



Wyvern  
Academy

*Enriching Lives, Inspiring Ambitions*

# SAFEGUARDING & WELLBEING NEWSLETTER

Issue #01

Summer Term

July 2024

## SAFEGUARDING TEAM



Mrs P Atkinson  
Pastoral Lead



Mrs L Mitchell  
Assistant Headteacher  
Designated Safeguarding Lead



Mr R Tyreman  
Pastoral Lead



Mr J Willis  
Assistant Headteacher



Mrs Z Grant  
Attendance and Family Welfare Officer  
Deputy Designated Safeguarding Lead



Mrs M Leafe  
Attendance and Family Welfare  
Worker



Mr J Wilkinson  
Administration Manager



Miss I Bell  
Cover Manager  
Deputy Designated Safeguarding Lead



Mr J Craggs  
Pastoral Lead

# INFORMATION

At Wyvern Academy we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

All staff are trained level 2 safeguarding leads and are able to support your child if they are need to speak to them about their concerns.

## CPOMS & CLASS CHARTS

We use an outline platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe. Class Charts is an online platform used to record achievement and behaviour.

## LANYARDS

Staff wear lanyards so that they can be identified as having the correct checks and have permission to be on site.

- Red – Wyvern Academy Staff
- Blue – Visitors with DBS
- Black - Visitors without a DBS



# NEVER OK

Abuse  
#NeverOk

Hate Crime  
#NeverOk

Bullying and  
Harassment  
#NeverOk

As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear to staff.

## Definition

Bullying is “behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally”. (DfE “Preventing and Tackling Bullying”, July 2017).

Bullying can include name calling, taunting, mocking, making offensive comments; kicking; hitting; taking belongings; producing offensive graffiti; gossiping; excluding people from groups and spreading hurtful and untruthful rumours.

This includes the same unacceptable behaviours expressed online, sometimes called online or cyberbullying. This can include sending offensive, upsetting and inappropriate messages by phone, text, instant messenger, through gaming, websites, social media sites and apps, and sending offensive or degrading photos or videos.

Discrimination  
#NeverOk

Sexual Misconduct  
and Assault  
#NeverOk

REPORT AND  
SUPPORT



# KEEPING CHILDREN SAFE

As parents, your main priority will be to make sure your children are healthy, happy, and safe.

This means more than just making sure they are physically safe, but looking after their emotional and mental well-being too. They need to know how to keep themselves safe when they are out, and to ensure they know all about online safety, on social networks, and when using their mobile phones.

If you have any concerns about the safety and well-being of your children, please do not hesitate to contact us.

If you have concerns during the school holiday periods, you can contact the academy on 01325 351377.

On our school website there are some links to several websites, videos, and documents that provide advice and support to help you keep your children safe:

## [Stop Abuse Together](#)

- [Get Safe Online](#)
- [Childline](#)
- [PlayStation safety](#)
- [NSPCC](#)
- [Think You Know](#)
- [Calm Zone – Childline](#)
- [Young Minds](#)
- [Child and Adolescent Mental Health Services \(CAMHS\)](#)
- [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)
- [‘Squid Game’ Trending across Platforms: What Parents Need to Know](#)
- [#AskTheAwkward - help to talk with your children about online relationships \(thinkuknow.co.uk\)](#)

The UK Government has launched a new advice and support site to help keep children safe from sexual abuse. The site includes advice for parents and carers on spotting the signs of sexual abuse and speaking to your child about relationships and safety. It also signposts to sources of further support for children, adults and professionals including the NSPCC helpline and Childline.

**Visit the website:** [Stop abuse together](#)

# SAFEGUARDING YOUR CHILD

**NSPCC**  
**'Learning'**

**YOUNG MINDS**  
fighting for young people's mental health

Steps we can complete together to keep your child safe;

- Ensure they know that they can speak to all staff about how they feel and if there is anything worrying about them.
- Staff will inform a relevant member of staff who can help and assist your child.
- We will communicate with home. To ensure we can contact home, please make sure we have at School App is linked to your device. We communicate regularly on here, this ensures you gain information for your child.
- Parents/carers can contact the school via the safeguarding email address, if they wish to meet with one of the team.



**kooth**

Kooth is an online **mental wellbeing** community for young people

For ages: **11-18**

Sign up for free at [Kooth.com](https://www.kooth.com)

# SAFEGUARDING YOUR CHILD



## **My Child is Gaming with Strangers - What should I do?**

Are you concerned about a child/young person who is gaming? If you know a child/young person who is gaming, you should read the UK Safer Internet guide on keeping children safe when gaming. For further information please visit [saferinternet.org.uk](http://saferinternet.org.uk).



Young people may struggle with the loss of structure and not seeing their friends every day. It's important that you look after their mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, your child has techniques they can turn to in stressful times. The Anna Freud toolkit contains activities and guidance to help support and boost mental wellbeing over the summer and beyond.

Resources can be accessed from [www.annafreud.org](http://www.annafreud.org)

- My self-care plan - Anna Freud
- A set of simple activities and a step-by-step guide to help young people create their own self-care plan.
- Self-care form time activities - Public Health England
- A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques.
- Wellbeing activities: being kind to yourself - British Red Cross
- A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.
- Self-care resources - Anna Freud
- A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.

# SAFEGUARDING YOUR CHILD

## Rail Safety

With the schools closed for summer holidays, British Transport Police (BTP) are urging parents and carers to speak to their children and loved ones about the dangers posed by the railway and the importance of staying off the track. Each year, hundreds of people taking risks on and around the railway, resulting in tragic consequences and life-changing injuries.

BTP and Network Rail run a hard-hitting safety campaign – You Vs Train, which highlights the devastating consequences of trespassing on the railway. Important messages for parents and carers to share with children:

- The rail network is never switched off. Electricity powers the overhead cables 24 hours a day, 7 days a week.
- The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night.
- Never anticipate that the you know when the next train is due. Timetables are subject to change and only show passenger services – freight trains can run at any time of the day or night and can travel up to 100mph.

More information on rail safety can be found at [www.youvstrain.co.uk](http://www.youvstrain.co.uk)

## What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

### Trespassing includes:



Picking up lost property from the tracks



Crossing the tracks at any point other than at a level crossing



Stepping off a level crossing onto an area where you shouldn't be



Taking a walk down the side of the railway track

# SAFEGUARDING YOUR CHILD

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

## SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.





Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

   @BSFcharity

# SAFEGUARDING YOUR CHILD

## WATER SAFETY RULES



**Buddy up!**  
Make sure you never swim alone.



Swim in safe areas and always know where the lifeguard is.



**Know your limits.**  
Don't swim farther than or hold your breath longer than you are able to.



Jump in feet first.

Don't enter cold water.



Wear a life jacket if you can't swim or while on a boat.



Don't swim during storms.



Learn how to swim.



To assist someone in trouble, reach them with a pole or throw a floatable ball.

Last, but not least...

**FOLLOW THE RULES!**

# SUPPORTING ORGANISATIONS



Tees, Esk and Wear Valleys  
NHS Foundation Trust

## Parent and carer support group in County Durham and Darlington

If you care for a child or young person with emotional or mental health difficulties, why not come along to one of our friendly support groups.

All groups are led by a friendly parent peer practitioner and supported by a CAMHS mental health nurse. The group will listen, support and offer advice and guidance based on lived experiences.

So why not pop along, a warm welcome awaits you. There's no need to book. If you have any questions, email the team at [TEWV.waves@nhs.net](mailto:TEWV.waves@nhs.net).



### Locations and dates:

**Acley Centre, Carers Way,  
Newton Aycliffe, DL5 4PE**

**6pm - 8pm**

17 April	18 September
15 May	16 October
19 June	20 November
17 July	18 December
21 August	

**Winchester House, South West  
Industrial Estate, Peterlee,  
SR8 2RJ**

**10am - 12noon**

16 July	15 October
20 August	19 November
17 September	17 December

**Lanchester Road Hospital,  
Durham, DH1 5RD**

**10am - 12noon**

3 April	4 September
1 May	2 October
5 June	6 November
3 July	4 December
7 August	

**Mulberry Centre, Rowan  
Building, Darlington  
Memorial Hospital, DL3 6HX**

**10am - 12noon**

2 July	1 October
6 August	5 November
3 September	3 December

VAPING AND E-CIGARETTES

# THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

## DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE NOT HARMLESS.**

Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

**HARMFUL FOR THE ENVIRONMENT.**

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!

# DON'T SMOKE? DON'T START TO VAPE.

# FAMILY SUPPORT



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### **LAS IGUANAS**

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### **ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### **THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### **TGI FRIDAYS**

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### **PUREZZA**

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### **TRAVELODGE & PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **IKEA**

Kids get a meal from 95p daily from 11am

### **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### **MORRISONS**

Spend £4.49 and get one free kids meal all day, every day.

### **TESCO CAFES**

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### **YO! SUSHI**

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### **COCONUT TREE**

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### **DOBBIES GARDEN CENTRES**

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **HUNGRY HORSE**

Kids eat for £1 on Mondays

### **FUTURE INNS**

Under 5s eat for free with any adult meal.

# HELP IN THE COMMUNITY

In addition to the support within Wyvern Academy, there is also assistance within the community via Darlington Connect.

A poster for Darlington Connect. The top half has a red background with the text 'Darlington Connect' in white. Below this, on a white background, is a description of the service, a list of services provided, and contact information. On the right side, there is a circular inset image of the Darlington Connect building. A red circle overlaps the bottom right of the inset image, containing opening times and location information.

## Darlington Connect

Darlington Connect is a partnership of organisations who have come together to help the people of Darlington.

**We provide help such as:**

- Access into health and wellbeing services
- Referrals into a range of specialist support agencies
- Cost of living advice
- Community engagement

**If you are struggling at the moment with any problem, you are not alone. Coordinated support is available for any difficulty you are experiencing.**

**Opening times**  
Mon to Fri  
9am - 3.30pm  
6, Northgate,  
(next to Costa Coffee)

Call us on 01325 639507  
email: [darlingtonconnect1@gmail.com](mailto:darlingtonconnect1@gmail.com)  
or call in for further details

## CONTACT

If you have any questions or queries, please do not hesitate to contact us via email. This email address will be monitored everyday over the break period for emergency contact.

[safeguarding.wyvern@consilium-at.com](mailto:safeguarding.wyvern@consilium-at.com)



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