

KEEPING BOTELER SAFE

OUR SAFEGUARDING NEWSLETTER | JUNE 24

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | [JCHILTON@BOTELER.ORG.UK](mailto:jchilton@boteler.org.uk)

As we enter the final half term of this academic year we would like to revisit some of our key 'Keeping Safe topics' in this addition of Keeping Boteler Safe.

We have had a real focus this year on our Mental Health and recognised how important it is to look after our mental and physical health.

Our Well Being Ambassadors have done a great job in making sure student voice is heard and is at the heart of all that we do in school.

Our Year 11 Ambassadors will be moving on to further destinations but leaving a great legacy in the school for our new and current students.

We will be recruiting more Ambassadors from our new Year 7 intake and growing the offer we have already built.

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Many Thanks,

Mrs Chilton

jchilton@boteler.org.uk

<https://warrington.foodbank.org.uk/>

WARRINGTON FOODBANK WE ARE HERE FOR YOU...

Read here...



184,248

meals provided to Warrington families
in 2023



1962

People fed in December 2023
1,175 adults
787 children
Equating to 17,658 meals



90%

of low-income households on
Universal Credit are currently going
without essentials

Warrington Food Pantry

The Warrington Food Pantry at Fearnhead Youth and Community Centre has now re-opened

- Opening hours are Wednesday & Thursday 10.00am – 1.00pm

Warrington Food Pantry is the first of its kind in Warrington and is a joint venture between the council, local housing providers Clarion Futures of Clarion Housing Group, Torus and Warrington Foodbank.

The pilot project has been set up at Fearnhead Youth and Community Centre to support residents to improve their health and wellbeing.

People can be referred to the pantry by the council and local partners, including the Warrington Wellbeing service, Torus, Clarion, Citizens Advice Bureau and local GPs. Once registered, service users can pay a weekly £3.50 membership fee, which entitles them to choose a basket of 10 items of food worth up to £20.

Who to contact

Contact Name	Lyn Mullen
Contact Position	Senior Administration
Telephone	01925 443057
E-mail	lmullen@warrington.gov.uk

Where to go

Name	Fearnhead Community Centre
Address	Insall Road Fearnhead Warrington Cheshire

Time / date details

When is it on	Wednesday & Thursday
Time of day	Morning
Session Information	Sessions are drop-in from 10.00am to 2.00pm

UPSKIRTING

What You Need To Know:



YOURPOLICE.UK

SO, YOU SENT A NUDE?

OMG



5 THINGS POLICE OFFICERS MUST DO DURING A

STOP AND SEARCH



We can help you with mental health, relationships, alcohol, smoking, bullying & more...

Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010

Young Minds

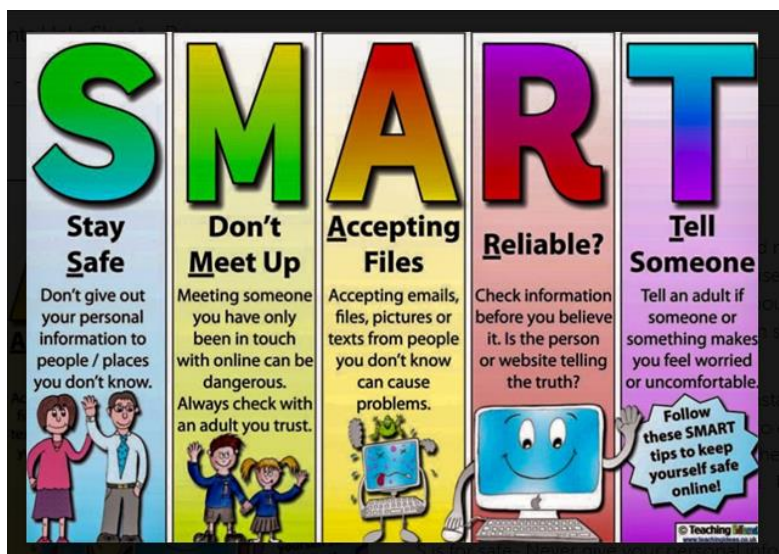
<https://www.youngminds.org.uk/young-person/>

“ We’re facing a young people’s mental health emergency. But here at YoungMinds, we’re facing it with hope and optimism. We believe in young people and their ability to change things for themselves and for each other. That’s why we aim to connect with as many young people as possible and the trusted adults around them, working with strength, determination and heart to turn the tide on the young people’s mental health crisis.”

Laura Bunt, Chief Executive at YoungMinds

Keeping safe Online

In the ever-evolving world of Social Media we wanted to give a reminder of the importance of keeping safe on line.



Top Ten Tips for Staying Safe Online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible
4. Never give out your passwords
5. Don't befriend people you don't know
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Top Tips for Searching

- Be clear in your online searches try to use more than one word to describe what you are searching for. For example, if you are searching for information on the planet Mercury, entering planet mercury into the search box will better results than just entering Mercury.)
- Take care to spell correctly when typing in a search. Even a small typing error can bring up unwanted results.
- Remember that not all the information in websites returned in searches is reliable. Look in books, ask people who might know, and look up at least three other websites to check your info.
- Make sure you filter your searches online especially if you are doing an image search.
- Bookmark your favourite websites or check your history to make sure you are revisiting the same websites.
- If you see something that upsets you, make sure you turn off the screen or make the window smaller on a laptop and tell an adult as soon as possible.
- There's a lot of information online and not all of it is for kids. You might be surprised to hear that some things online are illegal!
- Ask an adult to install Hector Protector - Visit the [thinkuknow website](#) and install Hector Protector so that when you are searching online you always have a friend with you.

Top Ten Tips for Mobile Phone Safety

1. Remember if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.

2. Don't reply to any nasty messages you receive.
3. Don't reply to a text from someone you don't know.
4. Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
5. Don't answer calls from withheld numbers or numbers you don't recognise, let it go to voicemail.
6. Block numbers from people who are sending you nasty messages.
7. If you are bullied repeatedly can change your number.
8. Don't give your mobile number to someone you don't know.
9. Don't send pictures to someone you don't know.
10. If the problem is serious you can report it to the police, cyber mentors, or ChildLine.

<http://www.thinkuknow.co.uk>

Top Tips for Social Networking

- If you have a public profile anyone who uses that site can see your stuff and of course not everyone online is trustworthy. Adding content to your site is part of the fun, but some things are better off not being added to your online profile. Personal information like your date of birth, your address, your mobile phone number and some photos are best kept offline.
- Always explore the privacy settings of your SNS to protect your privacy and to protect yourself from strangers.
- Get your friends and family to have a look at your SNS to check that you aren't giving out too much personal information or posting inappropriate photos/films because they might see something you've missed.
- Keep your passwords to yourself.
- Respect yourself and others online.
- If you are unlucky enough to have a bad experience online report it to the service provider and tell an adult.
- Cyberbullying is NEVER acceptable. If you or someone you know is targeted by bullies online tell them 1) to report the bully to the website/service operator 2) keep evidence of the bullying behaviour 3) to resist the temptation to reply to nasty messages 4) to tell an adult.
- Photos and film are an important part of many webspace's. Always think before you post. Images stay online forever and can be copied, changed and used elsewhere.

If you wouldn't be happy for your class teacher to see the photos of you on your SNS then maybe you need to edit your profile.

REMEMBER when you post something online, you are posting it on the biggest screen in the world to billions of people!

Top Ten Tips if you are being Bullied Online

1. Tell an adult you trust if you are being cyberbullied
2. Don't respond or retaliate to bullying messages – it could make things worse
3. Block users who send you nasty messages
4. Save abusive emails or messages (or texts) you receive
5. Make a note of dates and times you receive bullying messages, as well as details you have of the user's ID and the URL.
6. Don't pass on any cyberbullying videos or messages – this is cyberbullying
7. If you are bullied repeatedly change your user ID, or profile, and use a name that doesn't give any information away about you
8. Visit [bullying.co.uk](http://www.bullying.co.uk) – this is a website where trained counsellors can support you if you are being bullied, either by chatting online or by calling their free helpline. You can also find some top tips on how to stay safe – <http://www.bullying.co.uk/>
9. You can talk to someone at Child Line or get online safety advice at <http://www.childline.org.uk/talk/Pages/Talk.aspx>
10. <http://www.thinkuknow.co.uk/> is another very useful website for children and young people staying safe online

Support for parents and carers

If you're concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat from the [Young Minds Parents Helpline](#).

[Action for Children](#) has lots of tips to help you spot signs of mental health issues in children and advice on the action you can take to help.

Barnardo's has also set up the [See, Hear, Respond support hub](#) – a dedicated service to help children, young people and their families or carers with problems caused by the coronavirus outbreak.

Experiencing the loss of a friend or loved one can be extremely difficult. The [Childhood Bereavement Network](#) has information and links to national and local organisations you or the child you look after might find helpful.

Any professional that works with children and young people should be able to help you get support. You could talk to a teacher, school nurse, social worker or GP.

You can find more information about [NHS children and young people's mental health services \(CYPMHS\)](#) on the NHS website. You can also look at [your local Clinical Commissioning Group](#) website, and most services also have their own website with information about access, referrals (including whether you can "self-refer") and contact details – try searching in your area for "CYPMHS" or "CAMHS" (children and adolescent mental health services, an older term used for some CYPMHS).

If you are worried about a child or young person who has or may have an eating disorder, check if your local Children and Young People's Community Eating Disorder Team accepts self-referrals and contact them as soon as possible. You can also speak to your GP. [Beat](#) has lots more useful advice for children, young people and adults.

If you look after a child that has additional needs, [Mencap](#), the [Mental Health Foundation](#) and [the National Autistic Society](#) all have excellent resources and support for parents or carers of children with learning disabilities or autism.

If you have any concerns at all about a child's safety or wellbeing, including their mental health, you can contact the [NSPCC Helpline](#) 7 days a week, via the website or by emailing help@nspcc.org.uk or calling 0808 800 5000. It does not have to be an emergency – you might be looking for guidance and support. Dedicated NSPCC child protection specialists will be able to advise and take any necessary action.

Stay safe in the heat

Severe heat can lead to dehydration, heat exhaustion or heatstroke. Some people are more at risk than others, including older people, infants and people with medical conditions.

Even if temperatures do not hit the extreme levels expected, the council is still advising people to keep safe in the sun, seek shade to cool down and keep hydrated with plenty of cool fluids.

It is important throughout heatwave periods to:

- Wear loose fitting, cotton clothing that covers your body as much as possible
- Apply SPF 30+ UVA sunscreen with a star rating of five, at least 20 minutes before going out in the sun
- Wear protective clothing including a sun hat and sunglasses
- Shade from the sun whenever possible, especially between 11am and 3pm
- Have plenty of cold drinks, and eat cold foods with a high water content like salads and fruit
- Have a cool shower, bath or wash
- Keep your living space as well-ventilated as possible by opening windows if the air feels cooler outside, and by closing curtains that get morning or afternoon sun – but be careful if you have metal blinds as these can absorb heat

- Keep indoor plants and bowls of water in the house as evaporation helps cool the air
- Use electric fans, which may provide some relief if temperatures are below 35°C

Spot the signs of heatstroke

Symptoms of heatstroke may include high temperature, heavy sweating that suddenly stops, hot and/or dry skin and a rapid heartbeat, as well as rapid breathing. It is important to take immediate action if danger symptoms of heatstroke are present. You should:

- move quickly to somewhere cool
- drink fluids, preferably water
- do not take aspirin or paracetamol – this can make you worse (but do carry on taking all other prescribed medicines)
- seek further advice from NHS 111, a doctor, or ring 999 if the person has collapsed

Warrington Borough Council's Director of Public Health, Thara Raj, said: "We are going to experience exceptionally high temperatures over the coming days and it's really important we keep cool and stay safe.

"High temperatures can be dangerous - young children and the elderly are especially vulnerable during a heatwave. It's important that you keep babies under six months out of direct sunlight. I would also urge residents to take the time to check on older relatives or neighbours during a heatwave to make sure they are coping and know how to keep cool and comfortable.

"Whilst getting plenty of sun and warm temperatures makes a nice change to the normal Great British summer weather, what we are likely to experience in the coming days will be unseasonably high temperatures, so we need to make sure that we take sensible steps to help cope with the incoming heatwave."

For more information, visit:

- **[Heatwave: how to cope in hot weather \(nhs.uk\)](#)**
- **[Beat the heat: keep cool at home checklist \(gov.uk\)](#)**
- **[The Met Office](#)**

Useful Contacts

Help around Exam stress:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.studentminds.org.uk/examstress.html>

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Youth Zone:

<https://warringtonyouthzone.org/about-us/>

Get urgent help

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** giveusashout.org

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** childline.org.uk

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** samaritans.org

Knowing I wasn't alone got me through a difficult night. Texter, Shout

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.

If you are not sure who to talk to:

- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice

I'm worried about my child or young person

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Read more about supporting your child or young person

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: [educationsupport.org.uk](https://www.educationsupport.org.uk)

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out Of Office – Duty Team – 01925 443322 – Option 2