



THE
BRITTONS
ACADEMY

Safeguarding Bulletin

November 2024



HEST Online Parent Workshop



 NELFT NHS
NHS Foundation Trust



JOIN US!

HEST Online Parent Workshops

HEST are offering monthly online workshops for all parents/carers in Havering. These workshops provide information and practical strategies on a range of topics related to children's emotional wellbeing, including anxiety, sleep, behaviour, exam stress, and more!

Once a month, evenings via Teams
Scan the QR code to register for future workshops!



Family Lives

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for. The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'.

The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a maelstrom of contradictory advice. For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little easier. If interested please follow the link.

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Christmas Appeal 2024

zzZarach

The Children's Bed Charity

The Zarach Christmas Appeal is open on Monday 11th November for referrals

As financial pressures continue to mount for families and the dark nights of winter draw in, Help us reach 1,000 children before Christmas with a warm, safe bed to call their own.

★ To ensure delivery in time for Christmas, please submit all referrals by **Monday 9th December 2024** and the children will receive a little extra Christmas sparkle with their bed delivery (think toys, selection boxes, hygiene sets).

This bed could be the family's opportunity to give their child a Christmas gift they wouldn't otherwise be able to afford this year.

Together we can
#EndChildBedPoverty
#EveryHeadABed

referrals@zarach.org



Wize Up



We have received reports from the LEA that these stickers are being posted around Havering advertising the selling of cannabis / cannabis-based products online. The sticker includes a QR code which takes you straight to the site. Please do not scan this code.

‘From a policing perspective a report to the local policing team with locations and picture would ensure a detailed intelligence report can be completed that may link into ongoing police investigations.

Policing advise is that these QR codes should never be scanned, and local authority teams should remove them promptly.

These types of stickers have appeared nationally and are well reported in the media – often appearing near schools and even on police stations. They can even be scams as well as tactics from people involved in drug supply.’

Any member of staff at school, including your **form tutor, SGM, HOY** and everyone on the **Safeguarding poster** in classrooms.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Other people that can offer support include your parents, doctor, a nurse, www.nhs.uk counsellor, PC Drew.

St John Ambulance



kooth

kooth.com

Kooth- your online mental wellbeing community. Have you downloaded the app?

0808 1000 900

THE LUCY FAITHFULL FOUNDATION

Working to protect children



Where can you go for support?



HOPELINEUK
0800 068 41 41

HEAD STRONG

Headstrong is a new online space aimed exclusively at young people with a focus on promoting positive mental wellbeing. It is a section of the Youthscape charity. Within Youthscape they also offer support for young people who are risk of self harm - **Alumina**

If you need support relating to **Careers** and your future after Brittons, pop into the **Careers Library** during break or lunch. These websites may also be helpful

- <https://www.citizensadvice.org.uk>
- <https://vinspired.com> - young peoples volunteering charity
- <https://www.ncsyas.co.uk> 15-17 Year olds National Citizen Service
- <https://nationalcareersservice.direct.gov.uk/> - research careers your interested in.
- <https://www.startprofile.com/> - Explore your dream Job!



Wize-up

Thurrock

Wize-up are a free and confidential drug and alcohol service for young people under 18

mind

for better mental health



"It's alright to ask for help"

SAMARITANS

116 123