



## Safeguarding Newsletter

Sept 2023 No. 1

Welcome to the first edition of our safeguarding newsletter. This newsletter is designed to support parents in deepening their understanding of topical safeguarding issues that may affect their child, themselves or members of their local community.

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play.

### Your Designated Safeguarding Leads (DSL's) at Broughton

Mr Bailey (Lead DSL)	Mrs Boardman (Deputy DSL)	Mr Botes	Mrs Bamber	Miss Cross	Mrs Jameel
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If you need to contact any of the DSL's please follow the link [Broughton - \(broughtonhigh.co.uk\)](https://broughtonhigh.co.uk) or call **01772 863849**

### Support we offer in school

#### Safe@BROUGHTON

We take pride in listening to all our pupils and by ensuring that they feel supported on a daily basis to enable them to 'Achieve Together', pupils can make the most out of their time at school. However, there are occasions when pupils need additional help and support about things that are worrying them and need someone to talk to. We have provided a link and QR Code on our Broughton intranet page; alternatively, pupils can send an email to [safe@broughtonhigh.co.uk](mailto:safe@broughtonhigh.co.uk) The Pastoral Team will respond and act during school hours.



This year we will have Compass Bloom coming into school to work with our pupils. They will be working with us to deliver mental health support to pupils that need it the most. The service can offer support to pupils 1:1, provide advice for parents and lead group work sessions. The service will be a welcome addition in helping us continuing to provide support to our pupils. This support is accessed through a referral system in school.

If you would like to find out more about Compass Bloom - [compassbloom@compass-uk.org](mailto:compassbloom@compass-uk.org) or contact Mrs Bamber - [bamberv@broughtonhigh.co.uk](mailto:bamberv@broughtonhigh.co.uk)

### Roots Counselling

We are extremely lucky to have our very own School Counsellor, Ms Law, 2 days a week on a Wednesday and Thursday. The school counselling service offers pupils time to explore their own feelings and emotions in a safe environment, working towards enabling them to gain an understanding of themselves or situations they may be facing. This support is accessed through a referral system in school.

For more information, contact Mrs Bamber [bamberv@broughtonhigh.co.uk](mailto:bamberv@broughtonhigh.co.uk) or Miss Cross [crosses@broughtonhigh.co.uk](mailto:crosses@broughtonhigh.co.uk) or School Counsellor Ms Law [lawc@broughtonhigh.co.uk](mailto:lawc@broughtonhigh.co.uk)

The 'Where to go for help and advice?' booklet contains a wide variety of services that you or the pupils can access if you have concerns. There are a number of services ranging from on-line safety to eating healthy. Pupils have access to the booklet via their Firefly Page and it is emailed to them every half-term.

Should you wish to access the booklet follow the link, [Where to go for help booklet - Summer - update.pdf \(broughtonhigh.co.uk\)](https://www.broughtonhigh.co.uk/where-to-go-for-help-booklet-summer-update.pdf)



## Topics that are current in the media for our young people

### Vaping

As we are aware Vaping amongst young people seems to be a current trend but do they understand the dangers? Children vaping is rising nationally, up from 4% in 2020 to 7% in 2022, alongside the growing popularity of disposable vapes. Vaping has risen from 14% in 2020 to 16% in 2022.

We need to continue educating our pupils of the dangers surrounding vaping and the long-term impact it will have on their health.

The links attached offer advice and information on vaping:

<https://www.bbc.co.uk/programmes/m001pp19>  
[Young people and vaping - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/better-health/young-people-and-vaping)



**Vapes or any form of cigarettes are not permitted in school.**

### Internet Safety

Whilst there are many benefits to pupils having access to the online world, it comes with many risks, especially if their use is unsupervised. Studies have found that excessive use of social media increases a young person's susceptibility to depression, anxiety, poor body image and self-worth. It can also impact a child's sleep routine, which in turn can affect their ability to concentrate and thrive in school.

It is so important that we can have ongoing conversations about online safety: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, follow the link: [Parents and Carers - UK Safer Internet Centre](https://www.nhs.uk/parents-and-carers-uk-safer-internet-centre)

Some other fantastic links to help families enjoy a happier, safer digital life:

- Internet Matters – wide range of online safety advice for parents to keep their children safe online. <https://www.internetmatters.org/>
- Vodafone Digital Parenting - expert advice, plenty of resources and support - helping families make the right digital choices [Digital Parenting - Vodafone UK News Centre](https://www.vodafone.co.uk/digitalparenting)



**'Safeguarding is everyone's responsibility'**