



SAFEGUARDING NEWSLETTER

Autumn 2024- Issue 1

Latest advice for parents and carers

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information and support on where to get support, FGM, local support groups and workshops, information from the Sports Unit and online safety.

Helping Hands

Our Helping Hand team is available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis.

Let us know if:

- you are struggling to afford food
- you cannot keep on top of your bills
- you are in debt
- you are struggling to pay for essential goods in your home

Whether you get in contact by phone or our online form, we will ask a few questions about your situation so we can offer the best support or advice.

You can request support from the Helping Hand team by:

completing our online form— <https://www.buckinghamshire.gov.uk/cost-of-living/contact-helping-hand/>

calling 01296 531 151

Our phone lines are open:

Monday to Thursday (9am to 5:30pm)

Friday (9am to 5pm) We are closed on bank holidays.



**helping
hand**



We know that for lots of families your circumstances may have changed recently, so if you feel your child may now be eligible for Pupil Premium, please complete the form and return it to the school office. If you are not sure, complete it anyway and we can run it through the Bucks System.



Free School Meals & Pupil Premium

Research shows that better food in schools is improving what children eat during the school day, and there's evidence of a clear link between what children eat at lunchtime in school, where they eat it and how they focus with their teachers in the afternoon.

All children in reception, year 1 and year 2 in state-funded schools in England are eligible for Universal Infant Free School Meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, special schools and pupil referral units.

Free School Meals are also available to pupils in years 3 and above whose parents receive certain benefits and register using this application form. Please return this form to your child's school if you think you qualify for Free School Meals.



Pupil Premium - completing this form could also raise money for your child's school...



The Pupil Premium is a Government scheme that provides funding to schools of £985 - £1,385 per pupil whose parents receive one of the qualifying benefits listed on this application form.

The school can use this money to raise the attainment of disadvantaged pupils and close the gap between them and their peers

Q. How can I apply?

A. Simply complete this application form and return it to your child's school

Q. Why should I apply?

A. You and your school could benefit from Pupil Premium funding worth £985 - £1385 per pupil. As well as this, if your child is in year 3 or above this form is also used to apply for Free School Meals and could save you hundreds of pounds a year.

Q. My child is in Reception, year 1 or year 2 and automatically receives Universal Infant Free School Meals, do I still need to complete this form?

A. Yes! Pupil Premium is only paid to a school if the parent registers using this form and is receiving one of the qualifying benefits listed. Even though your child automatically receives free meals at school completing this application form may entitle your school to Pupil Premium funding.

To register for free school meals, including Pupil Premium, please complete this application form and return it to your child's school as soon as possible to avoid delay.



Buckinghamshire Council

2022/23

FREE SCHOOL MEAL & PUPIL PREMIUM APPLICATION FORM

CHILDREN WHOSE PARENTS/CARERS RECEIVE ONE OF THE FOLLOWING BENEFITS ARE ENTITLED TO FREE SCHOOL MEALS AND WILL GENERATE PUPIL PREMIUM FOR THEIR SCHOOL:

- ✓ **Income Support (IS)**
- ✓ **Income-based (not contribution-based) Job Seeker's Allowance (IBJSA)**
- ✓ The guaranteed element of the **State Pension Credit**.
- ✓ **Income-related employment and support allowance**
- ✓ **Support under Part VI of the Immigration and Asylum Act 1999**
- ✓ **Universal Credit** with an annual net earned income of no more than £7,400
- ✓ **Child Tax Credit** (with no Working Tax Credit) with an annual income of no more than £16,190
- ✓ Where they are entitled to Child Tax Credit and also Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school meals.

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

Administration for the provision of free school meals is undertaken by Buckinghamshire Council for those pupils attending an education establishment within Buckinghamshire. This form should be completed and returned to your child's school.

1. DETAILS OF PARENT/CARER WITH QUALIFYING BENEFIT – COMPLETE IN BLOCK LETTERS

SURNAME/FAMILY NAME as it appears on your benefit letter:

FORENAME: TITLE: DATE OF BIRTH: dd/mm/yyyy

NATIONAL INSURANCE NUMBER

OR

NATIONAL ASYLUM SEEKER NUMBER

ADDRESS

POST CODE

DAYTIME TEL. NO(s)

2. DETAILS OF THE CHILD/CHILDREN

Surname/Family Name	Forename	Date of Birth	Name of School

3. DECLARATION

I declare that the information given on this form is true and complete and I undertake to inform the school if my entitlement to one of the qualifying benefits is terminated. I understand that the results of any free school meal eligibility check may also be used to assess my entitlement to other support/benefits, including free travel to school. *The remainder of this declaration does not apply to pupils in Reception, Year 1 or Year 2* - I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial, and ongoing, entitlement to free school meals. I understand that I may be liable for any costs incurred in providing free school meals for my child(ren), should I fail to inform the school of the termination of my benefit.

I have read and I understand the above declaration.

SIGNATURE _____ (Parent/Guardian) DATE _____



Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

COCONUT TREE

One child (under 10) eats free every day
Monday 21st Oct- Sunday 3rd Nov 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

Monday 14th October - Friday 1st November 2024 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

PIZZA HUT

Monday 14th Oct to Tuesday 5th Nov 2024 daily until 3pm with the code **SPOOKY**

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



Keeping Children Safe in Education (KCSiE 2024)

We want to keep you informed about important updates regarding child safety in our schools. The latest edition of "Keeping Children Safe in Education" (KCSiE 2024) includes several changes designed to strengthen safeguarding practices.

Key highlights include:

Early Intervention: The guidance stresses the importance of identifying and addressing safeguarding concerns as soon as they arise. This means staff will be more vigilant in noticing any signs that a child may need support.

Mental Health Focus: There's an increased emphasis on supporting students' emotional well-being. Schools are encouraged to provide resources and assistance for mental health, ensuring our children feel safe and supported.

Clearer Protocols: The updated guidance provides clearer procedures for handling allegations against staff, ensuring transparency and accountability.

Together, we can create a safe and nurturing environment for all students. For more detailed information, please refer to the full KCSiE 2024 document available on [https://assets.publishing.service.gov.uk/media/66d7301b9084b18b95709f75/Keeping children safe in education 2024.pdf](https://assets.publishing.service.gov.uk/media/66d7301b9084b18b95709f75/Keeping_children_safe_in_education_2024.pdf).





What Parents and Carers should know about Telegram

This summer, Telegram made headlines when its owner was arrested. Although it may not be the most popular messaging app among young people, it is considered one of the fastest-growing platforms.

While there are many discussions surrounding the risks associated with using Telegram, here are some key points to keep in mind.

RISKS TO CONSIDER IF YOUR CHILD USES TELEGRAM



 END-TO-END ENCRYPTION	 SELF-DESTRUCTING MESSAGES	 LARGE GROUP CHATS	 LOCAL CONNECTIONS
Private conversations known as "Secret Chats", can only be accessed by the participants. This puts children at risk.	A timer can be set when sending a message in a Secret Chat which will then self-destruct/disappear.	Group chats known as Channels can include up to 200,000 participants. This allows for unregulated conversations.	"People Nearby" connects users locally, but may expose children to grooming and exploitation risks.

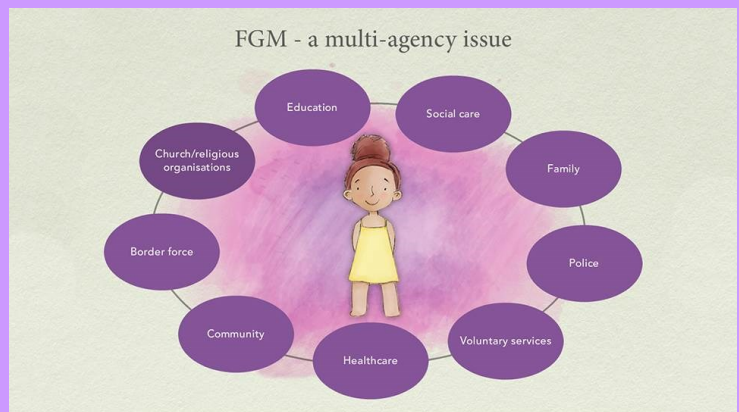


Female Genital Mutilation: Recognising and Preventing FGM

A recent study revealed that 137,000 women in England and Wales are estimated to be living with the consequences of FGM. To address this issue, the Home Office is championing a proactive approach and has launched this free online FGM training package.

Throughout this course, we follow a young girl named Hope as she encounters the key issues relating to FGM and we see how they affect her throughout her life. The training will help a wide range of professionals to identify and assist girls who are at risk of FGM.

<https://www.virtual-college.co.uk/resources/free-courses/recognising-and-preventing-fgm>



Parents Protect

Together we can prevent child sexual abuse

Protecting your child in the digital world

Children regularly use different websites and apps from their parents, and it can be hard to keep up in this ever-changing digital world.

But the things that help keep children safe online are often similar to the things that keep them safe offline.

- Half of ten-year olds now own their own smartphone (Ofcom 2019)
- 70% of 12-15-year olds now have a social media profile, with Snapchat being the most prominent platform in this age group (Ofcom 2019)
- Children aged 5-15 now spend over 14 hours a week online, just over two hours a day (Ofcom 2019)

Click here: <https://www.parentsprotect.co.uk/internet-safety.htm>



EDIBLES

An important update on the dangers of 'Edibles', especially with half term approaching. Please be vigilant with any packages that may be delivered to home, or empty wrappers found in bags or clothing. Unfortunately, Edibles can be easily obtained off the internet in often very similar packaging to that of sweets that are safe and regularly sold in a wide range of shops.

What are Edibles?

Edibles is the term used to refer to any type of food product that contain cannabis (THC). Cannabis can be infused in chocolates, gummies and even juice! While these products are usually marketed towards adults, they pose a particular concern, as they are both visually appealing and taste good to children.



What can happen if my child eats an Edible?

If your child consumes a product containing THC, they may develop symptoms such as:

- Excessive Sleepiness
- Fast heart rate
- Difficulty breathing
- Feelings of anxiety, panic or paranoia
- Nausea or vomiting
- Dizziness or weakness
- Poor co-ordination
- Seizures or coma (in rare cases)

For lots of helpful advice or raising concerns about a child or friend, please go to the Talk to Frank website.

<https://www.talktofrank.com/get-help/concerned-about-a-child>



Buckinghamshire Council Community Safety Team are working with the Thames Valley Violence Prevention Partnership to promote 'The Stay True to You' Youth focussed Campaign to help keep young people safe from Knife crime and Criminal Exploitation and help build their confidence to make the right decisions and have made available in November Free online training sessions for Parents, Carers and all those working with young people.

STAY TRUE TO YOU

**Free online training sessions
for parents, carers and wider family
or community members**

Tuesday 12 November, 6.30pm–8.30pm (online) → [register in advance](#)

Thursday 21 November, 6.30pm–8.30pm (online) → [register in advance](#)

Course content:

Everyone is worried about the levels of violence in our community, particularly knife crime involving young people.

The Stay True to You campaign aims to prevent violence by taking a positive approach to supporting young people to help them build confidence and make the right decisions.

Open to all parents, carers and wider family members, these sessions are an opportunity to better understand the facts, including:

- Risk factors to crime and violence
- Exploitation and county drug lines
- Online harm
- How fear drives weapon carrying
- Legal consequences
- How to have those difficult conversations and create trusted relationships
- Sources of help and support

Tuesday 12 November

6.30pm–8.30pm (online)

Register in advance at bit.ly/stty-12nov2024

Thursday 21 November

6.30pm–8.30pm (online)

Register in advance at bit.ly/stty-21nov2024

Or visit the training page on the website:

staytruetoyou.co.uk/upcoming-training-dates-parents/

Contact

info@staytruetoyou.co.uk





WHAT WORKS webinars



A series of online learning webinars open to all.

Join via Teams as our panel of experts present how we developed randomised control trials to test innovative violence reduction interventions. We will share the model of testing, impact results and our wider learning. Free to join for all those working with young people with an interest in designing and delivering impactful interventions.

Focused Deterrence Wed 27 November, 11am–12pm

Testing the impact of a social care-led, support-first case management approach to Focused Deterrence on a cohort of vulnerable and risky young people. **For all age groups, a significant 54% reduction in crime harm was recorded, increasing to over 70% for those under 18.**

[Register in advance via this link](#)

Schools Navigators Wed 4 December, 2.30pm–3.30pm

Testing the impact of youth worker-delivered mentoring sessions at the point of first suspension in order to reduce further exclusions. **Those pupils treated had a 17.5% lower suspension rate and improvements in self-reported wellbeing scores. There was an 11.5% lower overall suspension rate in the treatment schools compared to those schools in the control group.**

[Register in advance via this link](#)

Mentoring from NEET to EET Wed 11 December, 2.30pm–3.30pm

Sharing the learning following a VPP rapid review of evidence on different approaches to supporting NEET young people to access education, employment and training, identifying themes which show greatest promise, and those that are not effective.

[Register in advance via this link](#)

[Focussed Deterrence Workshop Link](https://events.teams.microsoft.com/event/dd454a21-9548-4120-a70d-9778ea49f4bd@23de4379-957a-41a6-9587-165d6c6b4dbd)—<https://events.teams.microsoft.com/event/dd454a21-9548-4120-a70d-9778ea49f4bd@23de4379-957a-41a6-9587-165d6c6b4dbd>

[School Navigators Link](https://events.teams.microsoft.com/event/5c2476f6-7784-47c6-8ad0-de24eb4058e9@23de4379-957a-41a6-9587-165d6c6b4dbd)—<https://events.teams.microsoft.com/event/5c2476f6-7784-47c6-8ad0-de24eb4058e9@23de4379-957a-41a6-9587-165d6c6b4dbd>

[Mentoring from NEET to EET Link](https://events.teams.microsoft.com/event/8640bf21-61c0-4c19-9926-6085a3f2d7cd@23de4379-957a-41a6-9587-165d6c6b4dbd)—<https://events.teams.microsoft.com/event/8640bf21-61c0-4c19-9926-6085a3f2d7cd@23de4379-957a-41a6-9587-165d6c6b4dbd>



EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Keeping your child safe in sport— safeguarding for parents



This short safeguarding for parents course is designed to help you to make an informed choice about the football setting you enrol your child in. It starts by explaining the importance of safeguarding in football and the child-centred approach the game takes.

It will then guide you through questions you should ask to ensure the club or venue where your children play football has the correct safeguarding policies, people and practices in place.

<https://learn.englishfootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>



Introduction to NHS Talking Therapies

Talking therapies are effective and confidential treatments delivered by fully trained and accredited NHS practitioners.

They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS Talking Therapies service without a referral from a GP, or a GP can refer you.

<https://www.oxfordhealth.nhs.uk/bucks-talking-therapies/2023/04/20/introduction-talking-therapies/>

Support Us

Buckinghamshire Mind is run by local people for local people. We are responsible for our own funding and the services we provide. We rely on the support of individuals, community groups, local businesses and other organisations to fund our vital services.

We are very grateful for the generosity, hard work and commitment of our donors and fundraisers. You can help by donating online or through regular giving at www.bucksmind.org.uk/donate

Fundraising activities are a great way of donating money as well as raising awareness of the work of Buckinghamshire Mind. For ideas please visit www.bucksmind.org.uk/fundraising or email fundraising@bucksmind.org.uk

If, like us, you believe that nobody should face a mental health problem alone, please consider remembering Buckinghamshire Mind in your will. It is one of the most valuable ways you can ensure we'll still be there for everyone who needs us. For more information, please visit www.bucksmind.org.uk/legacy-giving, contact us on 01494 463364 or email legacy@bucksmind.org.uk

Volunteer with Us

Our volunteers are an invaluable resource, helping us to be a truly community based organisation. To find out more about volunteering, please contact us or visit www.bucksmind.org.uk/volunteering

Champion the Change

Champion the Change Buckinghamshire is a local campaign aimed at tackling mental health stigma and discrimination whilst creating hope for those affected by mental illness. To find out more, please visit www.bucksmind.org.uk/champion-the-change



Contact Us

We are here to help and support you. Please get in touch, we'd love to hear from you.

01494 463364
info@bucksmind.org.uk
www.bucksmind.org.uk



www.facebook.com/BucksMind
www.instagram.com/bucksmind
www.linkedin.com/company/buckinghamshire-mind



www.facebook.com/MindinBerkshire
www.instagram.com/mind_in_berkshire
www.linkedin.com/company/mind-in-berkshire



Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 01103063) and a Company Limited by Guarantee (No: 05000185).



We won't give up until everyone in Buckinghamshire and East Berkshire with a mental health problem gets both support and respect



Guide to Services



OUT WITH STRANGER DANGER IN WITH CLEVER NEVER GOES



TEACH THE CLEVER OPTION AT HOME

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

It's been created to help parents/guardians talk to their children about staying safe in a simple way.

Instead of creating a fear of people it teaches them to recognise the danger in a situation, regardless of who's involved.

THE RULE:

If anyone asks you to go - even someone that you know - if it hasn't been agreed, remember: CLEVER NEVER GOES



The **CLEVER NEVER GOES** rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian.

And please remember, children learn through repetition so make sure you remind them regularly of **CLEVER NEVER GOES** when they're going outside or online.

For more information, ideas and resources to have that clever conversation go to: clevernevergoes.org

WHY CHANGE?

Since it was introduced in the 1970's, the 'stranger danger' message has been fundamentally flawed.

Most strangers will help rather than harm a child, and many people that do pose a risk to children are not strangers.

Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has led to children spending less time outdoors, fuelling a rise in obesity and mental health problems.

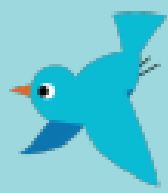
Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that creates safer, happier and healthier children.

Backed by more than 1,000 schools across the UK, **CLEVER NEVER GOES** is more practical than stranger danger and gives children the skills and confidence to safely explore their outdoor and online worlds without fear. And gives parents the reassurance to let them.





P RIVATES ARE PRIVATE



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP



LEARN ALL ABOUT PANTS WITH PANTOSAURUS!



P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



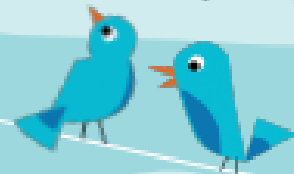
A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.



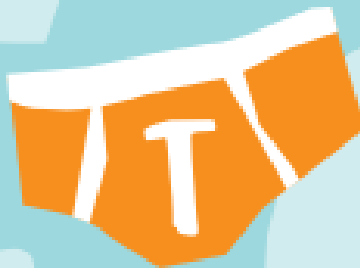
N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

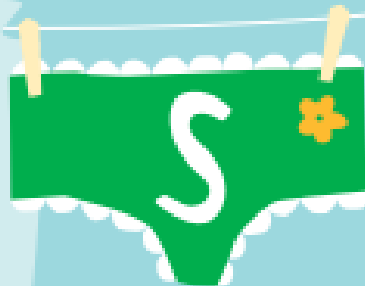
There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.



S PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust.

This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.



You can also talk to Childline. Call 0800 1111 or contact them online at [Childline.org.uk](https://www.childline.org.uk). Someone will always be there to listen.





Buckinghamshire Family Learning



FAMILY LEARNING AT AYLESBURY

EARLY YEARS WORKSHOPS

Autumn Crafts Workshop (EYFC002)	Wednesday 30 October 10:00am - 12:00pm	Berryfields Family Centre
Story Workshop - Stanley's Stick (EYSS012)	Tuesday 5 November 1:00pm - 2:30pm	Southcourt Family Centre
Story Workshop - Stanley's Stick (EYSS012)	Wednesday 6 November 9:30am - 11:30pm	Berryfields Family Centre
Story Workshop - Stanley's Stick (EYSS012)	Thursday 7 November 10:00am - 12:00pm	Elmhurst Family Centre

EARLY YEARS COURSES

Story Explorers (EYSE033)	12 Nov - 10 Dec (5 weeks) 1:00pm - 2:30pm	Southcourt Family Centre
Story Explorers (EYSE033)	13 Nov - 11 Dec (5 weeks) 9:30am - 11:30pm	Berryfields Family Centre
Busy Fingers (EYBF031)	14 Nov - 12 Dec (5 weeks) 10:00am - 12:00pm	Elmhurst Family Centre

These courses and workshops are suitable for parents and carers with children aged 2-4 years. To book your FREE place call our enrolment team on 01296 383582 or scan the QR code. For more information call/text Jo on 07845 053361 with your name + course code

SCAN ME

