

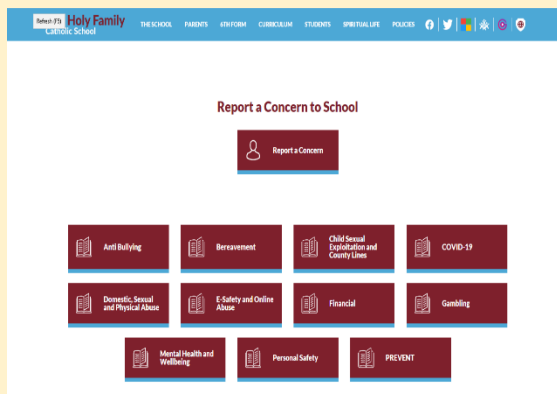


HFCS Safeguarding Newsletter

This is the first of our termly safeguarding Newsletters. The aim is to share with parents and students what we are doing in school and to signpost you to resources on our website and initiatives in Keighley and beyond.

Meet the Team

Our Safeguarding Team is lead by me, Mrs Kane, with assistance from Ms Pritchard, Mrs Butterfield, Mrs Moran, Mrs Blake, Mr Ryan and Ms Brown. We can be contacted in school every day or by using the **Report a Concern** button on the website.



We have added to our school website and you can find a wealth of information and resources under the safeguarding button. Importantly, if you have a concern about yourself or someone else there is a report a concern button where you can confidentially alert the safeguarding team to worries. You can also speak to any member of staff confidentially on ClassCharts messaging or talk to someone in school.

Childrens Mental Health Week

This term we have had a focus on Childrens Mental Health Week and Online Safety.



Childrens mental health week was 1-7th February 2021. The theme this year is Express Yourself.

What is self-expression, and why is it important?

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle or through art forms such as writing, drawing, music and dance. Self-expression can help you to showcase your true self- your story, your thoughts, feelings and emotions.

Self-expression is a great way to manage stress and free your mind. It can help you to reflect on your life, actions, decisions, beliefs and thoughts, rather than keep them buried deep down.

For more information and fun things to do contact

www.childrensmentalhealthweek.org.uk

View the video from Children's Mental Health Week

<https://youtu.be/e8d-Ae1XTf0>

Join the Mental Health Challenge

<https://youtu.be/74sFsVTwoPc>

Free, safe and anonymous online counselling support. There is a link on the school website. Kooth www.kooth.com



Online Safety Awareness Day



This week was National Online Safety Awareness Day. We had assemblies in school and this week and previously we have looked at Social Media use and our data footprints. We have been learning about esafety in our ICT lessons. As parents and students it is really difficult to keep up with the changes in technology and social media and we would recommend that you look at the resources on the Think know website.



Help for Families

As the uncertainty around COVID 19 continues many families find themselves in difficulties that they could not have foreseen. As a school we have been trying to support families with weekly food parcels since the start of the pandemic. There are also numerous charities that can provide assistance to families. Please get in touch if you need support or advice. We can also help with heating costs through the No Child Cold scheme.

Bradford partners from the VCS, business and faith groups have come together to put in place a one off short term scheme to make sure that no child in the district is cold as a result of the recent lockdown. It brings together winter warmth money with individual, philanthropic and business giving into a scheme that will meet the needs of a wider group of children than existing arrangements which focus on those on benefit. This is a direct response to the impact of the pandemic and on remote learning in the winter period for children in the Bradford District.

This scheme is designed to help families where

- household income, of those responsible for bills, has fallen due to a reduction in wages, either because of a reduction in working hours, a loss of regular overtime or a member of the household has been furloughed.
- The family is a low income household (defined as being in receipt of UC, tax credits or other income related DWP / local authority benefit) and fuel costs have increased as a result of children being at home because of school closures.
- The family live in a household where the child would be entitled to free school meals and fuel costs have increased because the children have had to stay at home because of school closures.

“No Child Cold” is administered through Citizens Advice and will pay out grants of £80 to household which will be made directly to energy suppliers on behalf of the family.

Forms are available on your MyEd app or from the school office. Please check your MyEd app for details.

