



The Hinckley  
SCHOOL

# SAFEGUARDING & WELL-BEING NEWSLETTER

May 2024

**Welcome to our Safeguarding and Well-Being Newsletter.**

As we enter into the final and sunniest part of the academic year, I want to take this opportunity to give you all an update on my first year at The Hinckley School.

I joined in October 2023 and immediately found I had tremendous support from Miss Pawley (Deputy Safeguarding Lead), Mrs Hall (Attendance Officer), Mr Bennett (Inclusion Manager), Mrs Birks (Special Educational Needs Coordinator) and all the Pastoral & Year Leads from Year 7 to 6<sup>th</sup> form, as well as many others. The Leadership Team I joined could not have been more supportive and I feel well and truly welcomed into The Hinckley School staff team.

The inclusivity and support I have felt here has been fantastic. I now share an office with many of the above, as we have developed a new Community Well-Being hub, which is designed to respond to the many needs of our students and families, and give a supportive base for the local services that come in to see members of our community. My ideas for change have been fully supported by the Headteacher, Lisa Hickman and all the rest of the Leadership Team.

I feel proud and privileged to be a part of this team, which is constantly driving change for good across the school and community.

If you have any concerns or worries, please get in touch. The team are here to help and so are our local partners who are listed here in our [Mental Health offer and family Support Directory](#).

Thank you,  
Mrs K Priestnall & Miss I Pawley  
The Safeguarding Team

[kpriestnall@thehinckleyschool.co.uk](mailto:kpriestnall@thehinckleyschool.co.uk)  
[ipawley@thehinckleyschool.co.uk](mailto:ipawley@thehinckleyschool.co.uk)

---

NEWS FROM HINCKLEY & BOSWORTH BOROUGH COUNCIL

---

## LIVE SAFE

*Live Safe* is a digital space that aims to provide information and support to young people and parents/carers in Leicester, Leicestershire and Rutland.

Curated by the Violence Reduction Network (VRN) and with content produced from across the partnership, *Live Safe* brings together key information about issues that can affect



young people's safety. It covers subjects such as knife carrying and violence, criminal exploitation, gangs, online safety and substance use. It also provides young people with some guidance and tools to be active bystanders and make a positive stand against violence.

Designed with young people in mind, *Live Safe* purposely does not include partner organisations' logos and strives to make information as accessible and as relevant as possible. The VRN has recently worked with the subject matter experts within the Network and local young people to co-design additional content as well as update the imagery used.

Parents and carers can also find accurate and useful information about the same issues so they have the knowledge and tools to keep their children safe and know what to do if they are concerned. In time, there will be an additional section for professionals. Users can also find links to credible national organisations and further resources.

You can access *Live Safe* here: <https://livesafe.org.uk/>

## HEALING TOGETHER

Hinckley and Bosworth Borough Council are delivering the 'Healing Together' programme for children/young people aged 5-16 who have been impacted by domestic abuse. The programme helps children/young people learn about how their body and brain can work together to help them feel safe and calm (more information is on the leaflet below). Healing Together is a 6-session trauma informed programme that enables children/young people to access early intervention by people they trust, and in a space they feel safe.

If you have been/are in contact with a family where a child/young person has been impacted by domestic abuse, please fill out the referral form on our website and send it to [childrens.support@hinckley-bosworth.gov.uk](mailto:childrens.support@hinckley-bosworth.gov.uk) **The referral form can be downloaded via our school website, from the 'Links and Resources' drop down on our 'Safeguarding & Well-Being' page here - [The Hinckley School - Safeguarding & Well-Being](#)**

**Childline**  
0800 11 11

**healing together**

Nurturing Young People Impacted by Domestic Abuse

*I think it has given her the language to express how she is feeling and almost permission to discuss things.*

*Since starting the group he has had fewer anger outbursts. He has got so much better at opening up and expressing his feelings.*

**Breathing exercises**

**Healing Together**

The Healing Together programme provides support for young people who are impacted by domestic abuse.

This trauma informed programme is based on 6 sessions and each session is delivered within 60 minutes. The programme can be delivered as a group programme or on a one to one basis within different settings (i.e. schools, community services).

The programme has been carefully put together to help young people learn about how their body and brain can work together to help them feel safe and calm. They will not be asked to talk about their experiences of domestic abuse. This is a programme to help young connect and learn how to keep their brain and body feeling safe.

**COLD** **HOT**

**The programme is delivered by accredited Healing Together facilitators.**

**What Happens Next?**

Young people and their caregiver will be offered an initial assessment appointment. The assessment will take place with our welcoming facilitators. We will ask some questions to get to know you and tell you more about the programme.

The sessions are confidential in the sense that we do not share the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with the necessary organisations.

**At the end of the session, the young person can decide if they want to attend the Healing Together programme.**

**Be with a safe adult**

For more information or to Enrol

Email: [childrens.support@hinckley-bosworth.gov.uk](mailto:childrens.support@hinckley-bosworth.gov.uk)

National Domestic Violence Helpline  
0808 2000 247

## FREE SCHOOL MEALS

### **Parents, many of you are entitled but not claiming!**

Please take a look at the link to the Free School Meals application on the Local Authority website – link below. Many of you may not be aware that you do qualify and may be entitled to free school meals for your child (ren) please take a look at the following information and if you think you qualify please apply online.

[Free School Meals | Leicestershire County Council](#)

## CYCLING IN HINCKLEY TOWN CENTRE

We also have close links with the local police in the area and they have asked that we share the following information relating to cycling in Castle Street, Hinckley.

*“Pedestrians are continually experiencing a high level of concern particularly at the end of the school day with students recklessly riding their bicycles down Castle Street. Several students have been identified and letters sent to their parents. Additionally, CCTV footage reveals numerous near misses between cyclists and pedestrians. Hinckley Police will continue to monitor the area and we are seeking support and assistance from schools and parents to ensure our pedestrianised areas remain safe.”*

**Did you know? ...**  
Castle Street in Hinckley is a pedestrianised zone which means that you are not allowed to cycle on Castle Street.

These **NO CYCLING SIGNS** are on Castle Street, Hinckley

**This means ...**  
That it is **against the law to cycle on Castle Street**. The Highway Code for cyclists, rule 69 states: 'You must obey all traffic signs and traffic light signals'.

**You must ...**  
Get off your bicycle and walk it through Castle Street.

**Why is this? ...**  
A pedestrian zone protects pedestrians walking in the town centre from being involved in an accident with vehicles and bicycles.

**What if I am stopped by the Police? ...**  
If you are stopped while riding your bicycle, you may be given a warning by an officer and your details will be recorded. If you are stopped a second time you may be given a **Fixed Penalty Notice** (on-the-spot fine) of **£50**.

Blaby & Hinckley & Bosworth  
Community Safety Partnership

LEICESTER • LEICESTERSHIRE • RUTLAND  
Road Safety Partnership  
DRIVING CASUALTIES DOWN

Leicestershire Police

## SAME SERVICE, NEW NAME! - KOOOTH IS NOW TELLMi

The digital mental health service for 11-18 year olds has changed to [TellMi](#). This is available to anyone over the age of 11 across Leicestershire, Leicester and Rutland and is free of charge. You can visit the [TellMi](#) website or download the app from your phone's app store. TellMi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem, you can share your experiences online at a time that suits you and get support.

## YEAR 11 & 13 PROM FUND

In the last edition, we told you that we had opened up a Prom Fund for donations either in cash form or in the form of prom wear for our students. I want to take this opportunity to thank all those who donated cash and clothing most sincerely. The response has been overwhelming and we are so grateful for your kindness and support. We have raised a lot of money which has meant tickets for those who have struggled to afford them has been heavily subsidised and, in some cases, provided in full.

The prom wear now takes up two rails in the Well-Being Office and the quality of the items donated has been fantastic. Thank you all so much.



There is still time to donate a dress or a suit, or cash. Outfits or accessories can be brought into Reception clearly marked for the Safeguarding Team and cash donations can be made online via parent pay.

---

## ATTENDANCE CLINICS

As a school and community, I know we all value good school attendance. We also know that sometimes things go wrong and children stop attending school for a short time or a longer period, depending on what has gone wrong.

We are here to support you and your child in a positive return to school life and as a result we have started to run attendance clinics with key staff in school, allowing the opportunity to invite parents into school to discuss concerns and barriers to attendance.

We regularly meet with children in school to find out if there are any reasons for lack of attendance and if we can support them in continuing a strong pattern of good attendance. We have set targets, offered rewards and investigated where issues of concern have arisen.

If you are worried about your child's attendance and want to come in and have a chat with us, informally over a cuppa, please get in touch. The kettle is on every Monday after school, when we run the clinics, but would be more than happy to accommodate you if you needed a different time to come in due to your own commitments.

**We are here to help!**

Contact our Attendance Officer Nicky Hall on: [nhall@thehinckleyschool.co.uk](mailto:nhall@thehinckleyschool.co.uk)

or call in at Reception and ask for our team any Monday from 3.30-4pm

# SUPPORTING YOUR CHILD WITH EBSA

## EMOTIONALLY BASED SCHOOL ABSENCE GUIDANCE FOR PARENTS

### WHAT IS EBSA?

Emotionally Based School Absence/Avoidance/Anxiety (EBSA) is a broad term that is used to describe children and young people who have terrible difficulty attending school and may have long periods of absence caused by emotional distress.

EBSA is commonly associated with emotional and physical distress and an inability to attend school, which can then lead to further anxiety about school. It is not the same as truanting which is not usually linked to an emotional cause like anxiety.

EBSA isn't a new problem, but young people feeling anxious about going to school regularly, has increased significantly since the pandemic and lockdown.

### PUSH AND PULL FACTORS

There are a range of factors that feed into EBSA. These factors can either increase a child's ability to attend school or reduce it, which means they will be more likely to stay at home.

These factors are referred to as PUSH and PULL factors.

Push and pull factors feed into a child's EBSA and can affect both children and parents. They are broken down into different overall areas: environmental, school and person-centred.

EBSA is usually the result of a combination of these factors. Some examples of PUSH and PULL factors for both children and parents are below:

	<b>PUSH</b> (Increases attendance)	<b>PULL</b> (Reduces attendance)
<b>ENVIRONMENTAL</b>	Encouragement from adults at home to go to school	Games/activities at home. Liking the safety/flexibility of home routines
<b>CHILD-CENTRED</b>	Good awareness of feelings and triggers Motivated to attend to achieve goals	Negative thought cycles. Under-developed self-regulation and awareness
<b>SCHOOL</b>	Positive transition to school	Friendship difficulties

### SIGNS OF EBSA



Your child might complain of anxiety symptoms, butterflies in the tummy or nausea and pins and needles.

They child might complain that they have abdominal pain, a headache or a sore throat often, with no physical signs of illness.

You will notice that these symptoms are less at weekends and holidays but worse on Sunday evenings and weekday mornings.

**REMEMBER!** Anxiety is a NORMAL human feeling. It doesn't feel very nice, but avoiding it makes it worse, not better.

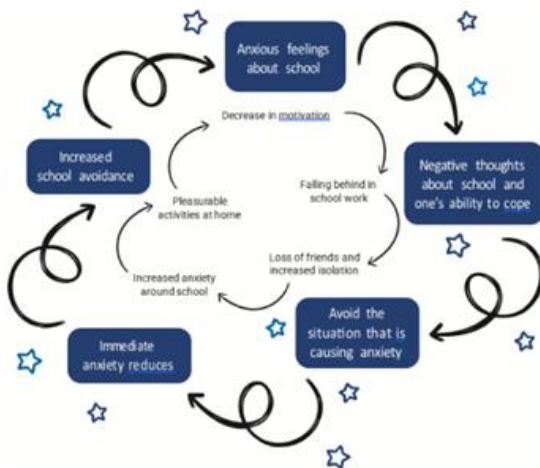
The most common way to manage anxiety is avoidance as this gives us immediate relief. As parents, we can sometimes think it's 'kinder' to allow them to avoid the situation. Unfortunately, it also increases anxiety the next time they are faced with similar situations in the future.



### ANXIETY

- dizzy
- lightheaded
- mind racing
- disorientated
- strange/blurry vision
- trembling
- restless
- sweating
- jelly-like legs
- shivering
- wanting to run
- possible sleep disturbance
- breathing fast or shallow
- difficulty in swallowing
- feeling breathless
- heart racing/palpitations
- nausea/lack of appetite

### WHAT MAKES IT WORSE?



### WHAT CAN I DO TO HELP?

Communicate with the school as soon as possible. Your child's school should work in partnership with you to address the issue and make a plan to support your child in attending school.

The approach you take needs to be something that all adults agree to and stick with, taking into account the child's specific needs. The approach will need to be both firm and consistent. All parties need to maintain consistency and be a positive united front for your child.

One of the key ways you can support your child is by calmly listening to them and acknowledging their fears because those fears are real to them. It is also important to reassure them that you and the school will work with them to make school a happier place for them.

Helping your child to understand that some anxiety is normal, how to recognise anxiety, how to cope with the uncomfortable feelings without avoiding it, and teaching them ways

It can be really hard to see your child unhappy. It's important that you have someone you can talk to about this - it could be a friend, family member or professional.



There are 2 Local Authority EBSA Engagement Officers that schools can contact to work with them to put further support in place for you and your child. They can provide resources and offer you support in managing your child's anxiety to help them attend school. Please speak to your school about this.

# Family life can be a challenge, but you are not alone



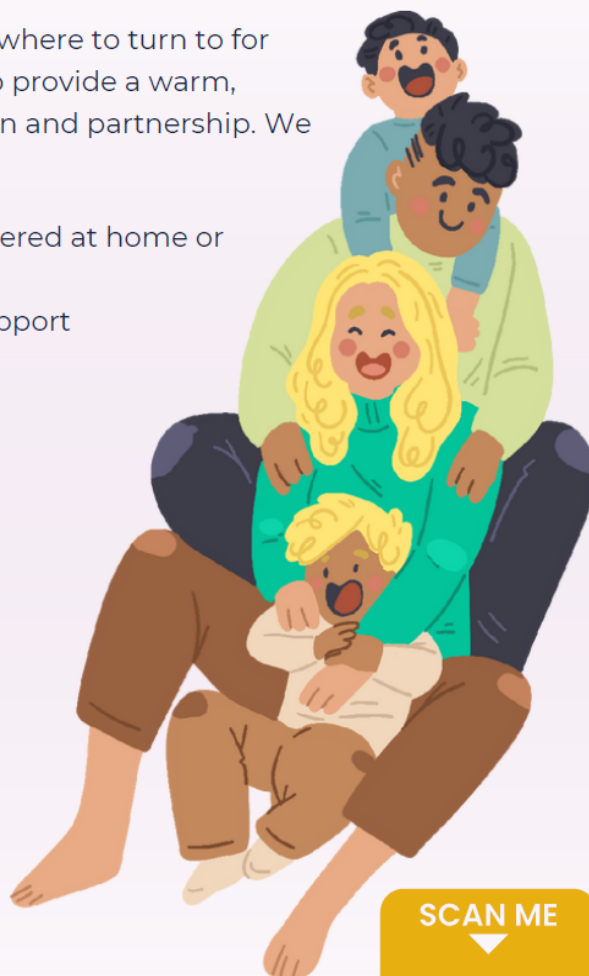
**Our Whole Family Relationship Support Service provides families with help and guidance that builds stronger relationships**

We believe that every family should have somewhere to turn to for support both in good times and bad. We aim to provide a warm, confidential space that encourages participation and partnership. We offer the following types of support:

- Weekly 1 to 1 support for up to 8 weeks delivered at home or community setting
- Family Lives helpline, email and live chat support
- Parenting workshops and programmes
- Online resources and advice via our website

Our family relationship service is designed to support mums, dads and their families through every step of their journey, from perinatal support to teenage years.

We recognise that each family is unique, so our services are tailored to meet specific need, working within the home, the community or in school we can help develop personalised strategies and provide access to the resources and support to help build happier relationships and happier families.



**For more information about this service, please contact our team:**

- Email AdeleW@familylives.org.uk or call 07971 253000
- Email JadeT@familylives.org.uk or call 07703 695819

SCAN ME



To make a referral

## We build better family lives together

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



@FLLeicestershire



PEOPLE



PROMOTE



PROTECT



PROVIDE



PARTNERSHIP

Delivering good health and prevention services

Public Health in Leicestershire

© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales.. 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

# IMMUNISATIONS

On Friday 17<sup>th</sup> May 2024 the Immunisation team will be in school delivering the Human Papillomavirus (HPV) vaccinations for young people. They will send out any consent forms they require you to complete.

More information about this can be found here:

[HPV](#) [Questions you may have about the HPV vaccine](#) [A guide to immunisations for young people](#)

Should you wish to contact the Immunisation team directly you can do so here:

Bridge Park Plaza | Bridge Park Road | Thurmaston | Leicester | LE4 8PQ **Tel:** 0300 3000 007

**E-mail:** [lpt.sais@nhs.net](mailto:lpt.sais@nhs.net) **Website:** [www.leicspart.nhs.uk/service/schoolagedimms](http://www.leicspart.nhs.uk/service/schoolagedimms)

Any child that misses out on their vaccine will be offered a vaccine the next time they visit.

# ADULT LEARNING OPPORTUNITIES

- Cookie in a Jar Workshop – 4<sup>th</sup> June – Skills for Life Session. More details on the poster below.
- ‘Go Learn’ have a wide range of adult learning opportunities available locally. To view their full brochure on our website, please [click here](#).



Leicestershire County Council

SKILLS FOR LIFE  
Multiplay

HM Government



## Cookie in a Jar Workshop

- Create a tasty gift in a fun workshop
- Strengthen your number skills whilst weighing and measuring
- Find out what other courses we have available
- Jars and dry ingredients provided

Hinckley Library, Lancaster Road,  
Hinckley, LE10 0AT

Tuesday 4<sup>th</sup> June 2024

10.00am to 12.00pm

To book your place call  
0800 988 0308 and quote course code: 23SN553N

Eligibility requirements apply. Please call and quote 23SN553N for more information




Leicestershire County Council

Call **FREEphone**  
0800 988 0308

# GoLearn!

Leicestershire Adult Learning Service

Find your course now!



Visit our NEW website  
[www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk)