

BETHS GRAMMAR SAFEGUARDING

NEWSLETTER



1. Excellence
2. Community
3. Respect

Student attendance and site safety

We take safeguarding very seriously at Beths Grammar and it is vital that we have an accurate record of all scholars on site every day. We are again therefore asking parents and carers to remind their young person to tap in and tap out every day at the Inventory readers.

Please be reassured that attendance registers are taken in every lesson by teaching staff, however the Inventory system is an additional measure for the school to have an accurate record of who is on site and when.

Another gentle reminder that our young people should not be arriving to the school site **any earlier than 8.00am** in the morning. Once on site they should report to the main hall, LRC, covered quad or recreational areas. Tutor rooms are only staffed from 8.00am onwards.

Welcome to the second edition of the Beths Grammar Safeguarding Newsletter. It has been a very busy, but enjoyable term at Beths Grammar as our scholars have settled into school life in their new year groups.

Our pastoral teams continue monitor and support each student in their care. Parents and carers are politely reminded to report any concerns should be directed to your child's form tutor in the first instance.

Should the concerns be of a more serious nature, they will be picked up by Mr Jones or Mrs Searby, our designated safeguarding team. They can be contacted directly on esafe@beths.bexley.sch.uk. This mailbox is monitored during term time only.



Mr Jones (DSL)



Mrs Searby (DDSL)

Free porridge is available in the canteen daily from 8.00am

Useful resources for parents

Kooth Mental Health support over the Christmas break

We appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, trusted adults and friends that the school community provides. Equally, seasonal illness and the closure of many services at this time of year can lead to extended wait times across both adult and young people's NHS and community services.

Remember Kooth's services remain open for them to access at any time over the winter period.

kooth
Free, safe and anonymous
online support for young people
Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

[Sign up for free](#)

Beths Grammar School

Safeguarding policy

All schools have a responsibility to publish their safeguarding policy. Please find our safeguarding policy for the academic year 2024/2025 here. If and parents or carers have any feedback in relation to this, then please do feel free to share this via the email address above.

[Safeguarding policy 2024](#)

NSPCC
NEED-TO-KNOW GUIDES
Positive Parenting
EVERY CHILDHOOD IS WORTH FIGHTING FOR



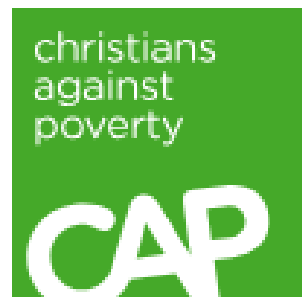
Home
Guides and Resources
Parents and Carers

Source: UK Safer Internet Centre

Where can kids eat free or cheap this Christmas?

Christians against poverty have produced this [excellent article](#) outlining places that children can eat free (or cheap) during the Christmas break. There is also the option for families to donate [here](#).

Source: [Children Against Poverty](#).



Online safety assemblies

Mr Jones has recently delivered assemblies to the entire school on the topic of online safety. This is a very important issue at present and some parents may well have seen the recent Channel 4 TV documentary 'SWIPED' featuring Matt and Emma Willis which outlined the impact mobile phone use can have on young people.

[Colchester students give up smartphones for 21 days in experiment - BBC News](#)

[Further information and support for parents regarding young people and mobile phone use can be found here.](#)

NHS Support for parents and young people
Source: NHS Website



Mental Health Support on 111

Anyone experiencing a mental health crisis can now benefit from support through 111, the NHS has recently announced (27th August 2024).

The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

Featured article: Insights

Keeping our scholars safe An insight from our school counsellor

As parents, we want the best for our children, and that includes ensuring their emotional wellbeing and promoting good mental health. Whilst parents and schools, via the PSHCE curriculum, play a large part in educating their young people about mental health issues, sometimes a more targeted and bespoke intervention such as counselling is needed.

Counselling plays a crucial role in helping young people navigate the many varied and specific challenges they may face during their formative years. Here are a few ways in which counselling can help young people:

- 1. Emotional Support and Self-Awareness:** Adolescence can be a rollercoaster of emotions. Counselling provides a safe, supportive space for young people to express their feelings, understand their emotions, and develop coping strategies. This process helps them build emotional resilience and self-awareness, which is crucial for their overall mental health.
- 2. Stress Management:** Young people today face various pressures, from academic expectations to social media stress. Counselling helps them manage anxiety, low mood, and stress in healthier ways. It teaches them techniques like mindfulness and relaxation, which can improve their ability to cope with these stressors.
- 3. Conflict Resolution and Communication Skills:** Young people often experience conflict with family, friends, or peers. Counselling enables them to make sense of what is driving these conflicts and how to constructively resolve them using effective communication skills, allowing them to navigate relationships more successfully.
- 4. Building Confidence and Self-Esteem:** Counselling can help young people recognise their strengths, challenges and overcome any feelings of self-doubt. By addressing issues like bullying, body image concerns, or perfectionism, counsellors can help boost their confidence and self-esteem, leading to healthier relationships and better decision-making.
- 5. Preventing Long-Term Issues:** Addressing mental health issues early on through counselling can prevent more serious challenges later in life. By helping young people establish healthy coping mechanisms and emotional intelligence, counselling can serve as a proactive step in safeguarding their future mental health.
- 6. Academic and Personal Growth**
Counselling isn't just about emotional wellbeing; it can also help young people improve focus, motivation, time management and organisational skills, leading to better academic performance and overall growth.

In conclusion, counselling provides young people with the tools they need to face life's challenges, manage their emotions, and build a solid foundation for mental and emotional wellbeing. As parents, supporting your child's access to counselling can make a lasting difference in their development and future happiness.

Safer schools officer

PC Mark Lawrence



On Monday 2nd December, we were delighted to welcome our Safer School's Officer, PC Mark Watson into our virtual Year 7 year group assembly. PC Lawrence spoke to Year 7 about online safety, the law around anything deemed a hate crime and how it is important to be mindful of what you post online. Thank you PC Watson!

Support over the Christmas break

Useful links

[Home - Kooth](#)



Please so let us know if there are any specific topics you would like us to cover or any other feedback you would like to provide using this link.

Wishing all of the Beths Grammar community a safe and restful Christmas break.

Mr Jones and Mrs Searby

Beths Safeguarding team



[Feedback](#)

Lifelines and Support Networks for the Christmas Holidays

- The [NSPCC](#) are here to help 24/7 and children can call their Childline number on 0800 1111
- [Shout](#) is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258
- Anna Freud Crisis Messenger – If you need support, you can text AFC to 85258. A free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.
- [Educateagainsthate](#) provides practical advice and support on protecting children from extremism and radicalisation
- [Internet Matters](#) provide age-specific online safety checklists, guides on how to set parental controls, and practical tips to help children get the most out of their digital world
- [Talking to your child about online sexual harassment: A guide for parents](#) – This is the Children's Commissioner's parental guide on talking to their children about online sexual harassment.
- [Anti-Bullying Alliance](#) – Detailed information for anyone being bullied, along with advice for parents and schools. Signposts to various helplines and websites for further support.
- [Local children social care](#): If you think a child or young person is at risk or being abused or neglected, contact the children's social care team at their local council. If you do not know where they live, contact your local council's team, the [NSPCC](#) or the Police for advice.
- [Find a food bank](#)