



The Hinckley
SCHOOL

SAFEGUARDING & WELLBEING NEWSLETTER

February 2025

Welcome to our Safeguarding and Wellbeing Newsletter.

We hope this Safeguarding and Wellbeing Newsletter finds you well. We have had a great start to the new year and have lots of information packed into this edition to share with you!

Immunisation information, E Safety guidance, mental health support and lots going on in the community that hopefully many families will be able to benefit from.

As always, if you would like to contact the safeguarding team with any questions or concerns, please do, we are always happy to help and advice.

Kind regards,

The Safeguarding Team,
Mrs K Priestnall & Miss I Pawley

kpriestnall@thehinckleyschool.co.uk

ipawley@thehinckleyschool.co.uk

Immunisations

3-in-1 teenage booster + meningitis ACWY vaccination for young people

(starting from school year 9) will be administered on Friday, 28 February 2025

Human papillomavirus (HPV) vaccination for young people

(starting from school year 8) will be administered on Friday, 16 May 2025

Want to find out more about the 3-in-1 teenage booster and MenACWY vaccines? Take a look at this gaming-themed animation that explains what the vaccines are and what they protect against:

tiny.cc/3in1andmenACWYanimation

Parents and carers, don't forget the School Immunisation Service's next visit to The Hinckley School is on **the 28th February**. Visit www.leicsandrutlandimms.co.uk to fill in the online consent decision forms. Our school code is **LE141682** If you need help or have questions you can contact the service using the contact details below.

More information about the vaccines offered can be found here:

[HPV](#) [Questions you may have about the HPV vaccine](#) [A guide to immunisations for young people](#)

Should you wish to contact the Immunisation team directly you can do so here:

Bridge Park Plaza | Bridge Park Road | Thurmaston | Leicester | LE4 8PQ **Tel:** 0300 3000 007

E-mail: lpt.sais@nhs.net **Website:** www.leicspart.nhs.uk/service/schoolagedimms

Any child that misses out on their vaccine will be offered a vaccine the next time they visit.

E-Safety – Is WhatsApp safe for my child?



[Is WhatsApp safe for my child? | NSPCC](#)

Tips to help keep your child safe on WhatsApp

• **Get to know privacy settings.**

- There are four main settings that you can use to help your child control who can see their information:
 - Everyone – allows all users to see your profile photo, about or status.
 - My contacts – only allows people from your phone contacts to see your profile photo, about, status, last seen and online.
 - My contacts except... – allows you to exclude certain people in your phone contacts from seeing your information.
 - Nobody – doesn't allow anyone to see your information.
- The default setting on WhatsApp is 'everyone' but you can help your child to set their privacy controls by clicking the 'settings' cog and selecting 'privacy'. Here you can select each type of information and change it to the setting that you want.
- To prevent children being added to groups by people they don't know, we recommend changing the group settings to 'My contacts except' and using the tick icon to select all contacts. This option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody can add your child to a group chat without first sending them an invitation.
- In the same section, you can also switch off 'read receipts', which means other people cannot see when you have read their message. This might help if your child is feeling under pressure to respond to messages.

• **Make use of safety features**

- Show your child how to block and report other users of the app or inappropriate content. For information on how to block or report on WhatsApp visit: [How to block and report contacts | WhatsApp Help Center.](#)

• **Talk about sharing**

- Talk to your child regularly about what they should and shouldn't share with others on WhatsApp. You can read more about this here: [Social media | NSPCC](#)
- Remind your child that, even if they think what they are sending will stay private, others might save, forward or screenshot it. Talk to them about making sure others are comfortable with what they are sending and let them know they can come to you if they are worried about something they have shared on the app.

• **Set rules about location sharing**

- Decide with your child if it is appropriate for them to share their location with others and who they are allowed to share it with. You can disable location permissions by going into your device settings and switching off location services for WhatsApp.



Remember for any concerns about online abuse of children click the following CEOP link: [CEOP reporting](#)

CEOP - [Child Exploitation Online Protection](#) has lots of advice and resources for children of all ages, and adults. Click on the links below to learn more about how to stay safe:

Stalking	Relationship abuse	Sending nudes
Gaming	Group chats	Socialising online

Mental Health Support

The information relating to what is on offer in the community is regularly being updated and this information is shared in this newsletter and listed, where appropriate, in our [Mental Health Offer and Family Support Directory](#).

In school, this term we have welcomed Donna Lee from Hinckley & Bosworth Borough Council. Donna is the local Youth Engagement Activator and also a qualified ELSA (Emotional Literacy Support Assistant) and Donna has been delivering a wellbeing programme to some of our Year 8 and 9 students, as well as offering 1-1 ELSA sessions.

We are thrilled to have Donna as part of our school mental health offer and as part of our 'Tuesday Team'. The feedback from Donna after two weeks has been a pleasure to read and this encapsulates the support offered by all staff, not just the Pastoral and Safeguarding Team. See a quote from her below:

"I just wanted to pass on a compliment from your students to you and your team. I mentioned this to the wellbeing group, every student I spoke to in the ELSA sessions felt safe and confident to talk to the Pastoral Team when they felt that they can't go into class due to their anxiety. They all said that if they could get themselves into school they felt safe and supported with your staff. This isn't the case in many schools I visit, I just wanted to say well done.

Thank you for making me feel so welcome, I love my Tuesday mornings."

Mental health Support in the community

Childline phone counselling and live chats

[Get Support | Childline](#)

Stem4 supports teenage mental health, if you or your child are worried about any of these concerns, take a look at the resources in the following links:

[Anxiety](#) [Depression](#) [Self harm](#) [Eating disorders](#) [Addiction](#)

Central Access Point (CAP) is a free, 24/7 NHS service for urgent mental health advice and support, available to both children and adults. It connects you to mental health professionals and can lead to CAMHS pathways. Call: 0808 800 3302



CENTRAL ACCESS POINT

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

 **0808 800 3302**

Go Beyond Activity Holidays

Go Beyond is a registered charity that provides activity holidays for children aged up to 13 years, free of charge. School makes the referral for the break and this can be for children who are young carers, struggle to make friends, or fall behind at school, or who may have had a difficult time with any aspect of their lives. Please do get in touch if you think your child would benefit from an activity break. [Home - Go Beyond](#)

Here is a review from one of our recent attenders.

“Go Beyond is an amazing break for children from ages 7 – 13 to go on. You do all kinds of different activities, you never know what you will do next. The staff there are super nice and you will always be supported by them. The time you spend there is so much fun. The food is amazing and you will always want more. The beds are comfortable and the place you stay has everything you could ever want. It is an amazing place for kids to socialize and make friends.”

- Year 8 student

Police and Hinckley and Bosworth Local Authority Alert Request

Castle Street in Hinckley: Children should not be riding their bikes down Castle Street in Hinckley, we have been asked to request parental support with this.



Positive Pathways

If you are worried your child is experiencing any of the following, please get in touch and we will make a Positive Pathways referral. Only available for those 15 and over (or coming up to 15 this year) [Positive Pathways \(ingeus.co.uk\)](http://ingeus.co.uk)

The Positive Pathways research study is being funded by the Youth Endowment Fund (YEF) in order to find out if taking part in an adventure/outdoor learning and mentoring programme makes a difference to young people's behaviour, prosocial skills and their wellbeing.

To apply, young people must:

- Be 15-17 year olds.
- Live in the East Midlands or West Midlands.
- Be willing to take part in a research study which includes undertaking a survey at the start and end of the programme.
- Provide consent to take part (as well as a guardian, carer or parent consenting).

And meet at least one of the following criteria:

- Be experiencing high levels of detention, suspension or exclusion.
- Have been identified as possibly associating with individuals involved in criminality.
- Have been arrested or convicted of a criminal offence (some exclusions apply to this).

Other Community Support...

The Big Difference

A new scheme from Severn Trent Water to coincide with the rise in our water bills. The Big Difference aims to support low household incomes with a **BIG reduction on water bills**. Take a look [here](#) and see if you qualify. Very easy to navigate and complete the registration.



The Food Poverty Officer

We recently met with the local food poverty officer, Jessica Bannister and she was able to share the following which may be of use to families who might be struggling with food poverty.

Healthy Start:

If you are supporting anyone who is more than 10 weeks pregnant or has a child under 4, please inform them they may be entitled to the Healthy Start Scheme dependant on income and/or benefits received.

If eligible they will receive a card with money on it and can buy items such as cow's milk, pulses, infant formula, fruit and vegetables (fresh, tinned and frozen). They also can collect vitamins to support during pregnancy and breastfeeding as well as vitamin drops for children aged 4 and under.

Details and how to apply:

- [How to apply – Get help to buy food and milk \(Healthy Start\)](#)
- [Get help to buy food and milk \(Healthy Start\)](#)

Community Pantry – Feed the Hungry:

Residents can apply to become a member as shown on below link. They can then access the pantry weekly for 6 months whereby they spend £5 and receive around £25 worth of shopping. They offer support and guidance to help people with their current situation as well.

- [The Community Pantry](#)

HBBC Welfare Officer

HBBC Welfare Officers can support Hinckley and Bosworth residents with a wide range of issues including budgeting, benefit checks, income maximisation, signposting and white good applications.

Families can email, call, or fill out a cost-of-living form on the below link:

- [Cost of living support | Hinckley & Bosworth Borough Council](#)
- Contact:
 - 01455 238141
 - costoflivingsupport@hinckley-bosworth.gov.uk

Warm Welcome

Warm Welcome is an initiative where numerous venues across the borough provide a warm welcome alongside tea, coffee and sometimes a snack. To view the full list of places taking part please click the link below:

- [Warm welcome | Hinckley & Bosworth Borough Council](#)

Hygiene Bank

Please remember that we have our own 'Hygiene Bank' in school for families to access, with generous donations from Lutterworth Hygiene Bank, if you would like us to make you up a hygiene box, let us know and we can leave one at reception for you.

We can also issue food bank vouchers from school, again, if you are in need email in.

Email: kpriestnall@thehinckleyschool.co.uk

Or jpawley@thehinckleyschool.co.uk

Respect Phonenumber

Respect phonenumber: [Charity to Help Domestic Abuse Perpetrators](#) | [Respect Phonenumber UK](#)

- Telephone support 08088024040 Mon-Fri 10-5
- Email support info@respectphonenumber.org.uk Mon-Fri 9-5
- Webchat support Thurs 2-4

LGBTQ+ Youth Club

Fridays 5pm – 7pm

Hinckley Children and Family Centre

Please find more information on the poster to the right:

LGBTQ+ Youth Club

SOCIAL SPACE, WITH PLANNED ACTIVITIES, WORKSHOPS AND GAMES. AGES 13-17.

FREE TO ATTEND.

**Fridays 5pm-7pm
Hinckley Children and Family Centre**

OUR YOUTH CLUB STAFF ARE LGBTQ+ AND TRAINED TO WORK WITH YOUNG PEOPLE. THERE WILL ALWAYS BE A MINIMUM OF TWO MEMBERS OF STAFF AT THE GROUP.

LEICESTERSHIRE LGBTQ+ CENTRE

teen health

Want more information?
Call: 0116 254 7412
Email: georgie@leicestershirelgbtqcentre.org