

Hayle Academy Safeguarding Newsletter

December 2023

Latest advice for parents and carers

We are proud to welcome you to the December edition of the Safeguarding Newsletter from Hayle Academy. This has been written by the Safeguarding Team and aims to bring you all the latest, relevant help and advice on issues we feel will be of importance to you in terms of safeguarding.

During the Christmas period if you have any safeguarding concerns please do contact the team who will be accessing emails throughout the festive period (safeguarding@hayle.tpacademytrust.org). For any emergencies or immediate safeguarding concerns please contact MARU - an emergency multi agency team who responds to concerns about the welfare or safety of a child. Telephone: 0300 1231116. Out of hours: 01208 251300 (social services)

Christmas Support Organisations

Christmas can be a most happy time but it can also be a challenging time for many different reasons: if we have lost loved ones, those facing financial hardships, feeling lonely, those whose relationships are strained and families who can't be together.

Below we have given you a quick reference to organisations out there who you can turn to for support:

Mental Health Support: whatever we are worried about big or small, it is OK to feel overwhelmed, down, or anxious. Your GP is usually the first place to get help if you have concerns about your mental health that will not go away. The NHS Mental Health Hotline can also be contacted by dialling 111 or access the NHS Every Mind Matters support page on: to <https://www.nhs.uk/every-mind-matters/>

Kooth are also an excellent online mental health wellbeing community for young people and can be contacted at www.kooth.com

The Women's Centre Cornwall

Providing support for women and girls living with the impact of domestic violence.

[The Women's Centre Cornwall](http://www.womenscentrecornwall.org.uk)
(womenscentrecornwall.org.uk)

01208 77099

Man Down Cornwall is a non profit company set up to provide informal peer support talking groups for men with mental health concerns. **To contact MDC:**
support@mandown-cornwall.co.uk

Foodbanks – to find foodbanks in your area search the website below:

<https://www.supportincornwall.org.uk/kb5/cornwall/directory/results.page?qt=foodbank&term=&familychannel=1&sorttype=relevance>

We Are With You

Drug and alcohol support group. Online chat:

<https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

Al Anon Helpline for family and friends living with the impacts of alcohol. 0800 008 6811

First Light is a charity for anyone who is experiencing or has experienced domestic abuse or sexual violence.

If you need advice on domestic abuse or support to recover from sexual violence, call our Safer Futures helpline on 0300 7774 777.

Beach Parties Update...

Hayle Academy was invited to the first meeting of the team set up to safeguard young people around the beach parties which have taken place over the past two years.

Representatives from the police, harbour, RNLI, town council, Cornwall County Council, land owners and school met to discuss ways of making these safer following some of the anti-social and dangerous behaviours seen at these parties.

This first meeting provided an open opportunity to discuss all solutions and ideas. The next step will be for the teams involved to explore possible solutions and also hear from the young people themselves ready for the next meeting in February. This will then hopefully provide enough time to put things in place for next Spring / Summer to better safeguard our young people.



Year 9 & 10 Safeguarding Workshops

This year our focus for Year 9 and 10 was a series of inspirational presentations from Bernie Bernard focused on 'What is a Human?' Bernie, who has delivered TED talks, also presented to staff after school.

The focus of the sessions was considering modern manhood and masculinity along with the importance of empathy, character and integrity. Within the talks young people consider attitudes, choices and responsibility and the power that young people have over themselves and their futures.

For more information on the work of Bernie and 'Innovative Enterprise' please see:

<https://innovativeenterprise.co.uk/portfolio/wmam/>

Concerns around drug use

In recent weeks, the safeguarding team is aware of what seems to be a small number of students within Years 8 and 9 engaging in drug taking when out with their friends.

This is particularly concerning given the upcoming holidays where our students will often be out with friends,

Please do be aware of the pressures some young people are under around drugs and alcohol coupled with what seems to be the increased and the availability of drugs due to county lines activity in Hayle.

We are also aware of younger children being recruited to sell class A drugs in our local community.

Please be vigilant around this and especially when your child is going out with friends or going to parties.

For support please see the website FRANK which has clear advice and support as well as FRANK advisors to speak to on 0300 123 6600.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company,

Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

The 12 Online Safety Tips of Christmas

FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!



1. ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

2. SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location on settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



NOS National Online Safety®
#WakeUpWednesday



Team Around The School @ Hayle Academy

The next annual 'Team Around the School' event will be held at Hayle Academy on Tuesday 16th January 2024 and will bring skilled professionals and support organisations into school to sign post and provide support for our students.

All students will have opportunities throughout the day to visit the hall and speak to the visitors to find out about the work they do, how they can help and how to contact them.



As a school - we really want to help everyone who may need it, and we fully believe that they all deserve help and support. This event will really help in making sure that all our students get the opportunity to see that they are not alone, and to receive information about who is there to help.

What organisations will be in the 'Team Around The School'?

YZUP (Drug and alcohol)

Youth Working Team

(General support)

Kooth (online mental health)

First Light

(Domestic abuse and sexual assault)

Intercom Trust (LGBTQ+)

School Nursing Service

Penhaligon's Friends

Headstart Kernow

Hayle Youth Project

Early Help Hub

Hayle Light & Life

If any of our parents are involved with any organisations who you feel would want to attend please do sign up using the link below:

Sign up form: <https://forms.gle/5ixQEsGnx11QpXae7>

Hayle Academy



Team Around the School Event

EMPOWERING YOUNG PEOPLE TO ACCESS LOCAL HEALTH AND WELLBEING SERVICES.

Tuesday 16th January 2024
09.00 - 14.00

For further information, please contact
rwilson@hayle.tpacademytrust.org or sign-up
using this link:
<https://forms.gle/AuqaNeAWy9ccfjsdA>



Holiday programmes

The **Time2Move Holiday Programme** will offer fun physical activities, games and wider activities plus a meal for all children.

Activities will be taking place across the Easter, Summer and Christmas holidays. All children aged **5 to 16** are welcome to attend and it is completely funded for children that are eligible for benefits-related Free School Meals.

The activities are all delivered by approved providers with the main focus on fun and enjoyment. Before each of the holidays please search for activities near you, book your child's place and we look forward to seeing your child over the school holiday

[Book Time to Move Holiday Club](#)

Meet the Safeguarding Team at Hayle Academy

Our safeguarding team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

Meet the Harm Prevention Team at Hayle Academy

Our Harm Prevention Teams are key areas which can impact on our young people and are lead by members of staff but underpinned by our student ambassadors play a huge role in telling us of their experiences, supporting their peers and changing cultures within school. Our Harm Prevention Teams comprise:

Mental Health Team

Mr Wyatt

cwyatt@hayle.tpacademytrust.org

Sexual Harm Prevention Team

Miss Rule and Miss Weeks

crule@hayle.tpacademytrust.org

lweeks@hayle.tpacademytrust.org

Anti Bullying Team

Mr Williams

zwilliams@hayle.tpacademytrust.org

Online Safety Team

Ms Wilson

rwilson@hayle.tpacademytrust.org



Hayle Academy 

Safeguarding Team

Hayle Academy is committed to safeguarding and promoting the welfare and safety of all students.

	Clive Wyatt (Operational Designated Safeguarding lead) cwyatt@hayle.tpacademytrust.org	
James Woodward (Strategic Designated Safeguarding Lead) jwoodward@hayle.tpacademytrust.org		
	Zack Williams (Assistant Safeguarding Lead)	
Jill Clark (Assistant Safeguarding Lead)		
	Vicky Hicks (Assistant Safeguarding Lead)	
Emily Wootton (Assistant Safeguarding Lead)		
Our School Governor for Safeguarding is: Nancy Barrows nbarrows@tpacademytrust.org		
If you are concerned that a young person or you are at risk, please speak to our safeguarding team in school or phone 01736 753009 or send an email to safeguarding@hayle.tpacademytrust.org		