



Spring edition Safeguarding in Education Newsletter – Jan 2023

Please note the information and links are provided to the relevant documents, which are being updated on an ongoing basis and are subject to change. The guidance shared is focussed on safeguarding themes and is not exhaustive.



Welcome to another packed term to kick off 2023! I hope you all managed to get some rest and time with your loved ones.

Taking a look back at last term, which included a successful Senior Leaders Seminar exploring the theme of 'climate for learning' with the offer of FREE, 'Whole School' training (for all Slough education staff) on **Emotion Coaching** in partnership with the provider Knowledge Change Action (KCA). Research shows that Emotion Coaching in schools has a transformative impact on attendance, exclusions and suspensions, attainment, and staff and pupil engagement and resilience. See page 12 for more details on the programme.

There was a fantastic uptake from our schools with 22 attendees for the screening, searching and confiscating best practice seminar on 7th December 2022. Inspector Jon Stanley shared the learning from the Child Q case, including who can act as an appropriate adult and highlighted the changes in the [Searching, Screening and Confiscation \(publishing.service.gov.uk\)](#) guidance. The slides and recording can be accessed here: [Best Practice Seminar - Screening, Searching And Confiscation | The Link \(slough.gov.uk\)](#)

Thank you for everyone for completing the Sec 175 Audit. We have again had a 100% compliance from our schools. The report will be out next month. Remember the audit portal will be decommissioned from January 2023 so remember to **download your copies of your audit reports NOW!**



Earlier this summer, we heard about the tragic death of Archie Battersbee, and in September 2022, we learned about the inquest into the death of Molly Russell. The inquest concluded that Molly Russell "died from an act of self-harm while suffering from depression and the negative effects of online content". The 14-year-old was "exposed to material that may have influenced her in a negative way". In some cases,

the content was particularly graphic, tending to portray self-harm and suicide as an inevitable consequence of a condition that could not be recovered from." It is imperative we have a mindful approach, open conversations and educate children and young people to report harmful material. [Molly Russell Inquest – Advice for Professionals | SWGfL](#)

We are all aware regulation is needed now, and we hope the Online Safety Bill will be pursued without any further delay. But this is everyone's responsibility, and now, perhaps more poignant than ever, are the conversations we as professionals, parents, relatives and friends are having with young people about their online activity. It is no longer a valid response to simply ask young people not to access online forums and confiscate their devices. The digital world is here to stay, so we need to equip young people with the necessary tools to stay safe online. Parents should be inquisitive about who their children are **TALKING** to, what are they **DOING**, and be asking if they are they **SAFE**? How can they tell if an app or game

Slough Children First
If your concern is regarding the harm of a child or young person, please immediately contact: 01753 875362 and email a MARF to sloughchildren.referrals@scstrust.co.uk

Out of Hours can be contacted on: 01344 351999
Thames Valley Police 101
www.thamesvalley.police.uk

Slough LADO: Dawn Lisles
LADO@scstrust.co.uk | 07927 681858 | 01753 690906

NSPCC Whistleblowing helpline: 0800 028 0285
help@nspcc.org.uk

Prevent National Referral Form;
preventreferralslough@thamesvalley.pnn.police.uk | 01865 555618
Lubna Hussain
lubna.husain@thamesvalley.pnn.police.uk | 07973 203091

PC Ranjit Benning
ranjit.benning@thamesvalley.pnn.police.uk | 07970 145236

Prevent Gateway Team – E-mail:
PreventGateway@thamesvalley.police.uk Tel.no: 01865 555618

is **APPROPRIATE**? How long is too long on **DEVICES**? And how can you start an awkward **CONVERSATION**? (See page 9 for tips and guidance about online safety).

This term we are kicking off 2023 with the 'Month of action' against violence, which aims to bring together schools and parents, and other partners to work alongside statutory partners for Slough to take a stand together against violence in all forms.

Whilst serious violence in Slough has reduced over the last three years, we know that violence, particularly knife crime in recent months has become a particular concern for our community. There is a clear desire in our town to work together to stamp out violence and a multi-agency and community response is required. The Angel will be hosted at Arbour Park Slough between the 10th of January to 31st January 2023 and is free to visit between 8am-10pm daily. A weapon Amnesty will also take place throughout January at the following locations Arbour Park | Langley Library | Slough Police Station



Knife Angel Exploitation Training will be running on 19th January 23 and can be booked here: [Knife Angel | Slough | Exploitation Training January 23 | The Link](#)

Leading on from serious violence, this term there is spotlight on sexual violence with the SA/SV Awareness week between 6th to 12th February 2023. It is important that we are mindful of the language we use when supporting victims to avoid victim blaming language such as asking about the victim "what did s/he do wrong?" rather than focussing on the abuser, or responding to a real-life online incident with "well you shouldn't have been on that app anyway!" Of course, it is wrong to make victims feel like it is their fault for being abused and this can perpetuate the trauma and prevent recovery. Also, where children and young people have heard victim-blaming language used as standard, they may be less inclined to ask for help and staff might be less likely to view an incident as a safeguarding matter. You can head for more details here [Challenging victim blaming language and behaviours when dealing with the online experiences of children and young people - GOV.UK \(www.gov.uk\)](#) and see page 15 for a ready-made campaign your school can get involved with.

Visit page 8 for the latest opportunities on offer to capture the child's voice via ready-made surveys.



Slough Children First Update

Early Help is about having the right conversation and the right support at the right time, so we all have a role to play. Early Help development in slough is beginning to focus on an approach, rather than a single service through us all collectively working together.

Therefore, the Early Help Service has been working with partners to develop our multi-agency early help offer for Slough children and families in a number of different ways.


Slough Early Help Champions Forum

For the Slough Champions, a review of the Group's Terms of Reference is currently pending feedback. The aim is to formalise the document at the next meeting taking place on 25th January 2023.

The new reviewed Terms give a clear focus to the regular meetings held; and the role of professionals representing all key services taking part in the group; so, everybody collectively agrees and understands why we're all coming together at this regularity, what is it we're trying to work towards, and what is it that we're trying to achieve for children and families in Slough.

In 2023 we will continue our bi-monthly meetings with all champions, to strengthen our networks, having more than one setting or service holding conversations together to find solutions between us, so that no one feels like we are having to resolve and manage challenging situations on our own.

Future dates for the Early Help Champion meeting are Wednesday 25h January 2023, Thursday 16th March 2023, Tuesday 16th May 2023, Wednesday 12th July 2023. All meetings run from 10am to 11:30am at Slough and Eton School, Ragstone Road, SL1 2PU



Slough Early Help Surgeries

Purpose
To offer help to all practitioners who have identified the need for preventative and early intervention support for a child, young person, and/or family through:

- Focusing on thresholds of need in relation to identified concerns/ support needs
- Consideration of appropriate assessment tools to inform next steps
- Signposting to appropriate services
- Coaching, support, advice and guidance around delivering early help support
- Guidance on involving children, young people and families in planning and decision making
- Advice/support related to multi-agency meetings
- Provision of positive partnership working
- Case studies to showcase local work

Target Audience:
Practitioners from all agencies providing Early Help (universal, prevention and early intervention) to support children, young people and their families.

Facilitators:
Slough Children First – Targeted Early Help Service

Making enquiries:
Please contact Adriana Lozano, Senior Early Help Officer:
Email: adriana.lozano@sloughchildrenfirst.co.uk
or
Call: 07714 639249

Dates & Booking details:
Sessions need to be pre-booked via email, on a first come first served basis.
All surgeries will held on Microsoft Teams

Microsoft Teams meeting
Join on your computer, mobile app or room device
[Click here to join the meeting](#)
Meeting ID: 348 053 953 288
Passcode: AV#RCH

- Wednesday 19th Oct. 2022 - 9:30am to 12:30pm
- Tuesday 11th Nov. 2022 - 1pm to 4pm.
- Thursday 17th Nov. 2022 - 3pm to 6pm.
- Monday 12th Dec. 2022 - 9am to 12pm
- Friday 2nd Jan. 2023 - 1pm to 4pm
- Thursday 26th Jan. 2023 - 1pm to 4pm
- Tuesday 31st Jan. 2023 - 3pm to 6pm
- Wed 15th Feb. 2023 - 9:30am to 12pm
- Thursday 2nd March 2023 - 1pm to 4pm
- Friday 17th March 2023 - 9:30am to 12:30pm
- Monday 27th March 2023 - 1pm to 4pm
- Tuesday 18th April 2023 - 3pm to 6pm
- Wednesday 9th May 2023 - 9:30am to 12pm
- Thursday 18th May 2023 - 1pm to 4pm
- Friday 9th June 2023 - 9:30am to 12:30pm
- Monday 19th June 2023 - 1pm to 4pm
- Tuesday 4th July 2023 - 3pm to 6pm
- Wed 19th July 2023 - 9:30am to 12:30am

Slough's Early Help Surgeries

The surgeries run fortnightly on MS Teams, where for 3 hours professionals can log in at any time to join conversations, ask questions and problem solve challenges for children and families known to them. We have had some dynamic and creative solutions identified for children and families in recent sessions, so please feel free to join us and see what the Surgeries are all about

For further information about the Early Help Champions Forum and Early Help Surgeries, please contact Adriana Lozano, Senior Early Help Officer on adriana.lozano@sloughchildrenfirst.co.uk or 07714 639249

Slough's Early Help Partnership Strategy

Through the Children and Young People's Partnership Board and the Early Help Champions Forum, we are currently reviewing and drafting an up-to-date Early Help Partnership Strategy for Slough

We will be coming out to key stakeholders in the New Year for consultation on the new strategy, so please watch this space as we reach out to get professionals, children and families on board throughout February 2023!

Please also use and share Slough Family Information Services (FIS) website. It's for everyone and many services details are already included in FIS, and more! <https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/home.page>

Slough Poverty Forum has been set up for statutory and third-sector colleagues to discuss the current cost-of-living crisis and our response here in the borough. The forum will provide a co-ordinated approach to support and through engaging in participative consultation. Members of the forum will be encouraged to involve their users in planning of their own services, and through the forum, to seek to influence the planning of relevant services, solutions, and support for those on the poverty line across Slough.

The aim of the forum is to be responsive; solution-based; knowledge; intelligence and community-led. A website has been set up here for quick guide for local support:

[One Slough – Slough Directory or Services \(sloughhealth.org\)](#)

Exploitation Youth Justice Team

If you are working with any children who demonstrate concerns associated to anti-social behaviour, risk of being exploited, or behaviour that can put them at risk of offending – please do not hesitate to refer to the Exploitation and Youth Justice Service, Slough (EYJS). We offer a short intervention to provide children with information on consequences, explore triggers and ways to desist. We also offer group sessions, exploration of whether there are any additional needs, as well as adopt a trauma informed approach to be able to advocate a child first approach, to promote change. All you need to do is gain consent from parents/carers and complete a referral form, and send it to YOTeam@sloughchildrenfirst.co.uk. We will do the rest!



Safeguarding Partnership Updates

You will be aware that **the threshold document is now due for review** and a partnership workshop is planned for the 12th January 2023 to self-evaluate our **front door arrangements** against the JTAI criteria. I circulated a consultation in November 2022 but happy to still take any comments to help make improvements by the 10th of January 2023. The threshold document is on this link:

<https://www.sloughsafeguardingpartnership.org.uk/scsp/scsp/professionals/new-thresholds-document-published-21-23>

▶ Enable Sec 175/157 Audit - Important update!

Important note: Please download your school audit for 2022 and keep a copy for your records. This will assist with completing future audits as you can then refer to your responses. The portal will remain open until the end of December 2022 to enable you to download the details. After this date all the data will be wiped off the portal. The analysis and trends will be shared by the end of January 2023.

The alternative audit tool is currently under review in the KCISE Safeguarding Sub-Group and will be shared in the coming months.

The **Safeguarding Partnership Communications sub-group** work together to produce and deliver an agreed communications plan for the partnership, promoting awareness of the Safeguarding Partnerships' strategic priorities including child abuse/neglect, safeguarding adults, exploitation, and domestic abuse and violence. See pages 14 – 16 for upcoming awareness days and resources. Please lift and shift into school newsletters and share far and wide!

Policy and Procedures updates. The Pan Berkshire Policy and Procedures Subgroup ensure that, they develop and maintain high quality safeguarding and child protection policies and procedures in line with key national policy and legislative changes. The quarterly newsletter can be found here:

<https://proceduresonline.com/berks/>

KCSIE Safeguarding Sub-group – This subgroup is working in partnership to review and explore options to improve attendance, school avoidance and related safeguarding issues in schools and education settings. Please email Jatinder.matharu@slough.gov.uk if you are interested in joining as an education representative.

Child Safeguarding Practice Review Panel – new guidance and briefing papers



The Child Safeguarding Practice Review Panel in England has published [new guidance](#) setting out how they operate. The guidance is aimed at local safeguarding partners and professionals involved in child safeguarding. Information is included about the approach to national reviews; notifying the Panel about serious incidents; and conducting and completing Local Child Safeguarding Practice Reviews.

The Panel is also publishing a new series of briefing papers to share learning from serious incidents with child protection professionals in a faster, more informal way. The first two are [Multi-agency safeguarding and domestic abuse paper](#) and [The management of bruising in non-mobile infants paper](#).

More information about domestic abuse can be found on our resource page [here](#). You can also request to receive a free sample of staff training resources to help expand and deepen professional knowledge.

Social Media – alcohol and who's in charge

NHS Frimley, via [Frimley Healthier Together](#), are championing resources to prompt parents and carers to think, plan and share "Who's in Charge?" when children are present, and alcohol is being consumed by the responsible adults around them. This campaign follows on from the successful #Safe Sleep #Whosincharge campaign we launched during Summer of 2022.

When alcohol is being consumed, who's in charge of the children and what are your arrangements for safe sleep?

Remember... **think plan share**

Frimley-HealthierTogether.nhs.uk
 Ascot | Bracknell | Farnham | Maidenhead | North East Hampshire | Slough | Surrey Heath | Windsor

NHS
 Healthier Together
 #WhosInCharge?
 #SafeSleep
 #ThinkPlanShare

It's great having a house full of children, laughing, and playing, but remember, distractions and inadequate supervision are often the cause of accidents. Don't let alcohol distract you. Stop to consider, #WhosInCharge of the children. #ThinkPlanShare <https://bit.ly/Stayincontrol>

Children's Commissioner - Digital Childhoods

In September 2022 the Children's Commissioner published findings from a survey of children and their parents on online safety. Over 2,000 children aged 8-17 responded to the survey which had a number of key findings including:

- The types of harmful content children are exposed to.
- Children who are eligible for free school meals were significantly more likely to see every type of harmful content.
- Only half of children who see harmful content report it to the platform.

This is a good report and worth a read, perhaps sharing key points in your staff meeting to keep staff up to date. You can find the report [HERE](#).



Anti-racism and mental health in schools e-learning

There is a FREE e-learning course from the Anna Freud Centre designed around a 5 Steps framework, which supports educators to create a whole-school approach to mental health and wellbeing.

Staff will learn practical strategies for tackling racism in schools, and how to introduce a whole-school approach to anti-racism and mental health.

- to increase school staff's knowledge and understanding of the impact of racism on the mental health of students and staff
- to improve the confidence of staff to address racism and support the mental health of students and staff
- to develop understanding of anti-racist practices within the context of a whole-school approach to mental health and wellbeing

See here for further details: [Anti-racism and mental health in schools e-learning | Training | Anna Freud Centre](#)

Barnardo's Boloh Helpline– Asylum Seekers Support

BOLOH HELPLINE

We work with adult Asylum Seekers UK-wide by supporting their emotional health and wellbeing

HOW CAN WE HELP YOU?

- ◆ Helpline advisors are here to listen to you and provide emotional support
- ◆ Helpline advisors can provide specialist advice on a range of issues you might be experiencing
- ◆ We can provide free counselling to adult asylum seekers
- ◆ Helpline advisors can support you to access help from other organisations

Call us for free
0800 151 2605

Talk to us on web-chat
<https://www.barnardos.org.uk>
 Click on the icon on the bottom right

Staff speak different languages or can provide an interpreter who speaks your language

Our helpline is open:
 • Monday to Friday 10am - 8pm
 • Saturday 10am - 3pm

For more information about how we can help you, please visit: www.barnardos.org.uk

Barnardo's Boloh Helpline expanded their service to support the mental health and wellbeing of adult asylum seekers across the UK. This project is funded by the Home Office from September 2022 until 31st January 2025. The Helpline will offer advice, signposting, emotional support and 8 free sessions of therapy by qualified Barnardo's therapists. These sessions can take place remotely via telephone or online. Barnardo's has a long history of providing mental health support to children, young people and adults and has a large pool of culturally informed therapists who speak a range of languages. Sessions can take place in other languages, at a time that works for people.

Further details, please check online: The Helpline is open Monday – Friday (10am-8pm) and Saturday (10-3pm) via phone 0800 151 2605, webchat and email Boloh.helpline@barnardos.org.uk.



New guides and resources

Challenging victim blaming language and behaviours when dealing with the online experiences of children and young people (DfE)

Victim blaming is any language or action that implies (whether intentionally or unintentionally) that a person is partially or wholly responsible for abuse that has happened to them. It is harmful and can wrongfully place responsibility, shame or blame onto a victim, making them feel that they are complicit or responsible for the harm they have experienced.

This newly launched guidance helps professionals to understand that children can never be expected to predict, pre-empt or protect themselves from abuse, and irrespective of the content or circumstance, the responsibility always lies with the person who abused the child or young person. The guidance also offers practical steps to help professionals practice and advocate for an anti-victim blaming approach, in a constructive and supportive way.

Download the guidance here: <https://www.gov.uk/government/publications/challenging-victim-blaming-language-and-behaviours-when-dealing-with-the-online-experiences-of-children-and-young-people>



Using External Expertise to Enhance Online Safety Education
Guidance for Education Settings
UK Council for Internet Safety

This guidance will help education settings to adopt a proactive approach to online safety education within the curriculum and how best to use external resources and speakers to enhance this. This includes considerations about:

- when and when not to use external expertise
- choosing external expertise
- ensuring effective use of external expertise, including expectations, group size, resources and use of 'scare/shock tactics'
- safeguarding for all involved

The guidance can be used to facilitate conversations between settings and external visitors to develop young people's digital literacy skills and parental awareness.

[Using External Expertise to Enhance Online Safety Education \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Centre of expertise on child sexual abuse – new Harmful Sexual Behaviour guidance and resources

The CSA Centre has produced a [new guide and safety plan template](#) to provide practical support for education professionals in responding to children's needs and safety when incidents of HSB occur. The guide includes advice on how to communicate with children and their parents. For further information on HSB and other child on child abuse, visit our resource page [here](#).

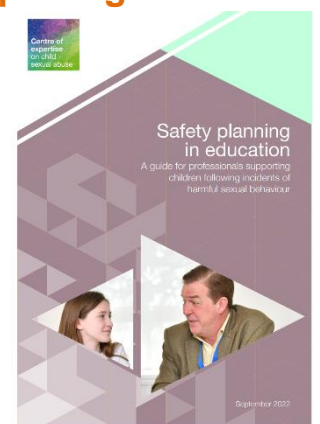
Our members can access staff training resources to help expand and deepen professional knowledge.



Safety Planning in Education: A guide for professionals supporting children following incidents of harmful sexual behaviour

A new guide provides practical support for those in education settings to respond to children's needs and safety when incidents of harmful sexual behaviour occur. It is split into two: Part A looks at the key actions for a school when an incident of harmful sexual behaviour has occurred, including a safety plan template for recording and reviewing arrangements, whilst Part B focusses on broader practical advice such as how to communicate with children, and their parents, and an appendix with useful links and resources.

Developed by professionals for professionals, the *Safety Planning in Education* guide has been robustly reviewed by academics, teachers, Headteachers, Local Authority safeguarding leads and designated safeguarding leads across a variety of settings including faith schools, residential, mainstream primary and secondary schools, special schools and pupil referral units. [Safety Planning in Education - CSA Centre](#)



PHSE Evolve Resources

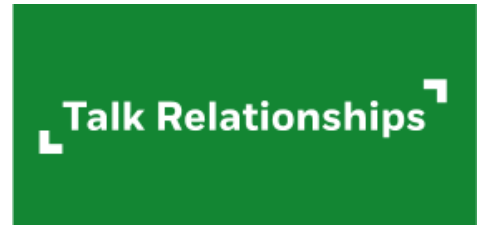


ProjectEVOLVE resources each of the 330 statements from UK Council for Internet Safety's (UKCIS) framework "[Education for a Connected World](#)" with perspectives; research; activities; outcomes; supporting resources and professional development materials. There are phase specific topics on PHSE/Risky behaviours etc with measure of learning resources/lesson plans we discussed here: [Search and Access Resources](#) ▶ [Curriculum](#) | [ProjectEVOLVE](#)

NSPCC Relationships Helpline

NSPCC have launched a new helpline to support people working in secondary education to overcome any challenges they may face when delivering sex and relationships education. You can access the **Talk Relationships Helpline** for advice on:

- how to respond to questions or concerns from students, parents or carers
- preparing a response to questions you think you may be asked
- managing a safeguarding concern or disclosure
- managing anxieties about delivering sex and relationships education.



How to contact: [0800 389 5347](tel:08003895347) or email help@nspcc.org.uk

Prevent Duty: Act Early Stories (LGfL/Counter Terrorism Policing)

LGfL and Counter Terrorism Policing have developed a new educational resource, 'Act Early Stories'. The toolkit is aimed at DSLs, PSHE/RSHE leads and youth leaders in secondary schools and out of school settings. The activities and lessons aim to raise awareness of exploitation, spark discussion with young people around extremist narratives and promote critical thinking. This new resource hopes to help build staff confidence to promote dialogue to address this difficult subject with young people.

Based on real-life stories around radicalisation, the resource includes videos, ready to use session slides with activities and guidance notes so they can be used by experienced practitioners as well as those who may not have much knowledge of the issues raised.

Find the resources here: [The National Grid for Learning - Act Early - Stories \(lgfl.net\)](#)

Education and Skills Funding Agency - Grants for senior mental health lead

Apply for your grant before the end of the financial year to include your setting in the list of 10,000 plus schools and colleges that have already benefitted from the training. Develop your mental health lead's [knowledge and practical skills](#) to embed an effective [whole school or college approach](#) to mental health and wellbeing. [Click here to claim a grant now.](#)

The NSPCC Relationships & Sexuality Survey with funding attached!!

The NSPCC is currently embarking on a research project to map 14 – 17-year-olds attitudes towards sex and relationships. Understanding the mindset of the people that safeguarding is designed to protect is vital, to the work of looking after the security of children and young people. The more pupils that take part in the survey, the better picture safeguarding professionals can have of what their idea of healthy and unhealthy sexual behaviour is. To inquire about your school participating please follow the

link: <https://thecpscu.org.uk/news/2022-11-nspcc-sexuality-education-survey/>

The programme combines elements aimed to develop emotional skills and to improve social relationships through training social problem-solving and communication skills. It is a control group for 3 groups in Year 7-9 between April 23 to April 24. The school counsellor will be trained to deliver the intervention and there is compensation available for participating schools.

Each group that is completed, the school will receive £330. It is expected that schools will run three groups over the course of a year, (a total of £990).

In addition, for each group completed schools will be gifted with 3 tablets, or 10 tablets where 3 groups are completed over the course of the project. Please see here for further details: [Qualtrics Survey | Qualtrics Experience Management](#)



The Child's Voice

During the Spring Term, two school-based surveys (both require parental consent) will be offered to Slough Primary and Secondary Schools:

Lancaster Model

The **Lancaster Model Online Health Questionnaire** led by School Nurses, for children, is undertaken at key life stages (Reception, Year 6 and Year 9) and gives children the opportunity to have a full holistic health assessment. Parents complete the assessment when their child is in reception class. However, children in Year 6 and 9 complete the questionnaire themselves. The questionnaire is age appropriate, and accessed through The Lancaster Model (TLM) Portal, young people will have the opportunity to register any worries and concerns and ask for help, support and information if needed. This process provides immediate access to school health professionals, who will be able to advise, signpost or support you if required.



The **OxWell Student Survey** is an anonymous online study that measures the wellbeing of school-aged children and young people (aged 9-18 years – Year 5 Primary school and secondary school with the exception of Year 9), allowing us to learn about the many interconnected factors that might be influencing their health and happiness. By participating in the survey, children and young people

can directly let us know how they are feeling and how they would like to access help if they have mental health difficulties.

The questions in the survey address a range of issues relevant to wellbeing, including lifestyle and school life. Factors assessed include mental wellbeing, anxiety, indicators of vulnerability such as bullying and loneliness, and risky behaviour, school experience, substance usage, sleep patterns, safety including online safety, protective factors (such as exercise and healthy eating), and attitudes to accessing mental health support.

By participating in the OxWell Student Survey 2023 you can acquire valuable data about the wellbeing (health and happiness) and needs of your pupils. 1. Results can be compared with those from the rest of the county to identify strengths and weaknesses. The data is also available at a local area level and can be used to support settings for Ofsted inspections.

If your school or college would like to participate in the OxWell Survey in 2023, follow the link below to register your interest on the sign up form here:

<https://oxwell2023m.fabsurveys.co.uk/SchoolsAdmin/SchoolSignUpForm>

The questionnaire provides valuable insight into your children's wellbeing at your school/setting. It is free and all the work is done for you!!

2023 OxWell Student Survey

The OxWell Student Survey is a large-scale online survey designed to measure the wellbeing of children and young people aged 9-18 years old.

Led by researchers at the University of Oxford, the survey has run since 2019 and in 2021 more than 30,000 students from 1300 schools participated.

The online survey

- does not collect any identifiable data
- takes most pupils about 30 minutes
- can be comfortably fitted into a lesson period

What's involved?

SUBMIT Schools sign up online → OxWell emails schools a participation agreement to sign and return.

Then, OxWell emails a resources pack to schools

- A letter to send to parents for opt-out
- Presentation about the survey for children and young people
- Survey info and log-in details
- Clear instructions for children and young people

You start planning how you will deliver the survey in your school:

- Meet with the staff (often pastoral) that will drive the survey forward.
- Make sure that all staff understand the survey's purpose
- Use assemblies, posters and emails to promote the survey with students

In 2023, the survey is open from 21st February to 21st March

Why take part?

- Access your data online via a digital platform
- Generate automatic reports (e.g. for Ofsted)
- Use the data to answer specific questions and identify areas where pupils most need support
- Receive tailored summary reports
- Receive additional training on how best to use your data

To find out more and sign up visit www.oxwell.org



Whole School Support in the digital world

Over the course of **5** days, we found

896

**Coerced
Child
Sexual
Abuse
Images**

involving **penetrative** sexual activity and images involving sexual activity with an **animal or sadism**.



The IWF is the only non-law enforcement body allowed to pro-actively search for this material, to block and remove it from the internet and pass details onto the police to protect victims.

These latest **findings** all involved young children being coerced into generating abuse material from their homes...often while their parents were unaware in the house.

The Online Safety Bill is currently passing through Parliament. When it finally comes into force, platforms will have a new 'duty of care' towards users, a raft of new protections including hopefully a 'know your user' principle and rigorous age verification for any platform likely to be accessed by children.

In the interim here are a few things you may wish to consider:

Teach the message that you never get changed or undressed on camera!

Our Undressed song, animation and lesson are ideal for teaching this in EYFS and KS1, so it has sunk in before they need it. You can share the link with parents to watch from home too.

Review your curriculum, policies & approach to online safeguarding

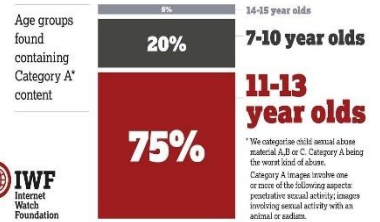
Are they fit for purpose? Do they reflect the reality of pupils' online lives? Does your messaging help? The courses below may help (as well as using our online safety audit and online safety principles guidance page).

Work with parents - use Parent Safe

Parents, like staff, might not realise that this does not just happen to 'other' families or neglected children.

Use parental control settings on devices

One of the many useful things on ParentSafe that is worth highlighting is the section on parental controls. You don't have to be an expert - just encourage them to use controls and point them here.



SAFE SETTINGS, CONTROLS & MONITORING

Apple, Android and Microsoft have tools to help you control what younger children can use and how long for. Click the images below for details. Once they are older and have your trust, the same tools can help avoid arguments and help them learn to self-regulate (how long have they really been on insta today? have they put down the phone at all in the last week?).



Apple Screen Time

Great for both parental controls and teen self-regulation



Google Family Link

Digital Wellbeing is the next step for the older ones after Family Link



Microsoft Family Safety

There are no self-regulation features for older teens, but Family Safety is great for the younger ones



Parental controls

What about the rest?

Internet Matters is an amazing one-stop shop for easy-to-understand, step-by-step parent guides to the parental controls on an array of IT



YouTube supervised mode for u13s

Parents can now use supervised mode even under 13s with different safety levels. [Find out more / set it up.](#)

Vodafone host a digital platform to help parents get the most out of tech and enjoy happy and safe digital live. Click here for more details: [Digital Parenting | Vodafone](#)



Your health and wellbeing



Professional supervision for School Leaders

Education Support has launched **School Leaders' Service**, funded by the DfE aimed at headteachers, deputy headteachers, assistant headteachers, MAT CEOs and MAT Deputy CEOs based in state funded primary or secondary schools.

The professional supervision gives you a safe and confidential space to talk about, and process what is going on for you at work, with trained professional supervisors to focus on your mental wellbeing and help you develop new coping strategies to feel more fulfilled and in control.

Six free confidential one-to-one sessions by Zoom or telephone. [Watch our video](#) to find out more about professional supervision. [Wellbeing support for school leaders \(educationsupport.org.uk\)](https://www.educationsupport.org.uk)

Free helpline: [08000 562 561](tel:08000562561)



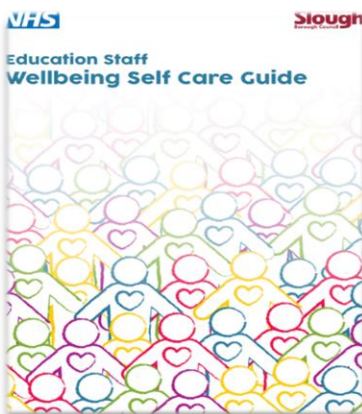
Boundaries, Rest and Letting Go

To have a long, fulfilling career in education you have to admit that your energy is not unlimited. But it can be difficult when demands are coming from every direction. Watch our webinar to find out: [Self care Webinar](#)

- how to take ownership of your boundaries
- how to make time for rest and switch off from work
- how to keep the professional and personal separate

You can download this poster here: [helpline-poster.pdf \(educationsupport.org.uk\)](#)

- DfE [Education Staff Wellbeing Charter](#). Schools who sign up to the charter are demonstrating a public commitment to support the wellbeing and mental health of their staff. Over 1300 educational settings have signed up since the charter was launched last November. A series of wellbeing resources at the end of the charter page, explore the significance of staff wellbeing, guidance, and tools to measure wellbeing.
- The DfE has also appointed the training provider [Timewise](#) to train school leaders to implement flexible working practices in schools.
- The **Anna Freud** Centre can provide [bespoke support and training to schools](#), including on staff wellbeing. They also produced this [fantastic booklet](#) on the topic – including some top tips and case studies



Education Staff Wellbeing web page provides easy access to a collection of local and national sources of support and information about staff wellbeing: [School Health & Wellbeing Project | Education Staff Wellbeing | The Link \(slough.gov.uk\)](#)

STAFF WELLBEING SUPPORT Number 22 offers wellbeing support to staff working in any setting. This can be individual or in groups. The aim of the monthly session is to provide emotional support, space for self-care and to boost resilience. For more information, please contact sarah.luke@number22.org





Safeguarding CPD

There is a good range of CPD available for DSLs over the coming months. Most sessions are still being delivered virtually; many are short 2-hour sessions.

DSL training

Please note the new dates for safeguarding training have been released for this academic year, including:

- **Safer recruitment** (9th February 2023, 11th May 2023)
- **Managing allegations** (12th Jan 2023, 20th April 2023, 5th July 2023)
- **Experienced DSL training** (19th January 2023, 9th March 2023, 16th May 2023)
- **New to role of DSL** (10th Jan 2023, 21st April 2023, 4th July 2023)

All these courses can be accessed via the LINK here: [Events & Training | The Link \(slough.gov.uk\)](#)

The multi-agency courses being delivered by the **Slough Safeguarding Partnership** are **free of charge**. All this training is targeted at level 3 competencies and continues to be conducted via Microsoft Teams so that all partners can access it. To replicate the classroom learning experience as best we can, attendee numbers are kept to a small number to ensure quality interaction. It is therefore advisable to book early.

All the training is 2 hours long and can be booked via our website. Simply log onto our website and click on "Book training" on the first page. <https://www.sloughsafeguardingpartnership.org.uk>

Courses include:

- Exploitation of Children, Young People and Vulnerable Adults
- Multi agency Risk Tool for Adults who do not access services
- Core Groups in Children's Safeguarding
- Children's Child Protection Case Conferences
- Coercive Control Awareness
- Difficult Conversations surrounding Neglect
- Knife Angel | Slough - Exploitation Training 19th January 23 can be booked here: <https://www.sloughsafeguardingpartnership.org.uk/events>

Dates of DSL Networks Primary DSL Networks (1000 to 1200)

- 11th Jan 2023
- 19th April 2023

Dates of DSL Networks Secondary DSL Network (1600 to 1730)

- 12th January 2023
- 20th April 2023

Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings

As part of the CAMHS offer for early intervention, the CCG have developed a comprehensive CPD Programme with a range of resources and webinars on mental health and wellbeing. You can access the FREE CPD sessions here: [Other Services | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](#)

five to thrive

An approach that helps bridge the gap between the latest neuroscientific theory and effective attachment-based practice in early intervention and positive parenting



Five to thrive is a simple means of describing the process of attachment to those caring for babies and young children. It takes up to date scientific discovery of how children develop and learn and helps practitioners to easily express what they most often understand instinctively both between themselves and the families they work with. Central to the five to thrive approach is the set of five key activities:

themselves and the families they work with. Central to the five to thrive approach is the set of five key activities:

Respond • Cuddle • Relax • Play • Talk If you missed the introductory session you can still access the webinar here: [Five to Thrive introduction](#)

Emotion Coaching available to all schools to help recognise a child's emotions, recognising emotion as an opportunity to relate and teach; listening empathetically and validating the child's feelings; helping the child to verbally label emotions and setting limits while helping the child to problem-solve and develop internal regulation. Emotional coaching will build on the five to thrive model above. Emotion Coaching assists in developing skills to facilitate trauma informed conversations with children and young people, and support school staff to manage difficult behaviour in the moment. This approach works well when it is applied across the whole school workforce than a few identified members of staff. The training can facilitate a roll out to whole school staff groups to help them to understand and adopt emotion coaching techniques in everyday interactions.

You can register your interest in this Emotion Coaching for Slough Schools by working through the short questionnaire linked to this form. We will then be in touch with you to schedule the training for your school/setting. Please click here to register your interest: <https://connected.kca.training/register.cfm?form=Slough-Schools-EC-RYI>

Emotion Coaching

Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's outcomes and resilience.

Research shows that Emotion Coaching in schools has a transformative impact on attendance, exclusions and suspensions, attainment, and staff and pupil engagement and resilience.

Slough Borough Council are offering all the schools in the borough, 'whole school' training (for all staff) on Emotion Coaching for FREE (with an introduction to attachment and trauma) to be delivered by training provider KCA - Knowledge Change Action.

To register your interest contact Knowledge Change Action on the telephone number or email address below

01453 488400
contact@kca.training
www.kca.training

POSITIVE BEHAVIOUR SUPPORT FOR FAMILIES

Positive Behaviour Support for Families

Week 0 - Introduction
Introducing the PBS model & the opportunity to meet the course and group

Week 1 - Core Model
Remember your initial goal & what's going on. This week is to do with program setting forward

Week 2 - Core Model
Remember your initial goal & what's going on. This week is to do with program setting forward

Week 3 - Core Model
Remember your initial goal & what's going on. This week is to do with program setting forward

Week 4 - Response
This session looks at strategies for promoting and building relationships

Week 5 - Review
Creating new, shared environments for yourself and your family

To book onto a course, go to Eventbrite and search Berkshire PBS. Alternatively, email: tom@pbccooperative.org.uk

PBS Cooperative

The courses are open to families/carers who are supporting someone with additional needs that are presenting with behaviours that challenge. These aim to help families/carers to understand the function of behaviours, how to adapt the environment and routine to better meet someone's needs and improve their quality of life, which often results in a reduction in behaviours that challenge. Parents can join the family courses with proactive and reactive strategies to support quality of life and reduce behaviours of concern. Best of all it is FREE! After 6 weeks course they will get 121 support, as a family. The workforce offer is for 1 day (for all staff) and more intense support held over 10 weeks (amounts to 4 days in total). This would be most helpful to upskill the TA's and LSA's.

Free Positive Behaviour Support Training for Schools and Children's Services

NHS Frimley ICB are working together with the PBS Cooperative to offer free-to-access online PBS Training

PBS Informed
A 5-day course for all staff. You will learn what PBS is, how to improve quality of life with adjusting of learning, behaviour and social functions behaviour services.

PBS Equipped
A 4-day course for all staff. This course is practice based, focusing on the environment, teaching new skills and proactive planning.

Course Dates
Jan 2021, March 2021, May 2021, July 2021, Sept 2021





Course Dates
Feb 21, April 21, June 21, Aug 21, Oct 21

To book onto a course, visit Eventbrite and search Berkshire PBS. Alternatively, email: tom@pbccooperative.org.uk

PBS Cooperative



Professional Helplines

Guidance and support	Links
NSPCC Helpline - for staff delivering sensitive topics and other ready-made lesson plans and resources	Talk Relationships: delivering sex and relationships education NSPCC Learning
Harmful Sexual Behaviour Support Service SWGfL have a new support service for professionals in tackling harmful sexual behaviours.	https://swgfl.org.uk/harmful-sexual-behaviour-support-service/  HARMFUL SEXUAL BEHAVIOUR SUPPORT SERVICE <i>for the children's workforce</i> 0344 2250623 hsbsupport@swgfl.org.uk
Safety Planning for Harmful Sexual Behaviour resources and templates Three resources tailored to help all education professionals when they have concerns of child sexual abuse or behaviour.	 Centre of expertise on child sexual abuse Helping education settings identify and respond to concerns - CSA Centre
Challenging victim blaming behaviour guidance from UKCIS	Challenging victim blaming language and behaviours when dealing with the online experiences of children and young people (publishing.service.gov.uk)
NSPCC Report abuse in education Helpline	Dedicated helpline for victims of abuse in schools NSPCC 0800 136 663 help@nspcc.org.uk
Professionals Helpline	 Professionals Online Safety Helpline <small>Part of the UK Safer Internet Centre</small> 0344 381 4772 helpline@safeterinternet.org.uk <small>Free support and advice for professionals working with children and young people, dealing with online safety issues</small> Professionals Online Safety Helpline Safer Internet Centre 0344 381 4772
Revenge Porn Helpline	Revenge Porn Helpline - 0345 6000 459
Stalking Helpline National Stalking helpline A free service offering advice for victims of stalking	National Stalking Helpline Suzy Lamplugh Trust
Operation Encompass Helpline	Teachers' Helpline : Operation Encompass 0204 513 9990
Harmful sexual behaviour prevention toolkit (Lucy Faithfull Foundation) <i>Support for parents and children displaying harmful sexual behaviours</i>	Stop it Now 0808 1000 900  Stop It Now! <small>UK & IRELAND</small> Helping prevent child sexual abuse



Awareness Days!!

The Slough Safeguarding Partnership will send you quarterly updates on key safeguarding awareness days. This page brings you the latest safeguarding messages to keep residents of Slough safe. There are various safeguarding awareness days coming up across this quarter. We would greatly appreciate if these can be incorporated into your communications to help deliver our messages far and wide too difficult to reach communities of Slough.

Action needed: Please lift and shift messages into your communications internally with your staff and externally with residents, venues, and settings to promote safeguarding across Slough. You can drip feed some of the messages if you send out more frequent communications. Also included is a safeguarding poster to promote the various helplines to protect vulnerable adults and children from abuse, neglect, and exploitation.



Find out more and get involved

**Safer Internet Day –
7th February 2023**

Safer Internet Day – 7th February 2023 is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2023 is on 7th February and will be celebrated with the theme **'Want to talk about it?' Making space for conversations about life online.**

Student voice is incredibly important, not only to let us know what concerns them, but also to shape policy, strategy and the curriculum. Equally, if you ask children what concerns them about life online and compare it to answers from parents, the responses will be very different, so it is important that parents know what

concerns their children.

You can download readymade resources here to use in school to bring to life the conversations about life online and signposting for parents to come on board here: [Safer Internet Day 2023 - UK Safer Internet Centre](#)

ProjectEVOLVE resources each of the 330 statements from UK Council for Internet Safety's (UKCIS) framework ["Education for a Connected World"](#) with perspectives; research; activities; outcomes; supporting resources and professional development materials. There are phase specific topics on PHSE/Risky behaviours etc with measure of learning resources/lesson plans we discussed here: [Search and Access Resources](#) ▶ [Curriculum](#) | [ProjectEVOLVE](#)

Children regularly use different websites and apps from their parents, and it can be hard to keep up in this ever-changing digital world. But the things that help keep children safe online are often similar to the things that keep them safe offline.

We are encouraging parents to talk about what they think is normal online and what behaviour to expect from others and from themselves. Encourage them to think critically and question what they see online. Talk to them about where they go to get information they trust, talk about fake news, fake followers and scams. Help them develop a healthy suspicion of whether people are who they say they are. You will find some good tips, advice, guides and resources to help keep your child safe online on these links below:

[Parents and Carers - UK Safer Internet Centre](#) | [Keeping children safe online](#) | [NSPCC](#) | [Parents Protect - Internet Safety](#)

Sexual abuse & Violence Week – 6th – 12th February 2023



6TH - 12TH FEBRUARY 2023
#ITSNOTOK

Sexual Abuse & Sexual Violence Awareness Week is the UK's national week to raise awareness of sexual abuse and violence and to everyone to raise awareness and campaign against sexual violence and shine a light on the support available.

The week aims to empower victims and send out a clear message that the UK collectively will be saying 'It's Not Ok'!

There has been a focus on peer-on-peer sexual abuse and sexual violence between young people and in education settings. This abuse of children by other children can take many forms including bullying, sexual exploitation, and violence.

Online peer-on-peer abuse is any form of child-on-child abuse with a digital element. This includes sharing nudes, online abuse, coercion and exploitation, peer-on-peer grooming, threatening language the distribution of sexualised content, and harassment.

The PSHE Association and National Police Chief's Council have produced lesson plans to allow teachers to deliver the initial violent behaviour prevention education using facilitation guidance, lessons & resources for KS3 pupils on violent behaviour which can be found here: [Police in the classroom \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)

Anyone who would like to speak to someone in confidence about sexual abuse or violence can contact Thames Valley Police on 101 or if anyone is at immediate harm, please call 999.

You can download the logo for #ITs NOT OK here: [Resources - Sexual Abuse and Sexual Violence Awareness Week](#)



THE SURVIVORS TRUST

The Survivors Trust runs a free, national helpline 7 days a week for people aged 16+. They support encourage all survivors of rape or sexual abuse and violence to call our helpline.

Call our free, confidential helpline on 0808 801 0818 | [Our Helpline & Live Chat Service | The Survivors Trust](#)



Care | Empower | Recover

There are many common myths about rape, sexual abuse and sexual violence which can make it difficult for victims to talk to anyone or seek support. Victims can blame themselves, think others will blame them or that they won't be believed. Myths can also affect how victims are treated by family and friends, services, and organisations. It's important to challenge these myths. Victim First

[Sexual Abuse and Sexual Violence Awareness Week · Victims First – supporting victims across Berkshire, Buckinghamshire and Oxfordshire \(victims-first.org.uk\)](#)



Child Mental Health Week - 6th – 12th February 2023

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of



wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Children's Mental Health Week is run by children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health. This year's theme is Let's Connect. As part of the week, Place2Be is encouraging children (and adults) to connect with others in healthy, rewarding and meaningful ways.

Get your school talking about mental health by taking part in Place2Be's Children's Mental Health Week (6-12 February 2023). Visit their website to download free assembly guides, activities, slides and top tips for primary and secondary schools: [Schools - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk)

You can use ready made resources to promote via your social media sites here: [Social Media Resources - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk)



Young Carers Action Day - 15th March 2023

A carer is a person who looks after the physically and mentally ill members of their families. Many young people fill the roles of carers in their families, which adversely affects their own lives and prospects. The theme for 2023 Young Carers Action Day is **Make Time for Young Carers** and resources can be downloaded here: [YCAD 2023 - Resources | Carers Trust](https://www.carers.org/yacad)

Schools have an important role to play in the lives of young carers, by supporting them and helping remove the barriers to educational and social attainment as well as assuring their wellbeing. Schools can do this by ensuring that the young carer is plugged into a local support group and by providing a confidential route for them

to get help. Schools should also provide a safe and trusted environment where young carers can socialise with other children, communicate with peers, access support, and have fun.

- Young carers have significantly lower educational attainment at GCSE level – the difference between nine Cs and nine Ds (The Children's Society, 2013).
- 42% of young carers or adult carers 'always' or 'usually' feel stressed (Carers Trust, 2022).
- 27% of young carers say that they struggle to balance caring with school or college work (Carers Trust, 2022).
- 52% said they do 'not often' or 'never' get help from school or college to balance their work (Carers Trust, 2022).
- 34% of young carers say their school or college 'always' or 'usually' understand about them being a young carer – this means around two-thirds of young carers are spending their days in environments where they don't feel fully understood (Carers Trust, 2022).
- 40% said they 'never' or do 'not often' have someone at school to talk to about being a young carer or young adult carer (Carers Trust, 2022).

How can I help KS2 children learn about Young Carers Action Day?

Resource to help explain to KS2 children what the role of a young carer is, what they do and think about the challenges young carers face can be found here: [Young Carers Assembly PowerPoint - Pastoral - Primary Resources - Twinkl](#)

To get a local young carers assessment please contact: [Slough Young Carers](#)



TERM DATES 2024/2024

School term and holiday dates for community and voluntary controlled schools. Academy, free voluntary aided schools can set their own term dates, so please check with your school.

Autumn 2023

Term 1 (35 days)

Term starts on: Monday 4th September 2023* **Term ends on:** Friday 20th October 2023

October holiday: Monday 23rd October 2023 to Friday 27th October 2023

Term 2 (35 days)

Term starts on: Monday 30th October 2023 **Term ends on:** Friday 15th December 2023

Christmas holiday: Monday 18th December 2023 to Tuesday 3rd January 2024

Spring 2024

Term 3 (28 days)

Term starts on: Wednesday 3rd January 2024 **Term ends on:** Friday 9th February 2024

February holiday: Monday 12th February 2024 to Friday 16th February 2024

Term 4 (29 days)

Term starts on: Monday 19th February 2024 **Term ends on:** Thursday 28th March 2024

Spring holiday: Friday 29th March 2024 to Friday 12th April 2024
(Good Friday – 29th March 2024; Easter Monday – 1st April 2024)

Summer 2024

Term 5 (29 days)

Term starts on: Monday 15th April 2024 **Term ends on:** Friday 24th May 2024

May holiday: Monday 27th May 2024 to Friday 31st May 2024

Term 6 (39 days)

Term starts on: Monday 3rd June 2024 **Term ends on:** Thursday 25th July 2024

Inset days.

There are five Inset (Teacher Training) Days to be taken during the 2023/2024 academic year. One of these, set by the LA, will be the first day of Term 1 (Monday 4th September 2023). The remaining four days must be taken *within* the 195 days given here. **These dates will be set by the school, and communicated to parents directly.**

Bank holidays in 2023/24

Christmas Day	- Monday 25 th December 2023	Easter Monday	- Monday 1 st April 2024
Boxing Day	- Tuesday 26 th December 2023	May Day Holiday	- Monday 6 th May 2024
New Year's Day (substitute)	- Monday 1 st January 2024	Spring Bank Holiday	- Monday 27 th May 2024
Good Friday	- Friday 29 th March 2024	August Bank Holiday	- Monday 26 th August 2024