



# Eastbrook School Safeguarding Newsletter

For Parents and Carers

November 2020

## Welcome!

Hello and welcome to the new safeguarding bulletin by Eastbrook School. The aim is to raise awareness in our community to keep our young people safe. We recognise this is a very difficult time for everyone and we are here to support as much as we can.

## Eastbrook Safeguarding Team:

Mrs Mingay – Strategic Designated Safeguarding Lead (DSL)

### Primary Team:

Mr Pasterfield – Deputy Headteacher

Mr Hollows – Headteacher

### Secondary Team:

Ms Hinds-Swaby – Deputy DSL

Mr Tobias – Assistant Headteacher

Mr English – Head of Strand Behaviour

Mr Frith – Headteacher

## What is Safeguarding?

Children should be free from harm and danger. It is everyone's responsibility to ensure that they are safe. Safeguarding means protecting children from harm and acting on concerns for a child's safety and wellbeing.

## What do Parents/Carers need to know?

It is now more important than ever to think about what your child is doing and to understand about:

Online Safety

Mental Health and Wellbeing

Potential Criminal Activity

## Online Safety

You can get important information and free resources from some helpful websites including:

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.net-aware.org.uk](http://www.net-aware.org.uk)

[www.internetmatters.org.uk](http://www.internetmatters.org.uk)

[www.childnet.com](http://www.childnet.com)

Please also see our Online Safety leaflet available on the school website.

There has been an increase in Gambling by young people, particularly in Gaming. Please find some helpful resources under the 'Parent Hub' on the following website: [www.ygam.org](http://www.ygam.org)

Try the new, free app **Olee** for 8-11year olds – it helps with emotional wellbeing and communication in families. It gives lots of advice about school, friendships, family life and the internet.

Have you downloaded the SAFETONET app? More information is available on [www.safetonet.com](http://www.safetonet.com)

## Lost Hours Campaign

Barking and Dagenham have launched a campaign to help tackle the rise in youth violence and anti-social behaviour. It is important for you to know where your child is and who they are with, particularly during the hours after school and when they are travelling home. Please watch the video on [www.losthours.org](http://www.losthours.org)

## Workshops for Parents/Carers

PC Anoushka Dunic from the Met Police runs an excellent online course for parents and carers to help you understand about gangs and exploitation. It is free and is for 3 weeks.

### The new dates are:

**26<sup>th</sup> November, 3<sup>rd</sup> December, 10<sup>th</sup> December 2020**

If you would like to book a space, please use this link:

<https://www.eventbrite.co.uk/e/gangs-exploitation-awareness-for-parentscarers-3-week-online-course-tickets-124812498543>

## What is available in Barking and Dagenham for young people?

**Future Youth Zone** – activities available for young people aged 8-19 (25 with disabilities).

Check out what is available on their website:

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

Or contact them on 020 3941 6722

**BoxUp Crime** – offer free boxing sessions to young people.

Mondays – Ballards Road – 7-8.30pm

Wednesdays – Gascoigne School:

5.30-6.30pm – 7-12yrs

7-8.30pm – 13-19yrs

Contact: [www.boxupcrime.org](http://www.boxupcrime.org) or 020 8517 4446

**Young Carers Project** – for young people who are under 19 and caring for someone in their family

They offer:

Someone to talk to/Friendly support and advice

A chance to meet other young carers

Regular trips and activities, have some fun!

Please see their website: <http://www.carerscentre.org.uk>

020 8593 4422

## Support

Please do contact us if you have any questions or need any support and we will try our best to help.

For information on how to access mental health and wellbeing support, please have a look at our Support Leaflet on the school website. There is also information about local food banks.

For any financial advice, please contact the HAM hub:  
020 8227 2927 (Dagenham Library)  
020 8724 2115 (Barking Learning Centre)