guidance for parents and carers.

[Child Exploitation](#) – Ivison Trust – support for parents/carers who think a child or young person may be exploited by people outside the family.

[Child and Family Bereavement Support](#).

[Early Help](#) - Early Help, it is the way that everyone works together to support the needs of families.

[York Mental Health and Wellbeing Guide](#)

[Young Carers Support](#) - If your child is caring for you or helping to care for a sibling or family member who lives with you there are Young Carer's services across the county who can provide a wide range of support.

[IDAS](#) - IDAS provides support for victims and survivors of domestic abuse in North Yorkshire info@idas.org.uk 03000 110 110

[NSPCC](#) - NSPCC have a wide range of information and advice for parents and carers.

[York Foodbank](#)

[Concerned About a Child?](#) Where there are significant immediate concerns about the safety of a child, please contact the police on 999. If you believe the situation is urgent but does not require the police, please call 01904 551900 to make a telephone contact.

If you are worried – you can contact the Safeguarding team at school, by emailing safeguarding@fulford.york.sch.uk – **during the school holiday this is not staffed.**

If you are unable to reach us and you are worried about any child and think they may be a victim of neglect or abuse please call the York Multi-Agency Safeguarding Hub (MASH) by calling 01904 551900. Should your call

be outside of business hours (Monday – Friday / 9am-5pm) please still call 0300 131 2 131 to speak to the Emergency Duty Team.

SOURCES OF SUPPORT IN SCHOOL

Our Safeguarding Team

safeguarding@fulford.york.sch.uk



Mrs T Elsworth— Deputy Headteacher

elswortht@fulford.york.sch.uk



Ms J Tomlinson— School Social Worker

tomlinsonj@fulford.york.sch.uk

The Deputy Designated Staff are:-



Mr Harris
Headteacher



Ms Davies
Head of Sixth



Ms Craven
School Nurse



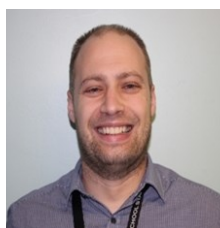
Ms Irwin-Stilgoe
Attendance Lead



Mr Hearn
School Counsellor



Ms Mehta
SENCO



Mr Cole
IC Manager



Ms Stuart
Post 16
Learning & Wellbeing



Ms Fewster
Post 16
Learning & Wellbeing