



Mr Taylor's Safeguarding Bulletin:

25th March 2020

Dear Parents,

During this difficult time we want to ensure you have as much support as possible. One way we can do this is by providing you with some links to help you support your children in a variety of ways. Please find the first of my Safeguarding Bulletins to offer advice, guidance and support should you need it. Can I also direct you to our Calder Cares page of the school website [here](#) and our online safety support page [here](#) which has many other sites for support and guidance.

THINK U KNOW

Online Safety
We have received a free resource from [‘Think u know’](#) which have a variety of activities you can do with your children from ages 4-14+

Early Help – Calderdale - The Local authority have put together a valuable list of resources for learning, support and advice for parents. Definitely worth a look for all parents homeschooling.

During this time of uncertainty, students can feel a little anxious, without their physical support network around them. It is important that we acknowledge that things may be difficult for them. Young Minds have some great resources to go through including anxiety created by Coronavirus and other issues. Have a look at this great [resource](#). If your child is struggling during this difficult time, they can call ‘The Mix’ for free support, every day of the week. Their helpline number is 0808 808 4994 and they are open between 4 and 11pm. For urgent support, Young Minds Crisis Messenger text service is available all hours of the day. Your child just needs to text **YM to 85258** to get through to a trained volunteer.

Calder safeguarding contacts
Recently a safeguarding bulletin we sent out helped a parent through a safeguarding concern. It enabled them to respond to the issue immediately. I have included the link [here](#), maybe one for the fridge door! Also a reminder that **myself, Mrs Lambert (Primary) and Mrs Baxter** are available through the noworries@calderlearningtrust.com email during working hours.

NHS Advice
Please find the link [here](#) for advice when taking your children out and general information about Covid-19



FAQ: Safeguarding
‘My Child has been receiving inappropriate content. What can I do?’ Report it [here](#)



‘My child is self-harming and I don’t know what to do?’
Find Support from HYM [here](#)

Online Radicalisation
With your children spending more time on devices to support their learning it is important to remember that there will be an increased risk to fake news and online harms including grooming, radicalisation, exploitation, and bullying. Opportunities to contact young people through apps like TikTok and Instagram are becoming more and more reported. If you have any concerns regarding radicalisation contact us on the above email or the Calderdale Prevent Team at prevent@calderdale.gov.uk

We are uncertain how long this lifestyle will last, however, we must make sure our young people have time to experience other things as well as online learning. Developing other skills are essential; cooking, baking, mending their bikes, making a den in the garden, leaf painting, sketching, learning how to play chess. Please don’t get into fights with your children about online learning, just make it part of their day. We can pick up the pieces when we come together again as a Calder Family.

Take care, stay home and stay safe

Mr Taylor – Deputy Headteacher

11 FREE RELAXATION APPS FOR TEENS WITH ANXIETY

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7 CUPS
Free anonymous emotional support and counseling from trained active listeners available 24/7
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CALM
Calm is the #1 app for mindfulness and meditation for teens. Breathing programs, relaxing music, and sleep stories. Recommended by top psychologists.
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MOODTRACK
My favorite mood track app for teens! You simply put in your mood, any notes you want to add, and rate it 1-5. The app tracks your app and shows you a graph.
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PACIFICA
Manage stress, live happier. Pacifica offers daily tools for stress and anxiety as well as a supportive community.
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RELAX MELODIES
Combines over 100 relaxation sounds, melodies, binaural beats and white noise. Relax Melodies can play for a specified period of time or all night.