



Hurstmere School  
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## Safeguarding at Hurstmere Newsletter

### FEARLESS

'Fearless' is the dedicated youth service of the independent charity, Crimestoppers. It gives young people the power to report crime 100% anonymously.

Information can be given by using their online form or by calling the freephone number, 0800 555 111.

The IP address and your phone number of those making a report cannot be traced. 'Fearless' have no way of knowing who has contacted them.

After receiving the completed form or call, they create a report, ensuring it does not contain any information that could be used to identify the person making contact. The report is then sent on to the relevant authority with the legal responsibility to investigate.

'Fearless' are not the police; they are a charity. Individuals using the service will not be contacted by the police after passing information on to Fearless, as the police have no way of knowing who the information has come from.

It is important to change the narrative of crime reporting when talking to young people. They are not being a 'snitch' or a 'grass'; they are helping to make their community, friends and family safe. They are creating a safer place for everyone to live.

For more information to share with your child and other useful resources, please visit <https://crimestoppers-uk.org/fearless>



### A Guide to Online Reporting

The internet is a vast ocean of information, opinions, and content. While many of us will go online and have a positive experience, we must accept that this is not always the case for everyone. So when we see something online that we know is harmful, it is time to take action and report it. Please view [here](#) for more information.

Hurstmere School has shown our commitment to protecting our pupils online by working with National Online Safety, providing resources for all parents and carers.

We would like to remind parents and carers that you can create an account by following this link: <https://nationalonlinesafety.com/enrol/hurstmere-school> to complete your details. When you are set up, you will be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including the smartphone app.

### National Sleep Charity Helpline

We are sharing information about this wonderful free resource that can help parents and children to learn more about their sleep and develop better bedtime routines. Sleep is essential to brain function, by helping children to sleep better, we can help them to succeed in school. For more information please visit the website.

<https://thesleepcharity.org.uk/national-sleep-helpline/>

### Spotify

Spotify – the world's favourite music streaming platform. It highlights potential risks, including age-inappropriate lyrics, an audio chat function and recent reports of predatory activity. To find out more information about these risks visit [here](#).

### This terms topics...

#### Loot Boxes and Skins

Loot boxes and skins betting have previously been in the news for their links to underage gambling, and still exist in some form, in many games. Understandably, in-game spending is also a concern for many parents.

Find out more about what they are, and what parents can do to keep their child safe by downloading this [factsheet](#).

#### Positive Parenting

All parents can come under pressure or stress from time to time. Our Positive Parenting guide shares practical advice and tips for parenting techniques that work well for children of all ages – from babies to teenagers.

A Positive Parenting guide can be found [here](#).

#### Kooth – Reminder

'Kooth' is free and available for all 10-25 year olds in Lewisham, Bexley and Bromley. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional well-being practitioners. Kooth offers wellbeing support 365 days a year via a vast range of self-help materials, peer-to-peer support and young people are able to contribute to the service too. Kooth also has an online wellbeing team from midday to 10pm Monday to Friday and 6pm-10pm at weekends - they provide online counselling via live chat or messaging.

Kooth is free to access via a mobile phone, laptop or tablet by visiting [www.kooth.com](http://www.kooth.com) and clicking 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard users, so parents can be reassured in knowing what their child is accessing is safe.

A FAQ guide for children and young people can be accessed [here](#).

#### Parent/Carer information webinars:

Information sessions for parents/carers to learn more about Kooth are on: **Tues 14th March, 6-7pm** and **Thurs 18th May, 6-7pm**

### This terms news...

#### Peer Mentoring Programme

We are currently looking to recruit Year 9 and 10 pupils who want to participate and train as Peer Mentors.

The engagement and commitment of Peer Mentors play a key part in the success of any peer-mentoring programme. Peer mentoring is a form of support where pupils are matched with a mentor of similar age and interests. The mentor provides support to the mentee on a one-to-one basis, offering guidance and advice on a range of issues including school, social life, and wellbeing.

#### Sidcup Scheme Initiative

This is a new initiative that will bring local schools together to discuss the current issues in Sidcup that our young people face and how they can look to resolve these through a peer-focused approach.

Two of our Year 10 and two of our Year 9 pupils were chosen to represent Hurstmere at the first meeting held at Cleeve Park School on 1<sup>st</sup> March.

The first phase of the scheme is to collaborate with peers and design a poster, raising awareness of the project, that could be displayed in local shops and at local events.

The scheme will link in with external agencies, such as the Safer School's Project, with the intention to help keep our young people safe.

#### Useful Information

CHILDLINE – [www.childline.org.uk](http://www.childline.org.uk)

NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk)

CHILD EXPLOITATION & ONLINE PROTECTION (CEOP) – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

For more information about safeguarding please visit our website: <http://www.hurstmere.org.uk/169/key-information/category/4/safeguarding-student-welfare>

Please remind your son that if they have any worries or concerns, they can email [hereforeyou@hurstmere.org.uk](mailto:hereforeyou@hurstmere.org.uk) and a member of our safeguarding team will be able to help!

**Remember, it's good to talk!**