

# Safeguarding is everyone's business!

# Safeguarding Newsletter Issue 1 - January 2022

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



Ms Claire Greaves

Designated Safeguarding Lead (Vice Principal)

CGreaves@ketteringscienceacademy.org



Mrs Laurie Chapman

Deputy Safeguarding Lead (Safeguarding Officer)

LChapman@ketteringscienceacademy.org



Mrs Beth Clark
Deputy Safeguarding Lead (Safeguarding SSO)
BClark@ketteringscienceacademy.org



Mrs Victoria Matcham
Deputy Safeguarding Lead (Early Help)
VMatcham@ketteringscienceacademy.org

Please get in touch by email or telephone 01536 532700. Further information about Safeguarding at KSA is on the website <a href="https://example.com/here/base/base/">here</a>.



NSCP is a statutory multi-agency partnership with lots of information and guidance for parents and carers about supporting their families. Find out more at 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.







# 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\_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













#### 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.

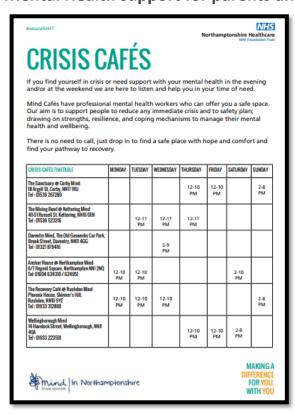
**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual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



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.