



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.
- If you (or a friend) require support with your (their) mental health at Harington School you can email wellbeing@haringtonschool.com

Safeguarding links

- **Harington School Child Protection Policy** - <https://www.haringtonschool.com/wp-content/uploads/2023/09/Harington-Student-Child-Protection-Policy-2023-1.pdf>
- **Rutland and District Schools' Federation Safeguarding Policy** - <http://www.rutlandfederation.com/wp-content/uploads/2023/09/Federation-Student-Safeguarding-Policy-September-2023-1.pdf>

UPCOMING EVENTS

An external speaker from Leicestershire County Council Children and Wellbeing service will visit the School 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/>. We will also be delivering some reminders in assemblies over the coming weeks.

Winter driving tips (from ROSPA)

Over the last few weeks we have had some severe weather conditions which have made driving treacherous. Some of our students will not have experienced these conditions before and just in case these conditions are repeated over the coming weeks we felt some guidance would be useful. This guidance is very similar to that which was communicated with students in 2023 with the addition of advice for driving along roads susceptible to flooding .

Driving in the winter is very different than at other times of the year. Adverse weather and longer periods of darkness (especially after the clocks go back at the end of October) makes driving more hazardous. Sometimes conditions can be extreme, with prolonged periods of snow and floods. In very bad conditions, avoid driving completely, unless you absolutely have to make the journey and driving is the only option. Different weather conditions create different hazards throughout the winter and in different areas of the country at different times. A single journey may take us into very different weather, road and traffic conditions, so we need to be prepared for each one. This means that we need to adapt the way we drive to the conditions.

PREPARE YOUR CAR

It's a good idea to have your vehicle fully serviced before winter starts and have the anti-freeze tested. If you can't have it serviced, then do your own checks.

In particular, check:

- Lights are clean and working
- Battery is fully charged
- Windscreen, wiper blades and other windows are clean and the washer bottle filled with screen wash
- Tyre condition, tread depth and pressure (of all the tyres, including the spare)
- Brakes are working well and;
- Fluids are kept topped up, especially windscreen wash (to the correct concentration to prevent it freezing), anti-freeze and oil.



It's also a good idea to stock up on de-icer, window scraper, windscreen wash, oil and anti-freeze at the start of winter. Plus keep a warm change of clothes and waterproof footwear in the car.

Prepare for your journey

Listen to local or national weather broadcasts and travel bulletins – especially for the areas you will be driving through. As conditions can change rapidly, check them regularly and be prepared to change your plans if conditions on your route worsen. If conditions are very bad, and the emergency services are recommending that people don't travel, then avoid making your journey unless it is absolutely necessary. If you decide you really must travel:

- Let someone know where you are going and what time you hope to arrive, so that they can raise the alarm if you get into difficulties.
- Plan alternative routes in case your main choice(s) becomes impassable.
- Keep your fuel tank near to full to ensure that you do not run out.
- Make sure you have a fully charged mobile phone, so you can call for help or alert someone if you're delayed.

Clear your windows and mirrors completely of snow and ice before you set off. There is no road law that says it is illegal to drive with snow on your car. However, the Highway Code stipulates that if driving in adverse weather conditions you must, by law, be able to see out of every glass panel in your vehicle. This is supported by the section 41D of the Road Traffic Act 1988, meaning it is a legal requirement to have a clear view of the road ahead before you set off. Make sure the heater is blowing warm air before setting off – it will keep your windscreen clear.

Prepare yourself

Most of us have very little experience of driving in extreme conditions, such as snow and floods, so take some time to consider how it affects your driving. Don't just drive as normal.

If you find yourself driving in snow or on icy or snow-covered roads, adapt your driving to these conditions:

- Reduce your speed. The chances of skidding are much greater and your stopping distance will increase massively. Only travel at a speed at which you can stop within the distance you can see to be clear. Speed limits are the maximum in ideal conditions; in difficult conditions, they can often be too fast.
- Avoid harsh braking and acceleration, or sharp steering.
- Always reduce your speed smoothly and in plenty of time on slippery surfaces, so slow down in plenty of time before bends and corners and try to avoid braking on an icy or snow-covered bend.
- To slow down on ice and snow, lift the gas early to allow the speed to drop sufficiently to select a lower gear. If you need to use the brakes, use very gentle pressure depressing the clutch early to avoid stalling the engine.



- Increase the gap between you and the vehicle in front. You may need up to ten times the normal distance for braking.
- Keep your vehicle well-ventilated. The car heater turned up full can quickly make you drowsy.
- In snow, stop frequently to clean the windows, wheel arches, lights and number plates.
- Visibility will probably be reduced, so use dipped headlights.
- During wintry weather, road surfaces are often wet and/or covered in frost and ice or snow. But this does not occur uniformly. A road will often have isolated patches of frost or ice after most of the road has thawed – this commonly occurs under bridge.

If driving in rain remember this reduces your ability to see and greatly increases the distance required to slow down and stop. Remember that you will need about twice your normal braking distance. Use windscreen wipers, washers and dipped headlights; drive smoothly and plan your manoeuvres in plenty of time. Aquaplaning is caused by driving too fast into surface water. When the tyre tread cannot channel away enough water, the tyre(s) lose contact with the road and your car will float on a wedge of water. Aquaplaning can be avoided by reducing speed in wet conditions. If it happens, ease off the accelerator and brakes until your speed drops sufficiently for the car tyres to make contact with the road again.

If the roads are flooded remember

- Avoid the deepest water – which is usually near the kerb.
- Don't attempt to cross if the water seems too deep. If you are not sure of the water's depth, look for an alternative route.
- If you decide to risk it, drive slowly in first gear but keep the engine speed high by slipping the clutch – this will stop you from stalling.
- Be aware of the bow wave from approaching vehicles – operate an informal 'give way' with approaching vehicles.



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!

VAPING

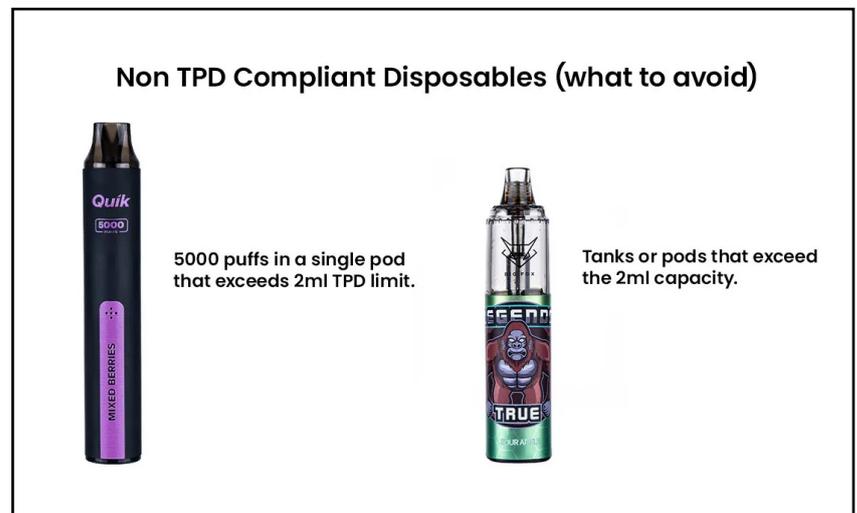
The potential ban on disposable vapes highlights some of the dangers surrounding these products. A growing black-market has emerged with vendors hawking illicit e-liquids and unregulated vape kits to unsuspecting consumers. Often sold at corner shops, these unscrupulous traders provide easy access to dangerous products, often with no barriers to underage selling. According to the UK Vaping Industry Association (UKVIA), the black-market accounts for 50% of all single-use vape sales in the UK.

This highlights the central debate around the ban of legitimate disposable vapes; the government's inability to tackle the existing problem of underage selling, and the worry that an outright ban would only make the black-market worse.

The main concern regarding disposable vapes is their impact on the health of children. A recent survey by Action on Smoking and Health (ASH), revealed that vaping among children has increased by 50% in 2023. Astoundingly, 2.1% of those surveyed were given their first vape for free in promotional campaigns, which is currently not illegal (a loophole that is actively under review by the government). Whilst they are widely regarded as a much safer alternative for adults, the negative impact of nicotine on developing adolescent brains can lead to long-term cognitive and behavioural problems, as well as leading to lifelong nicotine addiction.

There are a number of consumables that are banned for sale to underage users, alcohol and tobacco for example, that are acceptable facets of our economy. Whilst fully regulated and controlled, a small percentage of underage users will gain access to them, yet we still allow them in our society even though they are more damaging to health than vaping. The question has to be asked, why treat disposable vapes any differently if they are largely helping people?

Shown right is an illicit disposable that could potentially contain harmful substances like lead. On the right is a legitimate disposable that was imported, however, it falls outside of TPD regulations as it contains more than 2ml of e-liquid and higher levels of nicotine. Both were purchased from the same corner shop and both have the potential of delivering more nicotine than the user expects, with obvious health implications later in life.



The organisation Action on Smoking and Health (ASH) has also issued caution over banning single use vapes. Their research shows that most children who use these devices obtain them from unregulated high street retailers and that a ban will be a boon to the black market.

It is worth remembering with all this that it is currently it is illegal to sell vaping products to anyone aged under 18 and to buy vaping products for anyone under the age of 18.

For more information see overleaf.



At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809324>

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EXAM STRESS

Year 13 students will sit 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](#).

See Childline's advice on [exam stress and pressure](#).

Read more about [anxiety in children](#).

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

For more information and advice see overleaf.

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.

