

## SAFEGUARDING PARENT/CARER NEWSLETTER

### Message from the Safeguarding

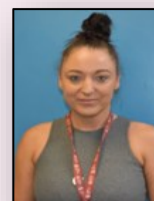
All children have the right to:

- ◆ Speak out and be heard
- ◆ Be safe
- ◆ Get help when they need it

If you have a concern - Speak Out!

The Safeguarding Team would like to wish you all a very Happy Christmas break and New Year with friends and family.

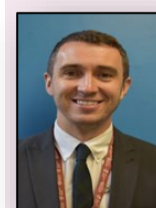
The Coleshill School is committed to safeguarding and meeting the needs of our young people, our staff and our families and through working in partnership, we will strive to create a safe and inclusive environment in which we can all learn and develop together.



Miss R Brindley  
Head Teacher



Mrs L Fellowes  
Lead DSL



Mr Bailey  
Head of Phase



Mr Jordan  
Mental Health  
Lead



Mrs South  
Strategic Lead  
for SEMH



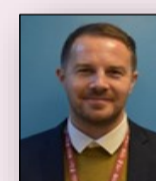
Ms N Page  
Year 7 Leader



Ms Kirkwood  
Year 8 Leader



Mr Shaw  
Year 9 Leader



Mr A Chetwynd  
Year 10 Leader



Mrs M Oneill  
Year 11 Leader



Mrs Bishop  
6th Form

### Useful Contacts:



- **Childline:** 0800 11 11
- **NHS:** 111
- **Family Information Service:** 01926 412412
- **Samaritans:** 116123, [www.samaritans.org](http://www.samaritans.org)
- **Victim Support:** 08 08 16 89 111
- **Kooth:** Online mental health services for young people and adults - <http://www.kooth.com>
- **Rape Crisis Line:** 08088 039999 (12:00 - 14:30 & 19:00 - 21:30)
- **Anxiety UK:** 03444 775 774
- **LGBT+ Helpline:** 07935 669611 (15:00 - 17:00 Tuesdays & Wednesdays 13:00 - 15:00pm Thursdays)
- **CRUSE:** Bereavement counselling: 0333 554 9157
- **Crimestoppers:** 0800 555 111
- **Domestic Abuse Helpline:** [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)
- **Forced Marriage Unit:** 020 7008 0151
- **Positive Youth Foundation:** 02476 158550
- **Homelessness:** 0116 221 1857
- **Drinkaware:** 0300 123 1110
- **BEAT: Eating Disorders:** 0800 801 0811
- **Mind:** Mental Health Charity: 0300 123 3393
- **Solihull Solar:** 0121 705 1659

### The parents guide to Teenage Anxiety and Stress



The Parents' Guide to Teenage Anxiety and Stress 2023.pdf

### SMOOTHWALL

Attached is a copy of our digital parental engagement Plan which has helpful/handy tips and advice for online safety.



Digital Parental Engagement Plan.pdf

### CHROMING

#### What is 'chroming'?

The term "chroming" refers to a recent drug trend in which individuals inhale the fumes of intoxicants such as aerosols, paint, or solvents to experience a high. The name came from the original act of sniffing chrome-based paint.

Although using inhalants isn't new, recent social media trends are adding a new dimension of peer pressure through the 'TikTok Challenge'. The challenge, also known as 'WhipTok' has sparked renewed interest, especially among teenagers, who are being encouraged to try this dangerous practice.

#### Why is it dangerous?

As well as the short term effects typical of substance abuse, experts have warned that 'chroming' can lead to long term brain damage and damage to internal organs.



If you're going through a tough time, you're not alone. We've got lots of information and resources to help.

Visit our website [www.mind.org](http://www.mind.org) where you will find helpful hints and tips to support your mental health and well-being





20th December 2023

## **ROAD SAFETY**

Dear Parent/Carer,

Police and schools in the Borough are committed to working together to protect our young people from becoming victims of crime. West Midlands Police are sending you this letter to highlight the importance of talking to your child about road safety when coming to and from school. This is following multiple incidents of offenders on mopeds and motorbikes harassing students on their walk back home, as well as bicycles being stolen. Our ongoing work includes highlighting the dangers that are prevalent on the road and what young people can do to keep themselves safe.

Ensure you are aware of the route that your child takes to school. By using well-lit paths (given the darker nights), walking in groups and being mindful of their surroundings, they can avoid incidents from occurring. This is further cemented by avoiding alleyways and cut throughs, isolated paths that have no lighting and parks after day light hours. Make sure that they understand the importance of going directly to their destination, without stops or diversions. Advise them to avoid stepping into the road without checking for traffic, as well as to choosing safe places to cross and explain to them why.

Even if your child has reached adolescence, you should keep talking about road safety with them, and ensure that they know the importance of continuing to take great care when crossing the road, including putting away their phone and taking out any earphones when crossing the road. Remind them that they will be unable to hear traffic if they are listening to music through their earphones or see it properly if they are wearing a hood.

A key thing to remember is that visibility is a key issue all year round, all day long, whether children are walking or on their bike. However, over the autumn/winter months, it is especially important as the school day can start and end in twilight. Remember:

- Wear bright clothing during the day and reflective clothing or accessories after dark
- Always choose routes and cross at places that are well-lit
- Where possible, cross the road at a pedestrian crossing
- Remind older children who travel by themselves about road safety and the additional hazards in autumn/winter (i.e. wet leaves, ice, etc.)
- Invest in a quality bike lock to deter thieves

Yours sincerely,

**Sergeant Windsor**

Solihull Partnerships

West Midlands Police