

Parent / Carer Safeguarding Newsletter

Nov - Dec 2024



Welcome back to the third edition of our safeguarding newsletter. Keeping children safe at Handsworth Grange Community Sports College (HGCS) is our number one priority, we know that the most effective way for us to support our young people is to work in partnership with their parents / carers.

With context and risks changing all of the time, we thought parents may find it beneficial to have access to information and guidance on key topics and how to access support. We look forward to regularly sharing updates with you.

At HGCS we have a highly qualified and experienced team who are available to support you with any concerns or worries you may have. We are very excited to have a new member of staff join our team, Natalie Tuffnell, who is now covering Rochelle's maternity post. Natalie has over 25 years experience working with children and families, and has extensive knowledge of services and support in Sheffield for families.



Please don't hesitate in contacting the safeguarding team by requesting a contact via;

<https://hgcs.co.uk/contact>

You will find our safeguarding contacts at the end of this newsletter,

Chloe, Sophie, and Natalie.

Bereavement Support

As we approach the Christmas holidays we hope that all of our families look forward to relaxing and spending some quality time together. We do however realise that for many, the Christmas period can be difficult and that it can symbolise the first Christmas / another Christmas without loved ones.

The Sheffield Parenting Team are delivering a bereavement discussion group for parents on Wednesday 20th October 2024, 12.30 - 2.30pm at the Crystal Peaks Library. The two hour discussion group gives the space and time for parents to share experiences and look at resources they may find helpful when supporting children impacted by loss.

To reserve a spot in the group, please see the following link:

<https://www.sheffielddirectory.org.uk/parent-hub-events/supporting-your-child-with-bereavement/>



Domestic Abuse

In 2023, South Yorkshire Police recorded 39,016 domestic abuse related Incidents. Police statistics suggest that domestic abuse increases over the Christmas period for several possible reasons: stress from holiday shopping, finances and increased alcohol intake can escalate tensions at home.

Adults often believe that they are protecting their children from what is happening and many think that if children are not actually in the room when violence or abuse is happening, they won't be impacted. However, children are often aware of more than adults realise and living in this abuse can be terrifying for a child. Experiencing or witnessing domestic abuse can affect everything from how a child feels, how they act in school, and how they go on to behave in their own future relationships.

IDAS is the largest specialist charity in Yorkshire supporting people affected by domestic abuse and sexual violence. IDAS offer free, confidential support and advice and access to emergency accommodation for anyone who is subject to domestic abuse.

IDAS also have specialist workers who support children and young people who have been impacted by domestic abuse. They can offer bespoke support in small groups or on a one-to-one basis. IDAS take a non-judgmental approach and are there to listen.

Our safeguarding team in school are able to offer you advise and guidance if you are concerned about domestic abuse. Or you can seek support from IDAS at www.idas.org.uk or by calling the IDAS helpline on 0808 808 2241.





IN THE RARE EVENT OF
a firearms or weapons attack

RUN HIDE TELL



 COUNTER
TERRORISM
POLICING



South Yorkshire
POLICE

Prevent and extremist views

Recent events in the UK and around the world remind us all of the terrorist threat we face. Agencies work tirelessly to protect the public, but it is also important that communities remain vigilant and aware of how to protect themselves if the need arises.

Vulnerable people can be radicalised to support extremist views, children can be exploited in a similar way to being groomed so it is important that staff in school and parents / carers know how to spot the signs.

These are just a few of the signs:

- ◆ Isolated from friends and family, spending more time alone or online
 - ◆ Fixated on an ideology, belief or scripted speech
 - ◆ Sense of grievance or injustice in society
 - ◆ Conflict with family over religious views
 - ◆ Seeking identity or belonging
 - ◆ Experiencing mental health difficulties
 - ◆ 'Them' and 'us' perspective on situations
 - ◆ Attitudes that justify offending behaviour

If you have concerns about an individual who you believe or suspect to be engaged in extremist activity or suspect to have been radicalised, you can speak in confidence to the South Yorkshire Police Prevent team on Tel: 0114 2523217 (8 - 4 PM)

Out of hours: Dial 101 or in emergency 999

Email: Prevent@southyorks.pnn.police.uk

Prevent is part of the UK's counterterrorism strategy (CONTEST) and aims to stop people from being exposed and radicalised into all forms of extremism ideologies, which could involve an intent to harm others. Our safeguarding team in school is specially trained in Prevent procedures so please contact the team if you have any concerns.

Mental Health

As parents and carers, there are ways you can support your young person to give them the best chance to stay mentally healthy. Encouraging and guiding your child to think about their own mental health and wellbeing are vital skills you can teach them. Below are the tips from the NHS campaign 'Every Mind Matters':

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Online counselling

Kooth provides free, safe and anonymous mental health and wellbeing support for any secondary age child in Sheffield. Kooth's fully trained, qualified counsellors are also available to talk every day from midday to 10pm every weekday, and from 6pm to 10pm at weekends. There are no waiting lists, no referrals and no thresholds required to access the services, all young people need to do is make an account via [kooth.com](#)



Handsworth Grange Safeguarding Team

Here at HGCSC, we believe in exceptional education for every student every day and as such
Every Person Matters.

We all must take responsibility for looking after each other and making sure we are safe and
happy.

If you are worried about something or someone then you should share it.

The Designated Safeguarding Lead (DSL) at HGCSC is Mrs Hirst



Designated Safeguarding Lead / Designated Teacher for Children Looked After / Online Safety Coordinator
Deputy Headteacher
T: 0114 269 4801 ext 2217
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The Deputy Safeguarding Leads are Chloe Reeves, Rochelle Roberts and Sophie Lewis



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