



WELCOME TO OUR PARENT SAFEGUARDING NEWSLETTER

MEET THE SAFEGUARDING TEAM



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- If you have any concerns about your child or another student at Harington you can email safeguarding@haringtonschool.com and a member of the team will be in touch.

UPCOMING EVENTS

There will be an external speaker from Leicestershire County Council, Children and Wellbeing service visiting this term to talk to students about online safety and Child Criminal Exploitation (<https://www.leics.police.uk/police-forces/leicestershire-police/areas/leicestershire-force-content/c/campaigns/2020/are-you-listening/>) and we will be delivering some reminders in assemblies over the coming weeks.

RESPONDING TO ONLINE CHALLENGES

We are hearing more and more reports of online challenges popping up on social media platforms. While not all pose potential risk, it is important as a parent/guardian to know how to handle an online challenge you may be concerned about.

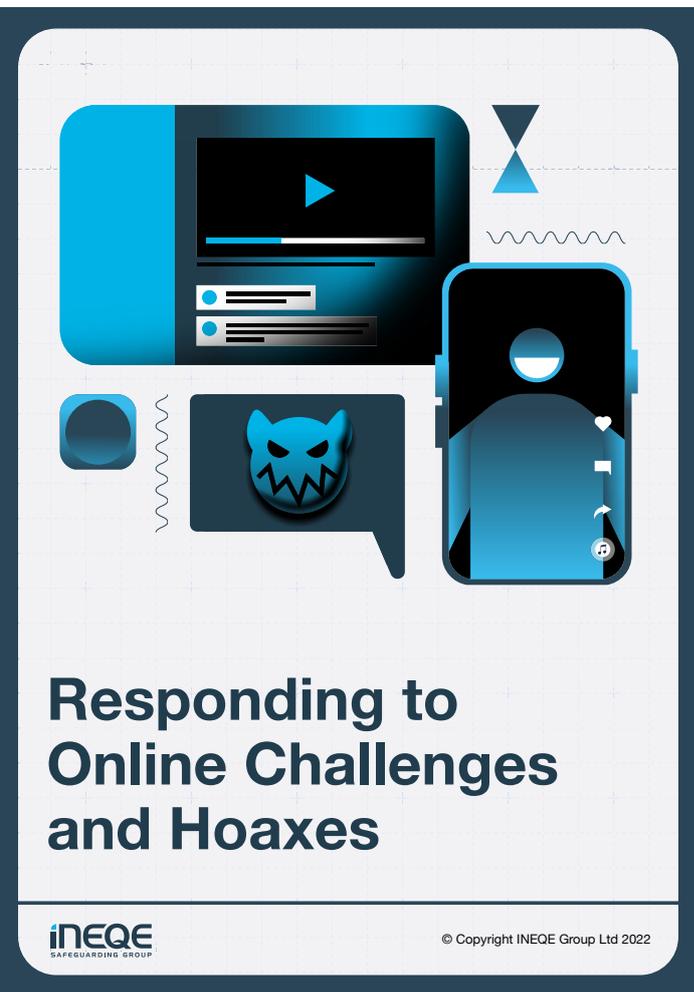
What are Online Challenges?

They are social media trends where people take part in or mimic games, activities or dares. They typically originate on social media platforms like TikTok, YouTube, and Instagram before spreading to other platforms. They tend to use the term 'viral', which can give the impression that the challenge or trend is more popular than it actually is.

Advice for parents

Talking to your child about online challenges can seem daunting, however, having an honest conversation with your child about their online habits is the best way to address the concern.

https://ineqe.com/wp-content/uploads/2022/09/OnlineChallengesAdvice_INEQE_2022-1.pdf



Responding to Online Challenges and Hoaxes

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CANNABIS EDIBLES

There has been an increase in this worrying trend nationally and there have been signs this increase is being reflected in Leicestershire and the surrounding area.

What are Cannabis Edibles?

These are a food item which has been infused with Cannabis (specifically THC), the presence of THC means that these food items, just like regular Herbal Cannabis are Class-B controlled drugs, and so are illegal to possess or supply.

Many different food items can be infused with Cannabis but recently they have most commonly had the appearance of sweets, such as gummies. Often these edibles will be in packaging which mimics legitimate sweets (such as the examples shown) and so at first glance may not give any cause for concern, and so they will often avoid suspicion/detection.

As with all illegal drugs, there is no way of knowing for certain what these products contain, or how potent they may be. Nationally, there have been incidents where 'Cannabis' edibles which have caused adverse reactions have been found to contain no Cannabis at all, but instead other, often more potent illegal substances such as LSD, MDMA or Synthetic Cannabinoids (more commonly known as Spice or Mamba).

Turning Point are our local drug and alcohol treatment service provider. Turning Point have a dedicated young person's team and will support any young person seeking to address a substance misuse issue.

Website: <http://wellbeing.turning-point.co.uk/leicestershire> Phone: 0330 303 6000

Legitimate products, available within shops



Illegal Cannabis edible equivalent, in similar packaging



WORRY IN RISE OF TEENAGE VAPING

A survey by ASH (2013-2022) suggests that vaping among young people aged 16-17 has seen a sharp increase with nearly three in ten having used e-cigarettes. The figure is as high as four in ten amongst 18 year olds. Among 16–17-year-olds, 14% say they are vapers, – up from 6% in 2021. The number of 18 year olds who use e-cigarettes has increased from 9% to 20% over the last year, although it is worth noting that it is legal for this age group to buy them. Young people are being targeted by e-cigarette companies with bright packaging, exotic flavours, and attractive sounding names.

Advice for parents

We strongly urge you to read the article, to have conversations with your children, be vigilant to the signs and remember there is help out there.

Click the link to find out more about the dangers and risks of vaping.

<https://www.bbc.co.uk/news/health-62807001>



NIGHT-TIME DRIVING TIPS

Some of our students will have been driving for nearly a year, but some may have just passed. Driving at night can feel very different from driving in the daytime, especially when you are a new driver. In low light you can't see colours or judge distances as well as in daylight, and your peripheral vision is also reduced. So with struggling to see on poorly lit roads to being dazzled by oncoming traffic, there's a lot to get used to and it can be dangerous. The following tips should help

• STAY ALERT

You're naturally sleepier at night. If you're feeling tired, a cup of coffee can help in the short term, but ultimately you need to take a break. Avoid loading up on high carb foods which can also make you sleepy and if possible, take a friend along for the ride.

• LOOK AFTER YOUR LIGHTS

Always make sure your lights are working, clean and properly angled. First up, make sure all your lights work - your headlights and your rear and brake lights. If anything isn't working you need to get it sorted straight away - bulbs can be replaced for just a few pounds.

• AND MAKE SURE YOU USE THEM PROPERLY

You'll already know to turn your high beams on in unlit areas and off again when you reach an area with street lighting, but make sure you also turn them off as soon as you see another car approaching or if you come up behind a car driving ahead. It's also important to turn your fog lights off unless it is actually foggy - without the fog to diffuse this light it will be bright and blinding to oncoming traffic.

• LOOK AWAY FROM THE LIGHT

If someone drives towards you with bright lights it can be hard not to stare right into them - but that can be

seriously distracting and even painful for your eyes. Try to look slightly away from other lights on the road focusing on the road markings to guide you and if someone behind you has their full beams on, just adjust your rearview mirror.

• WIPE YOUR WINDSCREEN

Your windscreen might look spotless in the daytime but once you have lights reflecting off it, any streaks can quickly become an irritation. Don't be tempted to use your hands which will just add to the problem by leaving grease marks - keep a microfibre cloth handy to wipe away any smears or smudges.

• MAKE THE MOST OF YOUR MIRRORS

Dirty mirrors can produce a glare in your eyes from the lights of cars behind you - so keep them clean. You can always adjust the angle downwards just slightly so you can still see other cars while keeping the lights out of your eyes.

• USE THE CAT'S EYES

If you're driving in the dark and you're struggling to see, knowing the colour codes for the reflective cat's eyes used to mark road edges can be really useful.

• KNOW WHERE YOU'RE GOING

Even roads you know well can look different in the dark so check your route in advance and make sure you know where you're going. Many people find having satnav invaluable - just make sure you program it before you set off and adjust the settings for night time.

• AND JUST IN CASE...

Keep your mobile charged and have a torch and a high vis jacket stashed in your boot. Of course these are useful in the daytime too if you do have an emergency - but at night they are essential kit!



PARENT SUPPORT

Parents/Guardians Learning Programme Sexual Abuse Learning Programme (Parents Protect) has developed an online child sexual abuse and exploitation awareness learning programme which aims to:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

<https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.htm>

Parenting smart

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children. Advice can be found on over forty topics including:

- Understanding sibling rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My child says, 'I hate you!' Cultural identity: who am I?

<https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.ht>

EXAM STRESS

Year 13 students are sitting their mock exams during the first two weeks in February. As well as help with revision some students will need support with their anxiety and stress levels both before and after the exams. Some young people feel much better when exams are over, but that's not the case for all young people. Get help if your child's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing a GP is a good place to start.

The following links may prove helpful:

- The Family Lives website has more about coping with exam stress.
<https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress>
- See Childline's advice on exam stress and pressure.
<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>
- Read more about anxiety in children.
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>
- Young minds.
<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

USEFUL INFORMATION FOR EXAM STRESS

1. MAKE A REVISION TIMETABLE

Help your child draw up a weekly revision plan in conjunction with their exam timetable. Keep it somewhere visible so everyone can see it.



2. BE REALISTIC ABOUT REVISION

Short study periods of 30-40 mins are best, with regular 5-10 min breaks, and allow some fun things that they want to do; watch TV, see friends. This will help to maintain the work / life balance.



3. CREATE A STUDY SPACE

Make sure there is a comfortable place for your child to work. If they can't concentrate, they can't be expected to learn very well. Some children need a completely quiet room, others study better listening to music. If they share a bedroom or have to work in the family space, give them "red time" where siblings (and you) can't bother them!

4. PROVIDE A CALM ENVIRONMENT

Try to make home life as calm and pleasant as possible. Don't get drawn into arguments and negativity. Remind others in the home that your child may be under pressure, and they should make allowances.



5. MOTIVATION - KEEP THEM ON TRACK!

"Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual topping up."
Peter Davies



Every child is unique and some may need more motivation than others. Schedule small and frequent rewards for the effort they are putting in. The end of the exams can be celebrated with a treat everyone can look forward to.

6. GIVE THEM A BREAK!

Be lenient and understand lost tempers and moodiness. The ChildLine National Exam Stress Survey said that 96% of 1,300 students surveyed felt anxious about exams and revision.



7. BE AVAILABLE



Being available, supportive and reassuring will go a long way to help build your child's confidence and contribute towards alleviating any worries, concerns or anxieties they may have. Tell them that they CAN do it! Remind them that it is never too late to study, revise or ask for help.

8. STRESS

Watch to see how your son/daughter is coping with and managing their stress. If they seem very stressed ask how you can help. Sometimes it's just enough for your child to talk things through. Actively listening can be a great support to them. Schools often have counsellors available, so check with your child's school.



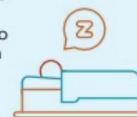
9. FRESH AIR



Encourage them to go out for a walk, run or do some other exercise. Exercise releases endorphins, which are the feel good hormones, just what they need to help with exam stress.

10. SLEEP

Ensure they have plenty of sleep, especially on the day before the exam, 7 to 9 hours is ideal. Research has shown how a good night's sleep improves learning and memory.



11. PRAISE

Keep praising and encouraging their efforts!

12. FEED THEIR BRAIN

Try to ensure that your child eats and drinks nutritious food. Fresh fruit, veggies, cereals, grains, nuts and proteins are all good for the brain and blood sugar levels. Keep the fridge full of healthy snacks, and make sure they have breakfast on exam days!



13. KEEP THEM HYDRATED

Provide alternatives to caffeine drinks, have decaff options. Encourage lots of water, hydration really helps the brain.

14. WISH THEM LUCK!

Leave them a note or card wishing them good luck. Call, text, email to find out how they are getting on.

