

WELCOME TO THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

We are committed to providing parents and carers with up-to-date advice and guidance at the end of every half term. Our goal is to support you in helping your child navigate this pivotal time in their lives.

Our half termly focus for this newsletter is Self-Harm and Online Safety.

SAFETY VISIT

This half term, we had a visit from PCSO Window and PCSO Puntis, who delivered an informative session on mobile device use and online safety. Their practical advice and insights were invaluable in promoting safe online habits among our students. We extend a heartfelt thank you to them for their time, expertise, and support of our school community.



SELF HARM

In response to an increase in students and young people around the Winchester area referring to self harm, we would like to draw your attention to the self harm information that we emailed out in our first newsletter of this year.

If you need any further information, visit Crisis, Self-Harm and Suicide – CAMHS:
<https://hampshirecamhs.nhs.uk/issue/crisis-self-harm-and-suicide/>



Hampshire Child and Adolescent

SOLENT MIND SELF-HARM SUPPORT HUB



SELF - HARM

Self-harm occurs when someone intentionally hurts themselves to cope with difficult feelings, painful memories, or overwhelming situations and experiences.

Self-injury is an expression of acute psychological distress. It is an act done to oneself, by oneself, with the intention of providing relief. Paradoxically, damage is done to the body to preserve the integrity of the mind.

WHY DO YOUNG PEOPLE SELF HARM

- Express something too hard to say
- Change emotional pain to physical pain
- Have a sense of being in control
- Escape traumatic memories
- Have something in life they can rely on
- Punish themselves for feelings
- Stop feeling numb or dissociated
- Create a reason to physically care for themselves
- Turn invisible into something visible
- Express suicidal feelings and thoughts without taking their own life

SUPPORTIVE CONVERSATIONS MATTER

Recognise how hard this conversation must be for the young person.

They are the sole focus of your attention.

You respond calmly even if you don't feel calm.

You spend most of your time listening.

They tell their story (don't assume).

There is acceptance and support, not judgement.

The self-harm is not dismissed as attention seeking.

Unrealistic promises are not made about confidentiality.

This is recognised as the first of a difficult journey.

ONLINE SUPPORT FOR THOSE WHO SELF HARM

Solent Mind self-harm support hub - offers a peer support group and information

YoungMinds - text their crisis messenger service at any time for support

Alumina - provides free online self-harm support for 10-17 year olds

Childline - speak to a counsellor/ chat to other young people on message boards

The Mix - offers counselling, a helpline, webchat, community message boards

Self Injury Support - provides information and support for girls and young women in distress, including a text and webchat service

SANE - provides care and emotional support for people aged 16 and over affected by mental illness, including families and carers

Tellmi - app that allows them to talk about difficult things with people their age, while hiding their identity (posts and responses are moderated for safety)

Calm Harm - free app providing support and strategies to help resist or manage the urge to self-harm

distrACT - self-help tips and links to support and trusted resources for those who self-harm or feel suicidal, and those supporting them

Self-injury and self-harm are both coping mechanisms used by an individual to deal with difficult feelings, emotional pain and situations that can feel overwhelming.

Please visit Solent minds self-harm hub for help and support.

<https://www.selfharmsupporthubhants.org.uk>

The 5 Ways to Wellbeing

Evidence says there are 5 ways to look after your mind....



Good mental wellbeing doesn't mean that you will never experience situations you find difficult. But it does mean you have resilience to cope when things get tough.

SAFER INTERNET DAY

Tuesday 11th February 2025 (UK Safer Internet Centre)

Safer Internet Day is the UK's biggest celebration of online safety. Each year they cover an online issue or theme that speaks about the things young people are seeing and experiencing online. This year the theme is 'Too good to be true? Protecting yourself and others from scams online'

This year's Safer Internet Day will also consider the future of scams, answering questions such as:

- How is changing technology like generative AI going to impact the approach of scammers?
- What role can the government and internet industry take to tackle this threat?
- What changes would young people like to see to help protect themselves moving forward?

Further details: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025>

WHATS APP INFORMATION

In April 2024 the age for WhatsApp use was lowered from sixteen to thirteen. If interested there is a more relevant article on the WhatsApp age of consent issue below:

<https://parentzone.org.uk/article/whatsapp>



REPORT REMOVE

childline

ONLINE, ON THE PHONE, ANYTIME



Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Nude image of you online?
We can help take it down.

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

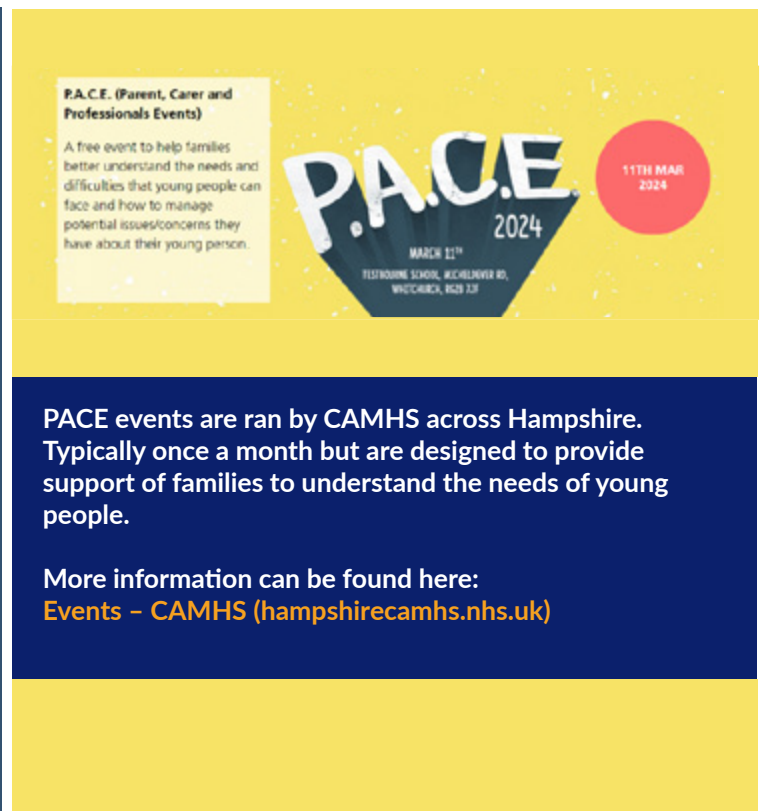
WYC Winchester Youth Counselling

mind for better mental health

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. (Parent, Carer and Professionals Events)

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

P.A.C.E. 2024

MARCH 11TH

TELENDORNE SCHOOL, WICKHAMPTON RD, WINCHESTER, SO20 7JF

11TH MARCH 2024

PACE events are ran by CAMHS across Hampshire. Typically once a month but are designed to provide support of families to understand the needs of young people.

More information can be found here:
Events – CAMHS (hampshirecamhs.nhs.uk)

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



ONLINE PARENTING COURSES



Our free online parenting courses are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of our courses are filled with helpful techniques and ideas that we are sure will help you become a confident and happy parent. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace. Our range of courses are below.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

SAFEGUARDING TEAM

The Henry Beaufort Safeguarding Team



MR COE
Designated
Safeguarding Lead



MRS BRIGGS
Deputy Designated
Safeguarding Lead
Assistant Headteacher



MR APPLIN
Deputy Headteacher



MISS MCMAHON
Head of Year 7



MRS BURBIDGE
Head of Year 8



MISS BEAN
Head of Year 9



MR NAISBITT
Head of Year 10



MR JANES
Head of Year 11



MRS HODGE
SENDCO



MRS BORWICK
Support and Guidance
Manager



MRS CALLEN-ORGAN
Support and Seclusion
Manager



MISS MOURANT
Learning Manager OLC



MRS PETER - SIMMONDS
Family Support Worker



MRS CAVELL-WELLS
Safeguarding Governor



MR LIONEL JONES
Safeguarding Governor



SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at:
Safeguarding@beaufort.hants.sch.uk

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is 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 in immediate danger, please contact the police using 999.

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!



SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | askus@familylives.org.uk | familylives.org.uk

MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | nationaldahelpline.org.uk

Men's Advice Line (free) | 0808 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T

| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website:

adfam.org.uk

Stop Domestic Abuse Now. This organisation run a group course called The Freedom Programme.

<https://stopdomesticabuse.uk/>

FOOD BANK

Website : WinchesterBasicsBank.co.uk

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm **Please note that we are not open on Bank Holidays**