

Welcome to our Safeguarding and Well-Being Newsletter.

This newsletter is all about Summer! Inside it you will find lots of information relating to what you can access for you and your child (ren) this summer and some links to assist in the smooth return for your child (ren) back into the next academic year.

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

Specific Family Support

For families in need, we have a hygiene bank you can access and I am also an issuer of food bank vouchers, so if this support is something you need please get in touch so we can offer this support before the summer holidays begin.

The Local Authority also supports families with a Household Support Fund. Please visit our website to download more information and see if you qualify under their scheme for support.

Uniform Hub

We also have a large amount of uniform, in particular blazers, available in our onsite second-hand Uniform Hub, thanks to kind donations from our former students and their families. These items can now be purchased by parents/carers for a small suggested donation. All donations will go straight back into supporting school projects for our wonderful young people. If you would like to access our second-hand uniform hub, please get in touch with us directly and arrange to come in to select one of the many pre-loved items we have had donated.

If you would like to donate items of uniform, please bring them to reception, we appreciate all donations.

We wish you all a warm and joyful summer holiday.

Thank you,
Mrs K Priestnall & Miss I Pawley
The Safeguarding Team

kpriestnall@thehinckleyschool.co.uk

ipawley@thehinckleyschool.co.uk

CHANGES TO THE ATTENDANCE CODES FROM AUGUST 2024

New guidance from the Department for Education comes into force from August 19th 2024 called [Working together to improve school attendance](#)

The changes to the attendance codes outlined in the above document have been introduced to improve consistency and accuracy of recording attendance for monitoring by the Department for Education.

The 'Working Together to Improve School Attendance' document also details the attendance responsibilities for parents, schools, academy trusts, governing bodies and local authorities. There is an emphasis on finding supportive routes to improve school attendance. This guidance becomes statutory from August 19th 2024.

Part of this guidance sets out the new National Framework for issuing penalty notices and reflects changes to the law through the Education (Penalty Notices) (England) (Amendment) Regulations 2024. Here is a helpful poster from the Local Authority that they have asked us to share.

Penalty Notices for unauthorised absences: What you need to know about the changes.

With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for unauthorised absences that occur after 19th August 2024.

5 Consecutive Days of Term Time Leave.

Penalty Notice fines will be issued for term time leave of 5 or more consecutive days, and for fewer days where this has happened before.

10 Sessions of Unauthorised Absence in a 10-week period.


Penalty Notice fines will be considered when there have been 10 sessions of absence in a 10-week period.

Per Parent, Per Child

Penalty Notice fines will be issued to each parent, for each child who was absent.

For example: 3 siblings absent for term time leave will result in each parent receiving 3 separate fines.

<p>First Offence</p> <p>The first time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:</p> <p>£160 per parent, per child when paid within 28 days.</p> <p>Reduced to £80 per parent, per child if paid within 21 days.</p>	<p>Second Offence (within 3 years)</p> <p>The second time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:</p> <p>£160 per parent, per child when paid within 28 days.</p> <p>(No option to pay at £80 level)</p>	<p>Third offence and Any Further Offences (within 3 years)</p> <p>The third time an offence is committed for Term Time Leave or irregular attendance a Penalty Notice will not be issued. The case will proceed to the Magistrates' court.</p> <p>Magistrate's fines can be up to £2,500 per parent, per child.</p>
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Please consult your school's attendance policy and speak with your school if you are thinking of taking your child out of school during term-time. It is likely you will need to make a written request to take your child out of school and any leave of absence will need to be agreed by your Headteacher before it is taken.

SUMMER ACTIVITIES FROM TEEN HEALTH

Our partners at Teen health are running a range of summer activities for anyone between the ages of 11-19 years without any kind of referral needed. Please see the information below for details.

We are also very excited to announce that our own Teen health officer Georgie will be at The Hinckley School for 2 days from the next academic year not just 1, so will be making double the impact on all those students that are supported by Teen Health. Our [Mental Health and Family Support Directory](#) gives you details of the Teen Health offer in school, so if you think this is something that you want for your child, please get in touch and we can make a referral. More information is available here:

www.teenhealth.org.uk

Our partners at Relate Counselling are also offering support over the summer in the form of workshops, coping strategies, and other agencies that can help when things get hard and for those who have experienced self-harm.



Summer Activities

Hinckley and Bosworth

Teen health are running summer activities in your locality. There will be a range of fun activities and people from different organisations you can speak with to see what you can access in your local area. The events are open to anyone who is 11-19 years old, and you can come along without a referral.

Please speak to the health and wellbeing officer in your school for more information or scan the QR code below.

WEEK 1

Healthy Lifestyles

Date: Friday 2nd August

Time: 11am-3pm

WEEK 2

Healthy Relationships

Date: Friday 9th August

Time: 11am-3pm

WEEK 3

Wellbeing

Date: Friday 16th August

Time: 11am-3pm

All sessions will take place at:

Hinckley Family Hub
Granville Road
Hinckley
LE10 0PP

Scan Me



For more information or to make a referral to the
Teen Health 11-19 Service visit

www.teenhealth.org.uk

Relate's Summer Workshops for Young People



Free mental health support for 10-18 year olds this summer!

During the summer holidays, Relate will be providing one time workshops which raise awareness of how to support your mental health. The workshop will include creative strategies, arts and crafts and a pack for you to take away so that you can continue to look after your mental health.

Relate

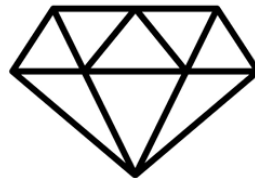
Leicester, Leicestershire & Rutland
83 Aylestone Road, LE2 7LL
0116 254011

To book a place email or text SUMMER to:

reception@rlr.org.uk

07935860433

**Click here to read more
about Alumina**



ALUMINA

FREE ONLINE SUPPORT FOR 10-17'S

ALUMINA IS A PROJECT OF

Youthscape

MOVING
TOWARDS A LIFE
FREE FROM
SELF-HARM

ALUMINA IS A GROUND-BREAKING ONLINE SUPPORT PROGRAMME FOR YOUNG PEOPLE WHO ARE STRUGGLING WITH SELF-HARMING BEHAVIOUR. LIVE SESSIONS, THROUGH A WEB BROWSER CONNECT YOUNG PEOPLE WITH TRAINED YOUTH WORKERS OVER SEVEN WEEKS. IT HELPS YOUNG PEOPLE REDUCE THEIR HARMING BEHAVIOUR AND FIND ALTERNATIVE WAYS OF COPING.

SELF-HARMING BEHAVIOUR IS OFTEN DUE TO A SET OF COMPLEX ISSUES THAT HAS ROOTS IN LOW SELF-ESTEEM, DIFFICULT RELATIONSHIPS, COMMUNICATION STRUGGLES AS WELL AS POSSIBLE CHILDHOOD TRAUMA. IT'S AN ISSUE THAT MANY YOUNG PEOPLE FACE DAILY AND MOST KNOW SOMEONE FOR WHOM IT IS A CURRENT ISSUE.

DEVELOPED THROUGH FUNDING FROM COMIC RELIEF AND THE NATIONAL LOTTERY, ALUMINA IS A NEW APPROACH TO SUPPORTING YOUNG PEOPLE VIA PHONE, TABLET, LAPTOPS OR DESKTOP COMPUTERS.

SINCE 2014, ALUMINA HAS BEEN OFFERING YOUNG PEOPLE PASTORAL SUPPORT ALONGSIDE PRACTICAL IDEAS THAT ARE HELPFUL IN DEALING WITH EMOTIONS AND SELF-CARE, IN ORDER TO HELP TEENAGERS REDUCE THEIR SELF-HARMING BEHAVIOUR. ALUMINA COMBINES 'ACTIVE LISTENING' WITH A TEACHING PROGRAMME THAT EDUCATES YOUNG PEOPLE TO TAKE CONTROL OF THEIR HARMING BY GIVING THEM TRIED AND TESTED STRATEGIES FOR COPING. BY EMPOWERING YOUNG PEOPLE, ALUMINA CAN REDUCE SELF-HARM.

Support

Harmless provide short and long-term face to face therapy, Skype therapy, regular drop in sessions, and email or postal support for individuals who self harm, their friends, families and professionals. It is important that everyone gets the right support at the right time.

Information

We produce a number of leaflets and resources about self harm, challenging stigma, and helping people move towards a better quality of life. All our resources, including a DVD, Workbook and Policy Guidance, are available from our online shop, (www.harmless.org/store)

Let's Talk Training

We provide a range of both bespoke and standardised accredited courses across the UK. Training is levelled and therefore suitable for anyone who supports or works with individuals who self harm. Courses are both research led, and evidence based with service user informed insight to enhance the learning experience. Our aim is to equip everyone with the confidence and skill to be able to respond and support someone in distress. Speak to the team today training@harmless.org.uk

Consultancy

We offer a consultancy service to advise and inform services about self harm to provide better awareness, understanding, policy and service delivery.

Self harm does not discriminate on the basis of gender, race, age, religion, disability or sexual orientation.

Neither do we.

Contact us:

www.harmless.org.uk

leicester@harmless.org.uk

0116 309 0171



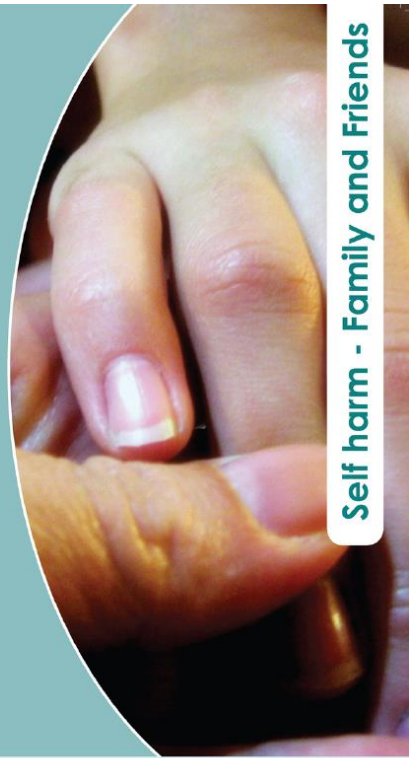
facebook.com/pages/harmless



@HarmlessUK

Photography by xenia artlines

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Self harm - Family and Friends



SUPPORT SERVICES

All numbers are available 24/7

SAMARITANS

A free, completely confidential number to call when you need to talk to someone.

116 123

They also have an email service:

JO@SAMARITANS.ORG

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

SHOUT

A free and confidential text messaging support service.

text **"SHOUT"** to **85258**

HARMLESS

Harmless is a centre dedicated to self-harm and suicide support and prevention.



Their website is full of resources for anyone needing support as well as friends and family members.



SCAN ME

WWW.HARMLESS.ORG.UK

SCAN ME

Self referral form



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website.



TELLMI

Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem.



WWW.TELLMI.HELP

YOUNGMINDS

The YoungMinds website is full of advice and information for young people and family members to help look after mental health.



SCAN ME

WWW.YOUNGMINDS.ORG.UK

CHILDLINE

0800 1111



The ChildLine website is for young people OF ALL AGES! It has message boards and lots of resources on a range of different topics that can affect your mental health.

WWW.CHILDLINE.ORG.UK



They also have a 1-2-1 counsellor chat feature where you can access support.

COPING STRATEGIES

TO EXPRESS EMOTIONS

- Paint, draw or scribble on a big piece of paper.
- Write down your feelings or draw how you feel.
- Make up a song or a poem about how you are feeling.
- Write down the difficult emotions or thoughts you are experiencing then destroy the paper.
- Listen to music or make a playlist that expresses how you are feeling.

TO CALM OR SOOTH YOURSELF

- Massage your neck, hands and feet.
- Listen to calming music.
- Smell something that is comforting to you.
- Watch a favourite film or TV series.
- Have a bath or shower.
- Cuddle a pet or soft toy.
- Wrap yourself in a warm or soft blanket.

IF YOU ARE FEELING NUMB OR DISCONNECTED

- Call someone you trust or enjoy talking to.
- Have a cold shower.
- Chew something with a strong taste.
- Listen to your favourite music.
- Eat something you enjoy or a favourite snack.
- Get outside and connect with nature.
- Hold an ice cube for as long as you can.
- Do something to help someone else.
- Focus on how it feels to breathe, notice how your chest and stomach move with each breath.

IF YOU ARE FEELING ANGRY OR TENSE

- Make some noise, bang on pots and pans, play an instrument or shout/sing.
- Hit a cushion, mattress or scream into a pillow. Use the pillow to hit a wall.
- Rip something up, magazines, newspaper or an old piece of clothing.
- Squeeze a stress ball.
- Exercise. Run, jump, dance

TRY A GROUNDING TECHNIQUE

5-4-3-2-1

The 5, 4, 3, 2, 1 grounding technique allows your mind to pay attention to the present moment instead of worrying or being scared about what has happened in the past or what might happen in the future.

START BY TAKING A DEEP BREATH IN AND NOTICE:



5

things
you can
see



4

things
you can
touch



3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste

TO REGAIN A SENSE OF CONTROL

- Write a list (does not have to be a to do list).
- Tidy up or de-clutter.
- Write a letter, this can be to someone or to your past/present/future self.
- Do a muscle relaxation technique (lots of these can be found on YouTube).
- Do something creative, make, draw or paint.

SUBSTITUTE FOR SELF-INJURY SENSATION

- Draw on yourself in red felt tip pen or red paint where you want to hurt yourself.
- Create a drawing/pattern on the part of you body where you want to hurt yourself.

FREE ONLINE COURSES FOR ALL

Free Online Courses for all parents, carers, grandparents and teens from the Leicestershire partnership in partnership with the Solihull Approach.

Featuring courses on Antenatal, Postnatal, Children and Young People, For Teenagers, For Adults including Community Languages, The Solihull Approach to Sleep, Moving Up in School and many more, all for free

[inourplace](#) | [Solihull Approach – Leicestershire](#) | [inourplace](#)

Sign up to understand your child's feelings, as well as your own, as you go through life as a family. Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship.

How to sign up:

Residents of Leicester, Leicestershire and Rutland can access these courses for free by entering the Leicester, Leicestershire and Rutland Access Code: CURVE at

www.inourplace.co.uk

KNIFE CRIME AND YOUNG PEOPLE

We are currently working with the local Police to support a knife crime awareness strategy in school and part of this will be inviting the Police into school in the next academic year with their 'knife arch' and to deliver assemblies. The aim of this is to raise awareness of knife crime, the consequences of carrying a knife and the harm they can do. The Hinckley and Bosworth Young People's Officer has also asked us to share the following message from their anti-knife campaign in the neighbourhood.

We Don't Carry #LivesNotKnives

The Violence Reduction Network (VRN) and Leicestershire Police's Violence and Complex Crime Unit (VCCU) developed a new approach and branding of their long-standing *Lives Not Knives* anti-knife crime campaign.

Emerging evidence suggests that an approach that uses shock tactics isn't best suited to produce positive action and behaviour change amongst young people and can also have an unintended impact of increasing fear, a known reason why some young people carry weapons.

Through consultation with brand experts and young people, we have re-branded the campaign to '*WE DON'T CARRY*' #LivesNotKnives. The new content aims to be more authentic, avoids negative stereotypes and instead conveys a more positive image and narrative which focuses on the fact that most young people do not carry knives and have positive ambitions and goals. Pictures of knives are not used within the campaign.

The campaign continues to have an educational focus, highlighting the potential consequences of carrying and/or using a knife and offers practical advice and solutions for young people if they are concerned about themselves or others.

More information on Leicestershire Police's campaign can be found here:

Lives Not Knives

[Knife crime advice for parents | LiveSafe](#)

[Knife crime advice & support | LiveSafe](#)

PLAYING SAFE OVER SUMMER

We all want children and young people to enjoy playing outside over the summer holidays.

As they get older they may want to start playing out on their own and further away from home, so you may not always be able to see what they are doing. However, there are a number of ways you can help keep yourself and them safe.

Be aware of the risks in your local area like derelict buildings, reservoirs and railway lines, as children may be tempted to explore and be unaware of the dangers of these places.

Reservoirs/ Lakes/ Rivers/ Canals and other open waters

In hot weather increasing numbers of children put themselves at risk of drowning from swimming in rivers, lakes, canals or reservoirs. It can be tempting to cool off in open waters, but there are many dangers, even for a strong swimmer.

- The water can be extremely cold, even on a hot day. Cold water affects your muscles making it very difficult to swim if you get into a dangerous situation.
- It is difficult to estimate the depth of the water and there may be hidden rubbish like shopping trolleys or glass.
- Open waters are not meant for swimming and so have steep banks which are very difficult to get in and out of.
- The water might be polluted and therefore can make you ill.
- If you do get into danger there are no lifeguards to help.



Holidays

When holidaying abroad or at home, follow these tips to help keep your family safe whilst having fun in, on or around water:

- When visiting new places, take time to review safety notices. Find out what local signs and flags mean.
- Always look out for potential hazards and warn members of your group to avoid possible risks.



- Never use inflatables in open water – although they look fun, inflatable water toys can quickly get caught in the wind and be blown out to sea.
- Take extra care when intoxicated around water and never enter the water whilst under the influence of alcohol and/or drugs.
- Always choose to visit a lifeguarded venue.
- Swim with others. It's safer to swim in pairs or groups who can help should anyone get into trouble in the water.
- Always keep children under the constant supervision of a capable adult.

Abandoned buildings and building sites

These can look fun to explore but there are many dangers that can seriously harm children.

Derelict and abandoned buildings are often unsafe with rotten timbers that can't support weight with large holes that drop down through floors covered in rusty objects and broken glass, as well as being home to vermin.

Building sites are working areas and are extremely hazardous. They can contain dangerous machinery as well as toxic waste, and chemicals.

It is illegal to enter these properties, so children may be breaking the law by playing there.

Railway lines

Research shows that young people are more likely to take a risk on the tracks especially over the summer holidays. Young people have been caught playing on the tracks or crossing them to take a short cut, but this can result in serious life changing injuries.

It is illegal to trespass on railway lines and also very dangerous. Trains travel at great speed and cannot stop quickly.



Only appropriate crossings such as bridges or level crossings should be used to cross railway lines.

Make sure you talk to your child about railway safety and the dangers.

Talking to your child about these dangers can help them stay safe when they are out on their own this summer.

Ask your child how they can keep themselves safe

- Help them learn about their local environment and acquire the skills to help keep themselves safe, e.g. learning to swim, cycle training, road safety.
- Talk to them about the dangers of being distracted when out and about by music, phones, gadgets etc. and not being able to hear traffic.
- Ask them about the places they might go, where to avoid and why, and what to do if they're worried whilst they're out on their own.

- Remind them not to climb on barriers and fences as they are there to protect them from serious injury and accidents and obey "Danger" signs.
- Agree a time they should be home.

We want all children and young people to have a safe summer, please talk to your child about the dangers and help us to keep all our children safe.

HUGE HIKE HOME

At the end of August, a group of Players and Coaches from Hinckley Ladies Football Club will be walking from their furthest away game in the season (Asfordby) to their home of Ashby Road Sports Club in Hinckley - a total distance of approximately 32 miles - over 13 hours of continuous walking, and they need your help!!

They will be doing this to raise money for the Hinckley Area Foodbank and to help to pay for their ever-increasing ground rent and costs throughout the season.



Please visit their Facebook Page (Hinckley Ladies FC) for details, search for Hinckley Ladies FC on JustGiving, or click this link: [Crowdfunding to raise money for the Hinckley Area Food bank and to support the ever increasing operating costs of running a grassroots football club. on JustGiving](#)

MENTAL HEALTH CENTRAL ACCESS POINT

[Mental Health Central Access Point - Leicestershire Partnership NHS Trust \(leicspart.nhs.uk\)](#)

0808 800 3302

For anyone needing mental health support for themselves or others. The NHS services is available 24/7 for both urgent and non-urgent help. There is no referral criteria other than being in need of support.