

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.

Parents are again reminded that scholars 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 8.30am onwards.

Welcome to the second Spring edition of the Beths Grammar Safeguarding Newsletter. This edition of the safeguarding newsletter will focus on wellbeing and mental health - this is an emerging area of need for so many young people nationally.

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

Should 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 Easter break

We appreciate there will be some young people who may struggle during the holidays without the regular and daily support provided by our pastoral teams, trusted adults and friends that the school community provides.


Please therefore do remember that Kooth's services remain open for them to access at any time over the Easter break.




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](#)

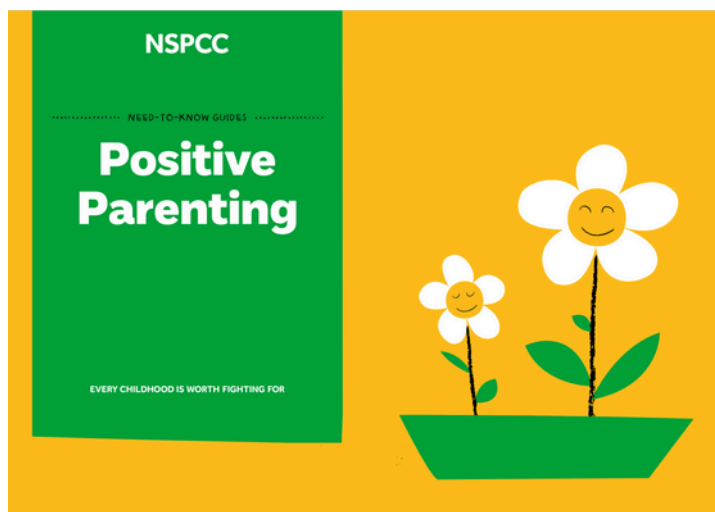


Beths Grammar School

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](#)



Home
Guides and Resources
Parents and Carers

Source: UK Safer Internet Centre

All the places to feed the kids for free Easter half term 2025

Please see the link below to a very useful article outlining where children can eat for free (or cheap) over February half term.

<https://www.moneywellness.com/blog/all-the-places-to-feed-the-kids-for-free-easter-half-term-2025>

**Money
Wellness**

Useful mental health contacts for young people



Mind have some very useful resources and support lines listed here

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

YOUNGMINDS

There is also a very useful link below

<https://www.youngminds.org.uk/young-person/>

It is important that young people are signposted to support services should they need them

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.

Support over the Easter 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 school community a restful Easter break.

Mr Jones and Mrs Searby

Beths Safeguarding team

[Feedback](#)

Lifelines and Support Networks for the half term 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](#)