

Chipstead Valley Primary School Safeguarding Newsletter- Spring 1



CVPS

OUR SAFEGUARDING TEAM



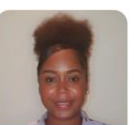
Clare Rackham
Designated
Safeguarding Lead



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.

Are all your contact details up to date?

If you change your home phone/email/mobile number,
please let the school know, so that we have the most up-
to-date contact details.

Good Thinking

Good Thinking is a Digital Mental Wellbeing website that
has various support for young people, parents and carers,
employers and employees and faith and belief
communities. You will find help on topics such as sleep,
anxiety low mood and stress. There are podcasts, apps,
workbooks, and guides together with self-assessments
that you can take.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://www.good-thinking.uk/)




kooth
Free online counselling
support for young people!
Discover everything Kooth
has to offer

FREE COUNSELLING

DISCUSSION BOARDS

JOURNAL

KOOTH MAGAZINE

HELP ARTICLES

SELF-HELP TOOLS

Sign up for free at [Kooth.com](https://www.kooth.com)

Mobile Phones and Smart Watches

If a mobile phone is brought into school by a Year 5 or 6
child, it must be handed to their class teacher, who will
ensure it is safely stored in the office for the duration of the
school day. Mobile phones are at no point allowed to be out
or used by children. This rule is in place for safeguarding
reasons.

We are also aware that some children were lucky enough to
receive a Smart watch over the Christmas period. Smart
watches are internet and camera enabled and therefore
pose the same concerns as mobile phones in terms of
safeguarding. Children are allowed to wear analogue
watches only and the same rules as mobiles phones apply
to any smart watches; they are not allowed to wear their
watch on school premises at any time, including before and
after school (e.g. during after school club or an extra-
curricular club). Children are allowed to wear step-counting
watches (such as Fitbits) as long as they are not internet
enabled, have a camera or any games functions.



Help Is At Hand (HIAH)

HIAH is a phone based service that offers immediate crisis
support for parents, carers and guardians without having to
leave their homes. Their experienced team will assist with
the immediate mental wellbeing of any parent or carer and
provide a focus, to better understand how they can manage
themselves, their young person or their child.

Their phone lines are open from 12pm to 6pm, Monday to
Friday: 07592 037 823

Alternatively you can contact them via email on:
outreach@croydondropin.org.uk



Safeguarding Awareness (Football Association)

Every week millions of children are playing football, many of
whom do so with organised clubs and organisations. The
Football Association, as part of its safeguarding response,
has devised, and created a safeguarding course for
parents/carers. The course aim is to help parents make
informed choices about the football settings where they
enrol their children. The course helps parents to recognise
best practice and see where there may be concerns, so that
they can act and report them quickly and effectively. The
free course can be accessed here:

[https://learn.EnglandFootball.com/courses/safeguarding/
safeguarding-awareness-for-parents-and-carers](https://learn.EnglandFootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers)

2023

Childnet- Online Resources

Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships and digital wellbeing, which are designed to equip and enable parents and carers, to support children and parents with the online world.

<https://www.childnet.com/resources/parent-and-carer-toolkit/>

"Hi Mum" Scam Alert

We have recently been made aware of a phishing scam known as 'Hi Mum' that has been circulating through text messages or instant messaging services, such as WhatsApp. The scam involves the impersonation of friends or family members in order to gain access to your personal information. We strongly encourage you to read the article below for guidance on identifying phishing scams and how to deal with them if you have been targeted.

[Scam Alert – The 'Hi Mum' WhatsApp Scam - Inege Safeguarding Group](#)



Purley Food Hub

Purley Food Hub have continued to support families in our local community.

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

Talkbus

Talkbus is a mobile information centre offering support to young people where you can receive information, advice and guidance from our Outreach workers! On Fridays and Saturdays Talkbus becomes your Safe Space! Safe Space aims to create an environment for children and young people who may be in crisis, to receive help and advice through Croydon Drop-In services with support from SLAM, CUH, LBC and the ICS. This service will help ensure that young people have access to appropriate care and support in the community.

Talkbus Helpline: 07592 037 823
(1pm - 4pm Monday to Friday)

You can find The Talkbus on...

- Thursdays**
Northend (outside MacDonalds, Croydon)
2.30pm to 5.30pm
- Fridays**
London Road, outside Harris Invictus West Croydon
2.30pm to 5.30pm
- Saturdays**
Northend (outside MacDonalds, Croydon)
1.30pm to 4.30pm



shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
PROVIDER OF YOUNG SPACE

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight – 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am – 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine