



# Safeguarding Newsletter

## Summer edition 2021

As restrictions ease this Summer, please keep yourselves and others safe by adhering to the guidance (this was updated on 19<sup>th</sup> July), we have highlighted some key points:



### **Wearing a face covering**



COVID-19 spreads through the air by droplets and aerosols that are exhaled from the nose and mouth of an infected person. The Government expects and recommends that people wear face coverings in crowded areas such as public transport.

### **Get tested and self isolate**

If you develop [COVID-19 symptoms](#), self-isolate immediately and [get a PCR test](#), even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive. Your isolation period includes the day your symptoms started (or the day your test was taken if you do not have symptoms), and the next 10 full days. This is [the law](#).

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

### **Personal hygiene**

Wash your hands with soap and water or use hand sanitiser regularly throughout the day. Regular hand washing is an effective way to reduce your risk of catching illnesses, including COVID-19.

It is particularly important to wash your hands:

- after coughing, sneezing and blowing your nose
- before you eat or handle food
- after coming into contact with surfaces touched by many others, such as handles, handrails and light switches
- after coming into contact with shared areas such as kitchens and bathrooms
- when you return home

# Staying safe near canals

At the back of our school is a canal. We are aware that children have access to the local canals, whilst they are beautiful places to observe some wildlife and take a walk, it is important that children and families also stay safe and consider the potential dangers.

## Tow path code

Canals and rivers can be very lively spaces. You could see cyclists, walkers, boaters, anglers, kayakers and on occasions even horses pulling boats along the water. The towpath code encourages everyone to be more aware when using the towpaths.



Photo taken from : <https://canalrivertrust.org.uk/news-and-views/our-campaigns/stay-kind-slow-down/our-towpath-code>

Having so many different activities taking place does mean that people need to share the space considerately, and this is more important than ever when we're all following social distancing guidelines. Learn about how we're helping you enjoy towpaths during the [coronavirus epidemic](#) (please see website link below).

To make sure everyone gets the most out of their time by the water we asked you to help us develop a towpath code.

This is the result. It's a common sense guide to sharing the towpath and what to expect of others.

### 1. Share the space

Towpaths are popular places to be enjoyed by everyone. Please be mindful of others. Keep dogs under control and clean up after them.

### 2. Drop your pace

Pedestrians have priority on our towpaths so cyclists need to be ready to slow down. If you're in a hurry, consider using an alternative route for your journey.

### 3. It's a special place

Our waterways are living history with boats, working locks and low bridges, so please give way to waterway uses and be extra careful where visibility is limited.

More information can be found at:

<https://canalrivertrust.org.uk/news-and-views/our-campaigns/stay-kind-slow-down/our-towpath-code>

## County Lines – Information for parents

We hope none of our children will fall victim to County Lines, but we recognise that St. Mark's school is located very close to a railway station (Hamstead railway station) and numerous bus stops going in and out of the city and beyond.

### **‘NPCC definition of a County Line:**

*The 2018 Home Office Serious Crime Strategy states the NPCC definition of a County Line is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas [within the UK], using dedicated mobile phone lines or other form of “deal line”. They are likely to exploit children and vulnerable adults to move [and store] the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons.’*

**Spot the signs - County lines**

- Leaving home with no explanation
- Missing from school or in places they wouldn't usually visit.
- Unexplained injuries/self harm
- Suddenly have new clothes, money, mobile phones etc.
- Receiving excess amount of phone calls or texts.
- New friendships with older, controlling people.
- School grades suffering
- Change in emotional well-being
- Gang associations

**fearless.org**

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**Fearless is a site where you can access non-judgmental information and advice about crime and criminality.**

**You can also tell Fearless what you know about crime without giving any personal details.**

Give information about crime 100% anonymously at [fearless.org](https://fearless.org)

**KNOW SOMETHING ABOUT CRIME?**  
Use our secure online form to give us any information you know. 100% anonymously.  
CONTACT US ANONYMOUSLY OR GET MORE INFO

ANONYMOUS?  
WHAT CAN YOU TELL US?  
A TO Z

**Fearlessorg**  
**Fearlessuk** **Fearlessagainstcrime**



**Please share the fearless.org website with your child. It is important that they recognise that they can report a crime anonymously.**

## **Worried about a child?**

If you have any concerns about the safety and/or welfare of a child or young person telephone the Children's Advice & Support Service (CASS) on 0121 303 1888 or via secure email; [CASS@birminghamchildrenstrust.co.uk](mailto:CASS@birminghamchildrenstrust.co.uk).

### **Useful websites for children to access:**

<https://www.childline.org.uk/> (Support with concerns you have and may want to tell someone about them confidentially).

<https://www.nspcc.org.uk/> (Support with how to keep yourself safe from harm).

<https://www.kooth.com/> (Mental health and well-being support).

<https://www.forwardthinkingbirmingham.org.uk/> (Mental health and well-being support).

<https://www.fearless.org/> (Support to speak up about a crime)

### **Useful website for parents:**

<https://www.west-midlands.police.uk/campaigns/life-or-knife>

The life or knife website is aimed at all young people, parents and teachers. It provides you with information on where to report or talk to someone about knives and where you can anonymously dispose of knives. It also include lots of information on the devastating impact knives can have to you and others, guidance on how to talk to your child about knives, and resources that can be used in schools.

<https://www.internetmatters.org/>

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

<https://www.parentsprotect.co.uk/grooming.htm>

Information about how to keep your child safe online from grooming.

<https://www.safe4me.co.uk/portfolio/clever-never-goes/>

This has shown to be equally as appealing and engaging with KS2 children, as well as those in KS1 and with special needs. This website shares information about making children aware of strangers, it has been taken from the 'stranger danger' initiative.