

Northumberland Strategic Safeguarding Partnership with Northumberland Virtual school

Half termly bulletin for Governors, Headteachers/Principals and Designated Safeguarding Leads
in Schools, Academies and Alternative Providers

Issue 41: 12th June 2020

DSL support during the Coronavirus Covid 19 outbreak

During the school closure period we are going to publish a Safe to Learn bulletin every Friday. Please remember to share with all staff and your governing body.

The next issue will be shared with you on Friday 19th June 2020.

DfE Updates and Information

All updates are also available in the Information for DSLs folder.

https://drive.google.com/drive/folders/1n_I07Ri7nNYIWDBBLgZwxiUCQ1o0n90y



DfE Communication to schools on the implementation of Relationships Education, Relationships and Sex and Health Education

The Department for Education issued an update on 4th June regarding the implementation of statutory PSHE from September 2020. In summary, the statutory requirement to provide these aspects of PSHE education is still in place, and schools should continue to prepare for September where possible.

Many schools are already offering high quality PSHE that covers, and exceeds, statutory content or will be prepared to do so by the beginning of the new school year. However, due to the coronavirus and closures, schools who are not in a position to implement fully from September have been granted some leeway and now have until Summer term 2021 to do so.

Extra mental health support for pupils and teachers

The government has published new online resources designed by health and education experts for schools and colleges to use to boost mental health support for staff and pupils, encouraging them to talk more confidently about the anxieties and concerns they feel as a result of the coronavirus (COVID-19) pandemic.

Teaching About Mental health

This training module supports the physical health and mental wellbeing section of the statutory relationships, sex and health education curriculum. This is the first of a series of 14 modules to support schools to implement the new curriculum.

<https://www.gov.uk/guidance/teaching-about-mental-wellbeing>

Mental Health Services in Northumberland

For more information about all these services and links to their websites, please see the leaflet in the [Information for DSLs folder](#) -

https://drive.google.com/drive/folders/1n_I07Ri7nNYIWDBBLgZwxiUCQ1o0n90y



Barnardo's
Services for children and young people
Telephone: 0191 212 0237
BPAS British Pregnancy and

Advisory Service
Telephone: 03457 30 40 30

Cygnus

Mental health and wellbeing services
Telephone: 01670 853 977

CYPS - Urgent response

24-hour access to mental health care, advice and support

Telephone: 0303 123 1146

ADAPT

Short term service for people with learning disabilities

Telephone: 01434 600 599

Northumbria Healthcare NHS Foundation Trust

Children and young people's primary mental health

Telephone 01661 864 588

Talking Matters Northumberland

Psychological therapies

Telephone: 0300 30 30 700

Mind

Telephone counselling services

Telephone: 01665 600 930

Grace Rape Crisis Service

Counselling Service

Telephone: 0800 035 2794

Harbour

24-hour Domestic Violence advice

Telephone: 03000 202 525

If U Care Share

Support for those affected by suicide

Telephone: 0191 387

5661



Northumberland
Clinical Commissioning Group

Hidden in Plain Sight - Gangs and Exploitation



The *Hidden in Plain Sight* report from the National Youth Agency (NYA), builds on the insights from NYA's 'Out of Sight?' research (April 2020) on the vulnerabilities of young people caused or exacerbated by COVID-19. *Hidden in Plain Sight* takes a deeper look at the scale of and response to gang-associated activity, the exploitation of young people through lockdown and the impact of COVID-19. The report draws on the latest data and on valuable insights from partners based on

their work with young people.

The report makes the important point that over one million young people come from a 'vulnerable family background', of which nearly 450,000 are unknown to formal or statutory services. Those young people are most at risk of gang-associated activities and exploitation. Although these young people may be unknown to statutory services, they are likely to be known by youth workers. The pandemic has amplified vulnerabilities and exposed more young people to gang-associated activities and exploitation. Over one million young people face risks from any of the so-called 'toxic trio' of living in households with addiction, poor mental health and domestic abuse.

The report goes on to describe how young people are still going missing from home, but some are not reported (due to parents not wanting to report breaking of lockdown/emergency measures) and others are going missing for shorter periods. There is some disruption to county lines, with less access by public transport, but children and young people are still staying away from home while involved in gang activity.

Young people who are known to be gang-associated are less visible, changing locations from the known hotspots to use empty B&Bs, hotels and show-homes and using hire cars or taxis to move drugs around.

The report goes on to say that youth workers in some areas report that gangs are also using lockdown as cover for a 'recruitment drive' from among young people with vulnerabilities heightened through lockdown, including through the use of social media and cyber grooming. With venues closed and not much else to do, the 'glamour' of gang culture appeals directly to some young people – the money, the music and the sense of belonging, safety and security that some vulnerable young people's family homes don't fulfil.

Free Teaching Toolkit to Support Primary Children's Health and Wellbeing

Those of you who have worked in Northumberland Schools for a number of years may remember the Northumberland Life Education Centres (LEC) mobile classrooms, with Harold the Giraffe, visiting schools delivering health and drug education to primary children across the county.



LEC was developed by Coram Life Education and they have recently launched a free online toolkit for primary school teachers to help in supporting pupils' mental health, as well as supporting them to adjust to a new school environment post-lockdown.

Like the LEC programmes, the toolkit is designed to build children's resilience, self-esteem and kindness. They include practical resources to use in the classroom as well as adaptations for teachers to share with parents and carers of children who are learning at home. The toolkit is suitable for children in Early Years, Key Stage 1 and Key Stage 2.

The toolkit features:

- teacher guidance and support including how to develop a safe space for children to discuss their worries about Covid-19, and how to respond to those concerns
- lesson plans and assembly resources including activities, films, games, songs and stories, adaptable for smaller class sizes and to be used outdoors, building understanding of the situation, for example, **'why our classroom has changed'** and **'how to keep each other safe'**

You can find the Coram Scarf toolkit here - <https://www.coramlifeeducation.org.uk/back-to-school-with-scarf>

Place2Be - Resources to Support Primary Schools



Place2Be have put together a series of resources focusing on community recovery to help headteachers and school staff beginning to bring their schools back together.

The resources are split into four themes:

- Self-efficacy
- Hope
- Gratitude
- Connectedness

Each theme draws upon some of the factors that underpin wellbeing and positive psychology. The assembly and class/group ideas are intended as a universal resource for all children, and staff are invited to use them as starting points to promote emotional wellbeing, resilience and recovery.

The resources are available in the [Information for DSL's folder](#).

https://drive.google.com/drive/folders/1n_I07Ri7nNYIWDBBLgZwxiUCQ1o0n90y

The Children's Society - Support for Mental and Emotional Wellbeing

The Children's Society has a range of support materials for young people, parents and schools in their mental and emotional health resource 'vault' including:

- Anxiety
- Depression and Mood
- Loneliness
- Obsessive compulsive disorder
- Phobias
- Self care
- Emotional resilience
- Mental Resilience



There are resources available for young people in both primary and secondary phases, as well as resources for young people aged 18 - 25. All resources focus on the impact that the Covid-19 pandemic has had on young people's emotional health and wellbeing.

The resources can be found in the [Information for DSL's folder](#).

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From Memes to Lockdown, which is Tilly's story, is a helpful read as it gives adults a small insight into how a young person may be interpreting everything that is going on around them. It clearly shows the impact the media can have on how young people receive and react to the information and stories they are surrounded by.

Domestic Abuse Recovery Service for Young People



Acorns is a domestic abuse recovery service which is a small, long standing charity based in North Tyneside. Acorns provides 1:1 recovery counselling for children and young people who have been impacted by domestic violence and abuse. Acorns has worked in Northumberland since 2018 taking referrals from Children's Services. Having secured additional funding they are now **able to accept referrals from education and health services**, as well as continuing to take referrals from Northumberland children's services.

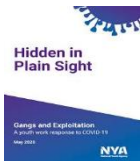
Acorns works with children and young people **aged 4-18 who are currently in a safe and stable environment** and have witnessed or experienced domestic violence and abuse. They are able to support children who are displaying symptoms related to the domestic violence and abuse, such as:

- withdrawal or isolation
- difficulty regulating their emotions
- problems with concentration
- friendship or other relational issues
- low self- esteem

Acorns are able to offer around 8 weekly sessions of 45-50 minutes, and can see children in schools, children's centres and community venues (once restrictions on these venues have been lifted). They provide a safe, confidential and non-judgemental space where children and young people can explore, process and understand difficult emotions and experiences, leading to greater awareness and self acceptance. Whilst clearly not a magic wand, counselling can make a huge difference to the child or young person, and improve their family, school and social relationships. It's important to remember that the

counselling process can often highlight issues for the child and can initially make them feel worse, before the healing begins. This is why it is so important that the child is well supported and there is no ongoing threat to safety. Therefore, this service works in a recovery context, and not for children still living in abusive households.

Acorns service has been very limited due to the pandemic, so they have a long waiting list, however they are continuing to accept referrals. Please contact Julia Parkinson on 07521514456 or julia@acornsproject.org.uk for a referral pack or further information.



If you are interested in learning more about how Covid-19 is affecting young people's vulnerability to exploitation by criminal gangs, you can access the full report from the [Information for DSL's folder](#).

https://drive.google.com/drive/folders/1n_I07Ri7nNYIWDBBLgZwxiUCQ1o0n90y

Contact us

Whether your school is open or closed during the next few months, please contact us with any queries you might have by phone or by email.

Carol Leckie, Schools' Safeguarding Team Manager, 01670 622720

Carol.Leckie@northumberland.gov.uk

If you cannot make contact with a member of staff directly then please use these generic details. Your query will be logged and you will receive a response by the end of the working day or within 24 hours.

- If you have a query for the Education Welfare team please email - educationwelfare@northumberland.gov.uk
- If you have a query for the looked after children's team please email - eslac.info@northumberland.gov.uk
- If you have a query for the Safeguarding team or children educated other than at school team please email - eotashealth@northumberland.gov.uk
- If you have a more urgent query or request please telephone 01670 622787.