



# Bedford High School Safeguarding Newsletter Autumn 2020



Safeguarding Team	Useful Numbers / Websites
Rebecca Ramsden Designated Safeguarding Lead	NHS: 111/999 or <a href="http://www.nhs.uk">www.nhs.uk</a>
Helen Phillips Deputy DSL	Foodbank: <a href="http://www.athertonleigh.foodbank.org.uk">www.athertonleigh.foodbank.org.uk</a>
Bridget Moss Deputy DSL	Childline: 0800 1111 or <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Paul McCaffery Deputy DSL	Wigan Safeguard Hub: 01942 486262
Emma Darbyshire Deputy DSL	Dias (DV support): 07519911902 or <a href="http://www.diasdvc.org">www.diasdvc.org</a>
Sue Critchley Safeguarding Mentor	Think U Know: <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
	Kooth: <a href="http://www.kooth.com">www.kooth.com</a>
	Young Minds: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
	Papyrus: 0800 068 4141 or <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>

## The 5 Ways to Wellbeing



set. This will not only help them to continue their learning, but will also help to alleviate any school related anxieties. Our pastoral team will keep in touch with you and support with any welfare concerns. In addition to this, we will continue to work with social care and other agencies to best support our vulnerable families during this particularly difficult time.

We're living in extraordinary times right now, and it can sometimes feel overwhelming. There is an exhaustive amount of information available about Coronavirus, and it can be hard to know where to start. Barnardos have created a great space on their website called 'See, Hear, Respond Support Hub'. It's a central place for you to explore, where you can find information, resources & tools - from practical advice on how to talk to your children about the pandemic, to tips on managing anxiety and much more.

<https://www.barnardos.org.uk/see-hear-respond-support-hub>

### Personal Development and Ethics (PDE)

In line with new national guidance, this year we have adapted our PSHE curriculum. Personal Development and Ethics (PDE) is now a curriculum subject which incorporates the Personal Social Health Education (including Relationships and Sex Education), Citizenship, Careers Education Information Advice and Guidance (CEIAG) and Religious Education. PDE is taught across both key stages. PDE is intended to enable students to develop and gradually enrich their understanding of moral concepts and values. Students safely explore social issues, whilst learning to challenge unhealthy attitudes and choices.



A zoom 'drop-in' has been scheduled for any parents who wish to find out more about PDE and the new Relationships and Sex Education (RSE) guidance. This will take place on October 21<sup>st</sup> at 4pm. An email will be sent out with the zoom invite to all parents prior to the drop-in. A useful guide on RSE for parents can be found by following this link:



## Online Safety Advice

It can be hard to know how to talk to your child about online safety. Apps are constantly evolving and being newly created. The NSPCC is a great place for parents to seek advice on how to set up parental controls on devices, advice on sexting, online games and video apps. Take some time to explore the following link to the NSPCC website which is designed to help you to understand the risks and keep your child safe:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## Travel

Cycling is one of the healthiest, cheapest, most environmentally-friendly forms of transport available. The vast majority of students who choose to cycle to school, do so in a safe and responsible manner. If your child chooses to cycle to school, please ensure they understand how to do so safely, whilst respecting other road users.

Students who choose to cycle in a dangerous manner, are risking their safety and that of other road users. This is unacceptable. As a consequence, any student found to be cycling dangerously, risks being banned from bringing their bike into school.

As the nights draw in, please also ensure your child is visible when cycling, by providing reflective clothing/accessories and effective lights for their bike.

If your child lives further afield and commutes to school by bus, please ensure they know to wear their face covering whilst waiting for their bus and for their entire journey.

Coronavirus (COVID-19) usually spreads by droplets from coughs, sneezes and speaking. When used correctly, wearing a face covering may reduce the spread of coronavirus (COVID-19) droplets in certain circumstances, helping to protect others.

## BICYCLE SAFETY TIPS

- Always wear a **Helmet**
- Use **lights at night**
- Stop at all **stop signs**
- Ride on the **road**
- Take out **earbuds**

