

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 2




OUR SAFEGUARDING TEAM



Clare Rackham
Designated Safeguarding Lead



Hannah Harding
Designated Safeguarding Lead



Laura Broad
Deputy Safeguarding Lead



Samara Gray
Deputy Safeguarding Lead



Lucy Leidecker
Deputy Safeguarding Lead



Lara Westcott
Deputy Safeguarding Lead



Agneta Rosewell
Deputy Safeguarding Lead



Rebecca Herrera
Deputy Safeguarding Lead

Speak to a member of our safeguarding team if you are worried about a child.

Our safeguarding team liaise with children's social care and other external agencies to support families.

Staff can contact children's social care directly in an emergency where no member of the safeguarding team can be contacted.

Our safeguarding team are here to listen, help and support your family.

Croydon Healthy Homes

Croydon Healthy Homes is Croydon Council's free energy advice service aimed at Croydon residents on low incomes, and those more vulnerable to the effects of living in a cold home (especially families with young children, older residents, and residents with pre-existing medical conditions).

Their team of qualified energy assessors can offer you support in a variety of different ways, from advice about tariffs, payment methods, debt and discounts.

There is no rigid eligibility criteria, so visit the website below to make an application:

[Healthy Homes Application \(croydon.gov.uk\)](https://croydon.gov.uk/healthy-homes-application)




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85258
 here for you 24/7

Text **SHOUT** to **85258**
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Anxiety and Worries in Children

Anxiety can affect anyone of any age, background or social group and many anxiety disorders begin in childhood and adolescence. Research suggests that as many as one in six young people will experience anxiety at some point or up to five children in a school class.


If you have concerns about your child's anxiety or worries, make sure you speak to their class teacher, so they are aware and are able to monitor this more closely. If they have concerns, they will share these with you and signpost for support.

In school, we have lots of different resources available to help children with anxiety and worries, for example, ELSA, Jigsaw and our tailored Wellbeing Curriculum.

Shout


If you need someone to anonymously talk to, Shout can be there for you. You can text 'Shout' for free to 85257 at any time of the day or night for support. Your messages are confidential and can be a great source of support during challenging times, especially in the middle of the night.

In support of the Shout service and other mental health charities, footballer Harry Kane is helping to normalise conversations around mental health, promote positive habits that support mental wellbeing and tackle the stigma surrounding the subject. Harry will use his position to encourage others to look after their mental health, be their best and know that it is ok to ask for help.




24/7

You can text us any time, day or night.




Confidential

Your messages with us are confidential and anonymous.



Free

It is free to text Shout 85258 from all major mobile networks in the UK.



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2022

Smoking, Drinking and Drug Use among Young People

NHS Digital has recently published the results of a two-yearly look at young peoples' use of alcohol, smoking and drugs. The survey took the opportunity to also ask questions about the impact of lockdown.

Almost 10,000 secondary aged children (Years 7 -11) answered questions on a range of topics including prevalence, habits, attitudes, and wellbeing.

Cigarette smoking

Today, nearly 90% of 11-16 year olds said that they had never tried cigarettes.

E-cigarettes and Vapes

The proportion of children who describe themselves as current e-cigarette users has increased by 9% since 2018. More girls vape than boys with twenty percent of 15 year old girls described as current users.

Drug use

There has been a fall in the prevalence of lifetime and recent illicit drug use. Just under a fifth of the pupils reported they had ever taken drugs (down from 24% in 2018); 6% in the last month (9% in 2018).

The survey has interesting data on where children get their drugs, and where they obtained the first drugs they used. 60% of children who used cannabis were given it by a friend, usually of their own age.

Most commonly, children who used drugs more than once, obtain their drugs outdoors, for example, in a park. In 2018, 12% of drugs were obtained in school, by 2021 this fell to 5%. Usually, children are using drugs with their friends, but nearly a fifth said they were alone.

Over half the children who said they used drugs did so 'to see what it was like'. For the 'most recent occasion', 50% said it was 'to get high or feel good'. Around a quarter said it was 'to forget about my problems'. Though never the most common reason, 'because friends were doing it' does feature in the top four reasons for all the drug types.

Sources

Pupils were most likely to have obtained helpful information about drug use from parents (70%) and **teachers (66%)**. Other people from whom pupils got helpful information were relatives (42%), friends (42%) and police in schools (38%).

Purley Food Hub

Purley Food Hub have continued to support families in our local community throughout lockdown, providing weekly food deliveries.

If you are in need of this service, please contact Miss Harding in confidence.



FJC

Care and support in Croydon for those experiencing domestic abuse

You can make an appointment by contacting us on: 020 8688 0100

Monday-Friday, 9am-5pm and weekends, 10am-4pm.

CROYDON
www.croydon.gov.uk

Equality and Diversity

This month as we celebrate Black History, children may become inquisitive and ask more questions at home about the history of black people, their heritage within your own family and the difference in the world we live in today.

We encourage these conversations to take place and they create a safe place for children to feel comfortable to address issues or concerns they may have and to appreciate the diversity of our community.

A collection of short films, aimed at KS2 children to support in your discussions about black History, can be found here: <https://www.bbc.co.uk/teach/class-clips-video/history-ks2-black-british-stories/z3w84xs>.

'All about Diversity' by Felicity Brooks and Mar Ferrero, is also a lovely book that talks about the differences between humans from bodies, brains to families and cultural celebrations.

Sometimes conversation around race can be difficult, especially with children. If you would like to discuss ways in which to approach some of these topics, please contact Miss Gray who is available to support.

