



Blackfen School for Girls

Raising aspirations - releasing potential.

Safeguarding Newsletter

Issue 1 – Autumn edition 2023

Thank you for reading this first edition of the school's safeguarding newsletter. The safeguarding newsletter will be published on the website and sent out to families every half term. The aim is to update families on support and advice whilst covering a wide range of topics which may or may not affect young people.

Each newsletter will have a key focus topic. The key focus topic in this edition is on young people and vaping.

Introducing the Safeguarding team

Safeguarding means making sure that everyone feels safe while at school.

Do you need someone to talk to?

If you are worried about something in your life at home or school or about a friend, please let us help you. If we think it is something that may be putting you or your friends at risk, we have to pass it on. You are doing the right thing by telling us. You can talk to:

Designated Safeguarding Leads (DSLs)



Mrs Makepeace



Mrs Glen



Mr Brown

Designated Deputy Safeguarding Leads (DDSLs)



Miss Brewer



Miss Padbury (On maternity leave)

Safeguarding Trained Teachers



Miss Hoad



Miss Woodhouse

Safeguarding Trained Support Staff



**Ms Osborne
(SSO)**



**Mr Loughlin
(SSO)**



**Mr Pidwell
(SSO)**



**Mrs Smith
(SSO)**



**Mrs Eiffert
(Sixth form)**



**Miss Pascoe
(SSO)**

Never go home thinking that you'll tell someone tomorrow. That may be too late.

Training

All staff in the school have received safeguarding training this term and all staff are conversant with Keeping Children Safe in Education (2023).

Reporting concerns

Young people are encouraged to report any concerns either in person or using Teams. Young people can speak to any adult in the school who will listen and pass any information onto the safeguarding team.

Students can access the student dashboard on SharePoint and select the tile entitled 'Safeguarding'. They can report any concerns which relate to themselves or for another student.

During the school holiday the safeguarding tile for students is not monitored. Any students with concerns should seek advice from helplines and websites attached in the safeguarding newsletter due out next week.

Important safeguarding issues

In this section we will report on safeguarding issues which may present themselves to young people for example, online bullying, social media online safety tips, vaping and the dangers.

Key Focus Area – Vaping

As you will have seen from our recent communications to you, there are increasing concerns around the use of vapes by the young people in our borough. In October, our School Police Officer came in to speak to students about this and we invited Chris Hill, from the Rob Hill Foundation in to speak to them in more depth last month.

Some of the challenges with informing students about the dangers of vaping lie in the messaging around it: the packaging appeals directly to young people and the message that they are less harmful to health than cigarettes, conveniently ignores the fact that what would be even less harmful is not vaping at all.

The lack of understanding about long term effects of vaping and the content of these unregulated vapes is also alarming.

The advice coming from experts is to make sure young people are informed: that they understand how addiction works; the long-term consequences of vaping and the social and consumerist pressures they are under that can lead young people to begin.

We have reattached a Vaping Information Sheet and a copy of The Rob Hill Foundation 7 Day Beat Addiction Plan to this newsletter which you may wish to share with your child. If any of our young people feel they need support with any of the issues discussed, we ask that you contact your Student Support Officer.



Reach out!

We would like to remind you of the availability (www.Kooth.com).

Kooth is an online service designed to support your wellbeing. Kooth provides a safe and secure means of accessing mental health and wellbeing support, for young people across London.

Kooth offers you the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10pm weekends, every day of the year on a drop-in basis. You can access regular booked online counselling sessions as need to.

Outside counselling hours' you can also message the team and get support by the next day. There is also a huge range of articles and forums and discussion boards to support you with your wellbeing available on the website.

Other support for young people

'Staying well assembly'

Mrs Magrowski led assemblies earlier this term on staying well. Alongside the student support officers we have a mental health support team. Mrs Magrowski is the senior lead for mental health and Ms Steggles also performs this role.

Ms Latif is our student mental health and emotional wellbeing support officer. We also have a team of counsellors who are employed through Magnolia House. There are also a team of trained student mental health ambassadors in years 10 and 12.

During community time, there is a wellbeing community focus area each week. The community time programme is based on 5 areas of wellbeing:

1. Give
2. Keep learning
3. Connect
4. Take notice
5. Be active

Useful contacts

Bexley Children's services

Call children's services at the Multi-Agency Safeguarding Hub (MASH) on 0203 045 5440 and speak to a social worker. If you're worried, you'll be put in a difficult position, you can speak to them anonymously. Opening hours are Monday to Friday 9am – 5p

If it's out of hours, call 020 8303 7777 or 020 8303 7171

Greenwich Children's Services

For general enquiries about children's services, please email the Families Information Service on fis@royalgreenwich.gov.uk

To contact the child referral team, please call 020 8921 3172

For out of hours emergencies, please call 020 8854 8888

Kent Children's Services

Call 03000 411 11 11 (text relay 18001 03000 41 11 11) or email social.services@kent.gov.uk

For out of hours please contact 03000 41 91 91

Bromley Children's Services

Call children services (Mon – Fri, 8.30am – 5pm): 020 841 7373 / 7379 / 7026

Out of hours/weekends/public holidays: 0300 303 8671

Email the Multi-Agency Safeguarding Hub (MASH): mash@bromley.gov.uk

Other useful numbers

| Company | Details | Contact Numbers |
|---------------|---|---|
| Beat | Provides support for young people who are struggling with an eating problem or eating disorder | Under 18s – 0808 801 0711 or student line 0808 801 0811 (9am – 8pm weekdays) (4pm – 8pm Weekends and Bank holidays) |
| Childline | Confidential telephone counselling service for any child with a problem | 0800 1111 anytime or online chat with a counsellor |
| Crisis | | |
| Good Thinking | London’s digital wellbeing service providing resources for young people to help improve mental wellbeing | |
| Mind | Support line for mental health problems | 0208 215 2243 (Monday – Friday, 9am – 5pm) |
| NSPCC | | |
| Papyrus | Confidential support and advice to young people struggling with thoughts of suicide and anyone worried about a young person | 0800 068 41 41 or Text: 07860 039967 |
| Samaritans | 24/7 365 days a year Providing emotional support for anyone | 116 123 or email: jo@samaritans.org |
| Shout | Offers confidential 24/7 crisis text support for times when immediate assistance is required | |
| SupportLine | Offers confidential emotional support to young people on a wide range of services from relationship, depression to bullying | 01708 765200 |
| TeenLine | Putting young people in touch with peers, as well as providing peer-to-peer mentoring and other support that is required | support@teenagehelpline.org.uk |
| The Mix | Free, confidential support for young people under 25 | 0808 808 4994 (11am – 11pm every day) |
| Youngminds | Supporting young people with Mental health problems | |