

Welcome to KSA's new safeguarding newsletter, created to inform parents and carers of safeguarding issues that may affect their children and/or family.

#### The Safeguarding Team at KSA



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Please get in touch by email or telephone 01536 532700. Further information about Safeguarding at KSA is on the website [here](#).

## Online safety



Every Wednesday National Online Safety produces a guide for parents as part of their 'Wake Up Wednesday' campaign for online safety.

<https://nationalonlinesafety.com/guides>

Download the app and access them via your phones or tablets.

Students also had an assembly recently which can be accessed via your child's Year Group Team on Teams if you wish to look at it together.



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## Things I wish my parents had known – Young people's advice about talking to your child about online sexual harassment

Last year the Children's Commissioner carried out a survey of young people to understand their lives. Here is what young people had to say about how parents can talk to their children about online sexual harassment:

[https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/12/cco\\_talking\\_to\\_your\\_child\\_about\\_online\\_sexual\\_harassment\\_a-guide\\_for\\_parents\\_dec\\_2021.pdf](https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/12/cco_talking_to_your_child_about_online_sexual_harassment_a-guide_for_parents_dec_2021.pdf)

[https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/12/cco\\_talking\\_to\\_your\\_child\\_about\\_online\\_sexual\\_harassment\\_poster\\_for\\_parents\\_2021.pdf](https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/12/cco_talking_to_your_child_about_online_sexual_harassment_poster_for_parents_2021.pdf)

If you would like any support please contact the Safeguarding Team.

Did you know that **gangs** often use **rape and sexual violence**?

Often victims are **children**.

**Would you know the signs?**



Persistently going missing from school or home



Unexplained acquisition of money, clothes or mobile phones



Excessive receipt of texts or mobile phone calls



Physical injuries / self-harming



Parental concerns



Significant decline in school performance



Relationships with controlling, older people or gang association



Leaving home or care without explanation



Significant changes in emotional wellbeing

**SAY SOMETHING** IF YOU SEE SOMETHING

Contact the **Child Safeguarding Team** on

**0300 126 1000**

or **Northamptonshire Police on 101**

or **999 in an emergency**

[northamptonshirescb.org.uk/cse](http://northamptonshirescb.org.uk/cse)



Northamptonshire  
Safeguarding Children Board



## Mental Health



The theme of this year's Children's Mental Health Week is **Growing Together**. As parents and carers, you play an important role in your child's mental health.

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and

sometimes we might feel a bit 'stuck'.

**'Espresso Yourself'** is a weekly drop-in wellbeing café every Thursday from 4pm-8pm at Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX, tel: 01536 518339. Find out more [here](#)



## Mental Health support for parents and carers

#awareNHFT

Northamptonshire Healthcare NHS Foundation Trust

### CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel: 01536 267290				12-10 PM	12-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49 St Russell St, Kettering, NN16 0EN Tel: 01536 523216		12-11 PM	12-11 PM	12-11 PM			
Dawson's Mind, The Old Gasworks Car Park, Break Street, Daventry, NN11 4GG Tel: 01327 879416			5-9 PM				
Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951	12-10 PM	12-10 PM				2-10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 0YE Tel: 01933 302800	12-10 PM	12-10 PM	12-10 PM				2-8 PM
Wellbeing Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel: 01933 229591				12-10 PM	12-10 PM	2-8 PM	

Mind | In Northamptonshire

MAKING A DIFFERENCE FOR YOU, WITH YOU

Join MIND at the drop in cafes. Ran by an NHFT mental health professional and a MIND peer support worker, they provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct you to further services if required.

**Who is this service for?** Crisis Cafés are available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health.

**How to access this service?** There is no need to call and book an appointment, simply drop in to one of the Northamptonshire locations listed to receive support. If you have any questions or to view crisis cafés venues, dates and times please click on the poster to the left.