



WELCOME

Welcome to the first Henry Beaufort Safeguarding Newsletter. We endeavour to distribute these every half-term to give parents and carers up-to-date advice and guidance on how you can support your child as they go through a pivotal time in their lives.

The information shared in this newsletter has been provided to The Henry Beaufort School by local and national safeguarding organisations.

SAFEGUARDING PROCEDURE:

To share any safeguarding concerns about your child, or another child from our school please contact the safeguard team at Safeguarding@beaufort.hants.sch.uk

In an emergency, please contact reception 01962 880073

Reception is open Monday to Thursday - 8:00am - 16:30pm and Friday - 8:00am - 16:00pm.

If you have a safeguarding concern out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is immediate danger, please contact the police using 999.

VAPING

The first item we would like to share with you all is some information on Vaping which has been sent to us by Hampshire County Council. The information has been attached to this Newsletter. Vaping has grown in popularity globally and in the UK. A recent UK survey by ASH (Action for Smoking and Health) found that 21% of 11-17 year olds had tried vaping and this is on the increase. Local school surveys also show a sharp rise with age, from year 7 to year 13. Whilst surveys show that most children don't vape, this is likely an underestimation. The main reasons that young people vape or have experimented with vaping include:

- Curiosity 'to give it a go
- 'Peer pressure
- Appealing flavours and marketing
- Seeing family and friends vape or smoke

**VAPES (E-CIGARETTES)
PARENT/CARER FACT SHEET**



THIS FACTSHEET IS ATTACHED ON THE FOLLOWING PAGES



VAPES (E-CIGARETTES) PARENT/CARER FACT SHEET



WHAT ARE VAPES (E-CIGARETTES)?

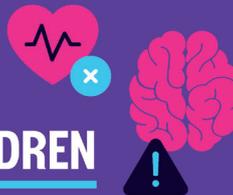
Also known as e-liquids or puff bars, vapes are battery powered devices that heat a liquid to create vapours to be inhaled. The liquids often contain addictive nicotine, flavourings and other chemicals. Vapes come in many shapes, sizes, flavours and colours.



CURRENT ADVICE ON VAPING

Vapes should not be used by children or adults who do not currently smoke. People who currently smoke are encouraged to swap to vapes. Vapes are a quitting aid that reduces the harms of tobacco smoking.

Smoking carries far greater health risks than vaping. It is the biggest cause of illness and death in the UK. Tobacco smoke contains nicotine, tar, carbon monoxide, arsenic and many other toxic chemicals. However, vaping is not risk free.



RISKS OF VAPING IN CHILDREN

Vaping side-effects can include headaches, coughing, insomnia, worsening of asthma symptoms and throat irritation. As vapes are relatively new, the long-term health effects are still unknown. Children and non-smokers are therefore urged not to start vaping.

Vaping exposes children to nicotine. Nicotine is highly addictive and has a negative effect on children's developing brains. Nicotine use by children could lead to mental health problems. This includes anxiety, poor concentration and future substance misuse or addictions.

VAPING BEHAVIOUR IN CHILDREN

Vaping has grown in popularity globally and in the UK. A recent UK survey by ASH (Action for Smoking and Health) found that 21% of 11-17 year olds had tried vaping and this is on the increase. Local school surveys also show a sharp rise with age, from year 7 to year 13. Whilst surveys show that most children don't vape, this is likely an underestimation. The main reasons that young people vape or have experimented with vaping include:

- Curiosity 'to give it a go'
- Peer pressure
- Appealing flavours and marketing
- Seeing family and friends vape or smoke



THE LAW AND VAPING

It is against the law to sell nicotine products to anyone under the age of 18. It is also illegal to buy vapes on behalf of anyone under 18.

Unsafe, illegal vapes which do not meet UK quality and safety standards have been on the rise. They can contain dangerous chemicals such as lead and nickel. High levels of inhaled lead damages children's central nervous system and brain development. Some illegal vapes contain nicotine but claim otherwise.



VAPING AND ENVIRONMENT



Disposable vapes generate lots of single use plastic, electrical waste and littering. They use a lot of water and generate greenhouse gas emissions in their manufacture. Unsafely throwing away disposable vapes could release plastic, electronic and hazardous chemical waste into the environment. This can also be a fire risk.

REPORTING ILLEGAL VAPES OR UNDERAGE SALES OF VAPES



If you are aware of or suspect any illegal vapes/e-cigarettes, or underage vape sales, you can report anonymously to hants.gov.uk/tradingstandards

HOW TO DISPOSE OF VAPES/E-CIGARETTES



Do not place vapes in household waste as they can cause a serious fire risk. Your local vape shop or supermarket might have a collection bin. Single use and reusable e-cigarettes/vapes can also be taken to any of your local waste recycling centres in Hampshire: hants.gov.uk/wasteandrecycling

WHAT THE COUNTY COUNCIL IS DOING TO ADDRESS VAPING IN CHILDREN



To protect children, we are undertaking the following activities:

- Setting up smoking and vaping prevention programmes to support schools and teachers.
- Tackling illegal vapes and stopping underage sales through Hampshire Public Health and Trading Standards initiatives.
- Continuing to support people to stop smoking through our stop smoking service, **Smokefree Hampshire**.
- Working to raise awareness and encourage behaviour change to stop smoking and prevent vaping uptake by children and young people.



SUPPORT

If you are concerned that your child may already be addicted to nicotine, speak to your GP or to your child's school nurse by contacting **ChatHealth** – text **07507 332160**

HELP FOR PARENTS AND CARERS TO STOP SMOKING

If you smoke, it is never too late to quit. Visit **Smokefree Hampshire** or call **01264 563039** or **0800 772 3649**. You can also text 'Quit' to **66777**. Smokefree Hampshire provides tailored, free support that has been proven to help smokers quit. The service also supports the use of vaping as a quitting aid and can provide support to stop vaping too.

WHAT PARENTS AND CARERS CAN DO

You have an important role to play in preventing the harms of vaping in children. Here are some tips for a healthy discussion with your child:

- Know the facts, get credible information about vapes (see resource links below).
- Choose the right time and place: a more natural discussion will increase the likelihood that your child will listen, for example, seeing someone vaping.
- Ask questions, listen and learn from what they tell you, and answer their questions.
- Set clear expectations with them, share why you don't want them to vape.
- Be a healthy role model to your child, for example, if you use vapes yourself, don't vape in the house or car.
- If you smoke, you can get free personalised support to help you quit for good from **Smokefree Hampshire**.



COMPLAINTS ABOUT INAPPROPRIATE ADVERTISING AND PROMOTION OF VAPES

Complaints about inappropriate advertising and promotion of vaping to under-18s, for example on social media, should be addressed to the Advertising Standards Authority (ASA) through the **online complaints portal**.





FURTHER INFORMATION AND RESOURCES

You can find some useful information and local support services listed below:



ASH (Action on Smoking and Health):

ash.org.uk/resources/publications/fact-sheets

Talk to Frank:

talktofrank.com/drug/vapes

NHS

nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/#young-people

Chief Medical Officer for England on vaping

gov.uk/government/speeches/chief-medical-officer-for-england-on-vaping

Smokefree Sheffield Vaping facts

smokefreesheffield.org/get-involved/campaigns/vaping-the-facts/

Smokefree Hampshire (stop smoking services)

smokefreehampshire.co.uk/

Hampshire Trading Standards (to report illegal vapes or underage vaping sales)

hants.gov.uk/business/tradingstandards/contact-us

Smokefree Me Hampshire resources about youth vaping

hants.gov.uk/socialcareandhealth/smokefreeme/electronic-cigarettes

For support with any questions and advice relating to a wide range of health and wellbeing issues

hampshirehealthyfamilies.org.uk/chathealth or healthforteens.co.uk/



NSPCC REPORT REMOVE

This tool can be used by child/ young person under 18 who have shared a sexual image or video of themselves online. It allows them to inform the service who will review it and work to have it removed if it breaks the law. It will also give it a digital fingerprint to help spot the image/ video across the internet and take it down. This is provided by ChildLine and IWF and they keep the child informed at each stage of the report and can provide further support where necessary. This service will be very helpful to those children/ young persons who have shared photos of themselves on social media platforms or to others. For NPT it may be worth informing your secondary school about this service as I know it is a regular concern within schools. It appears to be a simple and effective tool and will be helpful when advising victims and families when dealing with incidents of children/ young person's sharing their own indecent photos.

[Report Remove | NSPCC](#) is the link to the service. However if you just type 'NSPCC Report and remove' in a search engine it will be at the top.

To use Report Remove the children just need to follow three steps (parents can assist them)

1. Follow the instructions to prove their age, if they're 13 or older, they'll be supported to prove their age using an age verification service called Yoti. They will need some ID for this.
2. Log in or create a childline account so they can receive updates on their report.
3. Report and remove- Share the image or video securely with the IWF, where a specialist analyst will review it and work to have it removed if it breaks the law. They will be give it a digital fingerprint to help spot the image or video across the internet and take it down.

*Childline will let the young person know the outcome of their report and provide further support where needed. They are always welcome to speak to a counsellor about how they feel, whether online at childline.org.uk or via the free confidential helpline on 0800 1111.

It will also introduce the children to the NSPCC website where they may wish to access other support or services for further safeguarding and support. The service is not just for removal of indecent images but can help the child/ young person have an understanding of what is meant by a nude/ sexual image or video and to help them feel supported.

Parents can also access advice through the website.

GROOMING

Not in our community is a campaign designed to help young people protect themselves and friends against grooming and sexual or criminal exploitation. Details and more information can be found on this website:

Parents – [Not In Our Community – Protection against exploitation](#)

**NOT IN OUR
COMMUNITY**

SUPPORT FOR PARENTS

Please see below the support that parents can access in the local area.

As a school we have a parent support page set up on our website please visit it by [clicking here](#).

Parent Support Programme

6 - 7.30pm
First Tuesday of every month

Quakers meeting house, 16 Colebrook St, Winchester

Continuing with different mental health topics each month





Winchester Youth Counselling, in partnership with Solent Mind, will be delivering monthly information sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential. £5 to secure your place (please contact us if you require support).

To book please click on the 'Events' section on our website;
www.winchesteryouthcounselling.org
or for more information please contact psp@winchyc.org

 @WinchesterYouthCounselling  @WinchYC  01962 820444

P.A.C.E. 2023

PARENT, CARER & PROFESSIONAL EVENTS

A FREE HEALTH & WELLBEING EVENT FOR ALL PARENTS, CARERS & PROFESSIONALS WHO SUPPORT OR WORK WITH YOUNG PEOPLE

WHAT CAN I EXPECT?
PACE events consist of two main components:

1. A number of **specialist workshops** on young people's emotional health and wellbeing.
2. **Information stands** from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

NOVEMBER 2ND 2023
LYNDHURST COMMUNITY CENTRE,
HIGH STREET, LYNDHURST, SO43 7NY

PLUS! Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic

Book your workshop space at hampshirecamhs.nhs.uk/events

Brought to you by Hampshire CAMHS

SUPPORTING YOUR ADOLESCENT PARENTS & CARERS TOOLKIT

The toolkit has been designed in collaboration between Hampshire Safeguarding Children Partnership with parents/carers, to provide information and help on a range of topics that can affect pre-teens and teenagers as they journey into adulthood.

The subjects featured in the toolkit were chosen specially by parents/carers, and the contents carefully compiled by a range of services across both Hampshire and the Isle of Wight. The toolkit comprises of 10 themes, which are further broken further down into subthemes.

The main themes cover:

- physical health
- mental health
- sexual health
- online safety
- keeping adolescents safe outside the home
- relationships
- bullying
- identity
- substance use
- SEND



Hampshire Safeguarding Children Partnership

Scan Here!



'Supporting your Adolescent' Parents & Carers Toolkit



SAFEGUARDING IN SCHOOL

As part of our pastoral support for students in school, they can access our 'Call it Out' campaign through the QR code below, or via student SharePoint. Every member of the Safeguarding Team is pictured below; students can talk to any member of the team throughout the school day.

PRIDE, HAPPINESS, AMBITION

Call It Out

Use this QR code to share any concerns you have about;

- Prejudicial, discriminatory, racist language or behaviour you have from a student(s) to another. This can include any acts of bullying.
- Vandalism which includes graffiti or damage to persons property or belongings.
- Vandalism which includes graffiti or damage to the school property.



We have a zero tolerance to this behaviour and together we must CALL IT OUT!

The Henry Beaufort Safeguarding Team



Mr Coe
Designated
Safeguarding Lead
Head of Year 9



Mrs Briggs
Deputy Designated
Safeguarding Lead
Assistant Headteacher



Mr Applin
Deputy Headteacher



Mrs Cavell-Wells
Safeguarding Governor



Mr Lionel Jones
Safeguarding Governor



Mrs Taggart
Head of Year 7



Miss Bean
Head of Year 8



Mr Janes
Head of Year 10



Mr Naisbitt
Head of Year 11



Mrs Hodge
SENDCO



Miss Price Harper
Assistant SENDCO



Miss Borwick
Support and Guidance Manager



Mrs Callen-Organ
Support and Seclusion Manager



Miss Mourant
Learning Manager OLC



Mrs Peter - Simmonds
Family Support Worker