



Safeguarding & Child Protection at Ellesmere Port Catholic High School

Dear Lord,

We especially ask that the children and vulnerable adults you entrust to our care are protected. Give us the wisdom and courage to listen with open hearts, see with open eyes, and speak out to ensure children and vulnerable adults are safe, loved, respected, and cared for.

Amen



Designated Safeguarding Lead

Mr Colin Jones

Deputy Designated Safeguarding Lead

Mrs Carly Hughes

Useful Acronyms and Vocabulary

CEOP - Child Exploitation and On-line Protection Centre

CYC—Cheshire Young Carers

CAMHS - Child and Adolescent Mental Health Services

KSCIE - Keeping Children Safe in Education

RSE - Relationships and Sex Education

ELSA - Emotional Literacy Support Assistants

Useful Websites

youngminds.org.uk

nspcc.org.uk

childline.org.uk

cheshireyoungcarers.org

ldas.org.uk

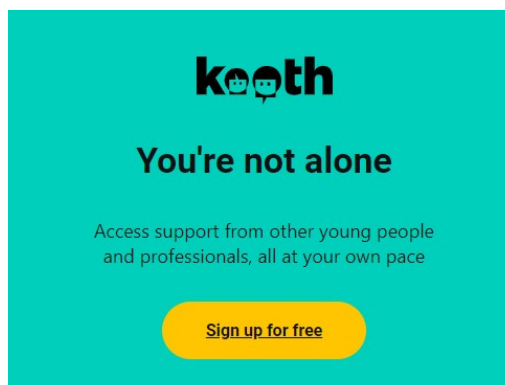
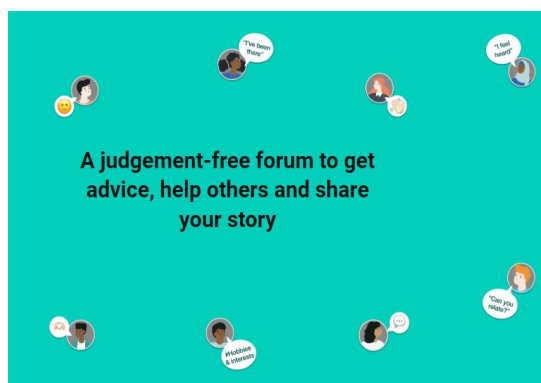
papyrus-uk.org

Cheshire Young Carers Supporting children who care for others

Young carers are defined as a child aged between 6-18 who cares for a family member they live with. Cheshire Young Carers helps to give them a childhood

Cheshire Young Carers support young carers across Cheshire in three key areas, school holiday respite programmes, individual & group support where necessary plus working with schools/colleges to provide specialised support where required. Principally Cheshire Young Carers is funded by private donations.

<https://www.cheshireyoungcarers.org/contact/make-a-referral>



Frequently asked questions for parents and carers. - <https://www.kooth.com/parent-faqs>

We know that, as a parent/carer, you might have lots of questions about how Kooth works, and how they might support your child. They have answered some of the key questions that people ask in their FAQ section, but if you have any other queries or concerns, please do contact them at parents@kooth.com

Are all your contact details up-to-date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details for you.

Be Ketamine Aware...

The use of Ketamine by many young people is increasing often leading to Child Exploitation, drug debt, changes in behaviour in and out of school, youth violence and crime. The long term use and impact on health is not clear and we want to give you all the opportunity to raise awareness. The local policing unit have identified a growing concern in the locality.

So what is Ketamine? Sold as a grainy white or light brown powder. Looks similar to cocaine but is a very different drug.

Also called: K, Ket. Special K, Super K, Vitamin K

Quick info: How the drug works varies from person to person

How it looks, tastes and smells: A clear liquid, when used in medicine; A grainy white or brown crystalline powder when sold on the street; Tablets, although this is less common

How you might feel: Detached, happy, chilled and/or anxious, confused, 'tripped out'. Ketamine is a general anaesthetic so it reduces sensations in the body. Trips can last for a couple of hours. It can also alter your perception of time and space and make you hallucinate (see or hear things that aren't there), stop you feeling pain, putting you at risk of hurting yourself and not realising it. If you take too much ketamine you may lose the ability to move and go into a 'k-hole'. This feels like your mind and body have separated and you can't do anything about it – which can be a very scary experience.

Regular ketamine use can cause: agitation, panic attacks, damage to short- and long-term memory, depression, if taken frequently

Effects on your body: Memory loss, nausea, depression, numb so you can't feel pain.

Mental health risks: The longer term effects of ketamine use can include flashbacks, memory loss and problems with concentration. Regular use can cause depression and, occasionally, psychotic symptoms such as hallucinations. Ketamine can also make existing mental health problems worse.

Physical health risks: Ketamine is a very powerful anesthetic that can cause serious harm. Taking ketamine can be fatal, particularly if it is mixed with other drugs. Ketamine can increase your heart rate and blood pressure. It can make you confused, agitated, delirious and disconnected from reality. It can make you feel sick, and it can cause damage to your short- and long-term memory. Because of the body's loss of feelings, paralysis of the muscles and the mind's loss of touch with reality, you can be left vulnerable to hurting yourself or being hurt by others. Ketamine can cause serious bladder problems, with the urgent and frequent need to pee. This can be very painful and the pee can be blood-stained. Although stopping using ketamine can help, sometimes the damage can be so serious that the bladder needs surgical repair or even removal. The urinary tract, from the kidneys down to the bladder, can also be affected and incontinence (uncontrolled peeing) may also develop. Abdominal pain, sometimes called 'K cramps', have been reported by people who have taken ketamine for a long time. Evidence of liver damage due to regular, heavy ketamine use is emerging. The liver has a range of important functions, such as cleaning your blood and removing toxic substances.

How long it takes to work: 15 - 20 mins on average.

How long the effects last : 30 mins - 1 hour on average

Common risks: Because you don't feel pain properly when you've taken ketamine, you can injure yourself and not know it. Mixing with alcohol, benzos, or opiates is dangerous. Never use without being with other people you trust.

Mixing drugs: Mixing drugs is always risky but some mixtures are more dangerous than others.

What to do in an emergency

If you or someone else needs urgent help after taking drugs or drinking, call 999 for an ambulance. Tell the crew everything you know. It could save their life.

If you need anymore information ... www.talktofrank.com

<https://www.substancemisuseresources.co.uk/>

KEEP OUR STUDENTS SAFE



Please don't park across household driveways near schools and always park safely. We don't want to see anyone hurt. **It is illegal to park on 'School Keep Clear' markings, or zig zag markings.**

It's always illegal to park on yellow zig-zag lines anywhere. Rule 243 of the Highway Code indicates a range of places where motorists must not park. It also states that drivers must not park near a school entrance, anywhere that would prevent access for emergency services or near a bus stop, tram stop or taxi rank.

Free school meals (FSM): Are you eligible?

A child may be eligible for free school meals (FSM) if their parents receive any of the following benefits:

- Income Support
- Income-based Jobseekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit, provided the parents are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190
- Working Tax Credit run-on, which is paid for 4 weeks after you stop qualifying for Working Tax credit
- Universal Credit – for those applying on or after 1 April 2018, their household income must be less than £7,400 a year (after tax and not including any benefits they get).

Children may also get FSM if they receive any of these benefits directly, instead of through a parent.

Sexual Abuse and Sexual Violence Awareness Week, 5 to 11 February

Sexual Abuse & Sexual Violence Awareness Week is an annual event that aims to raise



awareness about the issues of sexual abuse and sexual violence, provide support to survivors, and encourage a broader dialogue on preventing these forms of harm. Sexual Abuse & Sexual Violence Awareness Week serves as a reminder that everyone has a role to play in

preventing sexual abuse and violence, supporting survivors, and creating a safer and more respectful world for all.

Sexual violence is a crime, no matter who commits it or where it happens. Don't be afraid to get help.



10 TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

- 1 **LAWS** Many sites and web tools are 13+. Most images and work online are protected by copyright. 
- 2 **TALK** Tell your parents what you're doing online. Always ask a trusted adult if you're unsure of anything. 
- 3 **FRIENDS** Don't add or meet online friends without parent permission. Don't trust everything friends tell you. 
- 4 **PRIVACY** Keep personal info private: Your full name, Address, Phone number, Passwords, Your plans and birthday. 
- 5 **REPUTATION** Don't post anything you wouldn't want teachers, family, friends, and future employers to see. 
- 6 **QUESTION** You can't believe everything you read and see online. There's a lot of incorrect and biased info. 
- 7 **BULLYING** Tell someone if you think cyberbullying is happening to you or other people you know. 
- 8 **ACCOUNTS** Choose sensible email addresses and usernames. Use strong passwords and don't share them with others. 
- 9 **MANNERS** Be polite and respectful at all times. Treat others online how you'd like to be treated. 
- 10 **UNPLUG** Balance your screen time and green time. Get outdoors, move, play, and interact face to face. 

Advocacy on Combating Cyber Crime; Cyberbullying; Smartphone Addiction; Fake News; Online Surveillance and other Digital Abuse
Stand up and speak up for a change.

| eMail: support@endnowfoundation.org | www.endnowfoundation.org |

END NOW
ADVOCACY ON DIGITAL SAFETY
www.endnowfoundation.org



NHS

9 out of 10

unvaccinated children
can catch measles
if someone in their
class has it

Check your child is up
to date with their
MMR vaccinations



Children's Mental Health Week took place in school from 5-11 February 2024. The theme this year was 'My Voice Matters'.

We have spent time in school during this week looking at Children's Mental Health Week - but as a family you can support your child's mental health ...

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing. Children and young people need to be able to express themselves in a safe and respectful manner.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - “My Voice Matters.”

As parents and carers, you play an important role in your child's mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children's Mental Health Week, we want all children and young people to be able to say – and believe - “My Voice Matters.”

Families, parents and carers can get involved too!

What matters to you? Creative activity for 11-14 year olds

<https://www.childrensmentalhealthweek.org.uk/families/what-matters-to-you-activity-for-11-14-year-olds/>



Developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to consider what matters to them in their day to day life, and in the wider world. In this activity, young people are encouraged to draw a series of thought bubbles, and fill them with the things that matter most to them.

Local charities that support mental health...

SAMARITANS:

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

Shout:

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

NHS Choices:

Mental health services are free on the NHS. To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.

For life-threatening emergencies, call 999 for an ambulance

Childline:

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

Young Minds

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

Barnardos

For some children and young people, these problems will pass over time, but others may need a bit of extra support to help them get back on track.

That's why we offer a wide-range range of mental health support services for children, young people, and their families.