



The Hinckley
SCHOOL

SAFEGUARDING & WELL-BEING NEWSLETTER

September 2024

Welcome to our Safeguarding and Well-Being Newsletter.

Hopefully by now everyone has settled into the new academic year. If you are new parents to the school community, we extend a very warm welcome. This Safeguarding and Well-Being Newsletter started last autumn and is produced half termly. We like to share all the resources we have that support children and families, this doesn't just include our own offer to you, but also what is available in the local community.

When I started putting this together last year, I was wonderfully surprised by the vast array of support that children and families can access, most of which is entirely free of charge, so I put together a [Mental Health Offer & Family Support Directory](#) and this newsletter, which is on our website and also available as a hard copy in our reception area. The directory is your guide to the services we offer in school to support the well-being of our students, and to the services that are available to students and families in the community.

This directory has grown continually over the last year, as I have been made aware of additional services, so please do take a look at each edition as it comes out in this newsletter, as there is bound to be something added each time!

We have a tiered approach to supporting mental health in school, starting with in school support which our student's Tutor offers all their tutees. Our Pastoral Leaders then add to this support, along with our Year Leaders who can add an additional layer. We have specially trained Mental Health First Aiders in school and two dedicated full-time staff who manage the safeguarding hub, along with our Attendance Officer and Inclusion Manager.

Meet the Team!



Tier 2 support involves external services visiting school on a regular basis. The Leicestershire County Council provide us with a Teen Health Well-Being Officer who comes into school two days a week on Mondays and Thursdays. Georgie Murfitt is very popular with our students and they don't need an appointment, they can just drop in to see her at break, lunch or after school on either of those days.

If a student is struggling with anything, Georgie can help, so if you think your child needs a referral please let us know.

Click the logo on the right to learn more about the Teen Health service.



Our Sixth Form students can access the NHS Leicester, Leicestershire and Rutland Talking Therapies 16 to years 18+, details and further information are available in the [Mental Health Offer & Family Support Directory](#) .

Tier 3 support involves referrals to our RELATE counselling service, we have two Relate counsellors, Helen, who works solely with our Sixth Form students and Chloe who works with our KS3 and KS4 students. Again, please see our directory for more information.

Relate also produced the following leaflet which shares more information about other support services available:

When is counselling not appropriate?

In some circumstances, counselling may not be an appropriate option. This may include when there is an ongoing dispute over parental contact, or when support is already being received from another agency.

Other Relate services

- Flourish group work programme (8-18 year olds)
- Prosper parent programme
- Family counselling
- Family mediation
- Relationship counselling
- Individual counselling
- Psychosexual therapy

CONTACT US:

01162543011
reception@rllr.org.uk

Other support services

CAP (24/7 helpline for acute mental health needs): 0808 800 3302

Harmless (self-harm & suicide prevention): www.harmless.org.uk

Shout (text messaging support): www.giveusashout.org or Text SHOUT to 85258

Kooth (online counselling): www.kooth.com

Relate
Leicester, Leicestershire & Rutland

**Children & Young People's
Counselling**

**Information for
Parents/Carers**

What is counselling?

Our Children and Young People's Service works with children aged 8 years and over. Counselling gives children and young people an opportunity to talk about any concerns they have. We can all find it difficult to speak to those closest to us, maybe because we don't want to worry the people we love, or we want help from outside of the family to talk through a particular problem. Our counsellors offer a non-judgemental space where they will listen and try to help your child express, understand and work through difficult feelings. This can include using creative methods such as drawing, art and play where appropriate. Each counselling session lasts 45-50 minutes. Counselling is entirely voluntary and a child/young person is free to decide whether they want counselling or not. We understand that when a child comes for counselling, this can often be a difficult time for the whole family. At Relate, we also offer family counselling. Please contact us if you think this might be helpful.

Our counsellors

All of our counsellors hold a counselling qualification and have had additional specific training in working with children and/or young people. They have all been DBS-checked and work to Relate's Child Protection Policy, local Safeguarding procedures and the Ethical Guidelines of the British Association for Counselling and Psychotherapy (www.bacp.co.uk) All of our counsellors receive regular clinical supervision and line management within Relate.

Confidentiality

Our counselling service is confidential. We will not share with anyone else what a child/ young person tell us, unless they request this or we believe that they or someone else is at risk of serious harm. The counselling notes are also confidential and kept in line with Data Protection legislation. When counselling has started, the counsellor will not normally speak with you about the work. We understand that this may feel difficult, but it can help children and young people to trust that they can speak freely about their concerns. If any concerns about a young person's safety arise, these will normally be shared with parents/carers, or if in a school setting, with the relevant staff in the school/college. In some circumstances, we may need to seek help from other agencies in order to keep a child/ young person safe. In most cases, we would aim to discuss this with the child/young person and you as their parent/carer first. Counselling can support children and young people to feel more comfortable with talking to people about their feelings. Being positive, accepting and open to talking about it if your child wants to; but not pressing them if they don't, can help your child to gain the most from the work.

Consent

If a child or young person wants counselling and is able to understand what it involves, they have the right to access it. However, when working with children of primary school age, we aim to obtain consent from someone with parental responsibility before beginning the work, and invite parents/carers to join their child for the first 10 minutes of the initial appointment.

The Hygiene Bank



We are very pleased to be working with Lutterworth Hygiene bank able to offer families who need a little extra help hygiene boxes. This is a fantastic charity that are supported by the Local Authority and deliver our monthly orders directly to school. We offer boxes to families and individual products to students as they need them.

If you would like more information about hygiene boxes or to discuss being a recipient then please email kpriestnall@thehinckleyschool.co.uk jpawley@thehinckleyschool.co.uk



Free School Meals

Please take a look at this helpful link from Martin Lewis at Money Supermarket <https://www.moneysavingexpert.com/family/free-school-meals/>

Here he gives a full guide of who can apply and how you can do this. You may be surprised at what is available so worth a look.

Here is the link to apply to Leicestershire [Free School Meals Leicestershire County Council](#)

Railway Safety

Every year children and young people are killed or injured whilst playing on railway lines. We want to share this safety video from Network rail which highlights the dangers of this and how to stay safe. I have included for all age ranges so families with younger children can select one appropriate to the age of the child.

NEW Primary school version: Suitable for KS1

<https://learnliveuk.com/ks1-primary-school-safety-talk/>

NEW Primary school version: Suitable for KS2

<https://learnliveuk.com/network-rail-primary-school-safety-talk>

NEW Secondary school version: Age 11-16

<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

College & University version: Age 16 plus

School Immunisations Academic Year 2024-2025

IMPORTANT DATES FOR YOUR DIARY

IMMUNISATION SESSIONS at The Hinckley School

The School Aged Immunisation Service from Leicestershire Partnership NHS Trust plan to deliver vaccinations at your school for the:

- Seasonal flu vaccination for young people (year 7 to year 11) on Tuesday, 12 November 2024
- 3-in-1 teenage booster + meningitis ACWY vaccination for young people (starting from school year 9) on Friday, 28 February 2025
- Human papillomavirus (HPV) vaccination for young people (starting from school year 8) on Friday, 16 May 2025

Important changes and more information

There have been some key changes to the programme. These include:

- The flu vaccination programme will be offered to children and young people from reception to school year 11.
- Self-consent for eligible young people in schools' years 8 and above, where parental consent is missing, will continue.
- Please take a look at the following letter which the Immunisation team would like us to share.

Please find below a letter to parents/carers from the Immunisation Service:

Dear Parent / Carer,

Annual seasonal flu vaccination is now due

All children from reception to year 11 are being offered a free flu vaccination in school, as part of the national vaccination programme. Flu can be an unpleasant illness and make some people seriously ill. The flu vaccination is **safe and effective**. It helps to protect against seasonal flu and serious related complications, such as bronchitis, ear infections and pneumonia. It will also help to prevent the spread of flu and protect others who are vulnerable. There are two different types of vaccine available:

Nasal spray flu vaccine

Offers the best protection against flu. It is given as a spray squirted up each nostril. It's quick and painless.

For some children the nasal spray is not suitable for medical reasons. Our team will review the medical information submitted before offering the flu vaccine injection.

The nasal vaccine contains traces of a highly processed form of porcine gelatine.

Flu vaccine injection

The injection is given into the muscle in the upper arm, which may cause soreness.

This vaccine is offered as an alternative if the nasal spray is not suitable due to medical reasons.

This vaccine does not contain porcine gelatine.

To find out more, visit: tiny.cc/flu Vaccination

For primary school age children, we will only give your child the flu vaccination if we have your consent. Please do this as soon as possible, using the instructions below. You only need to submit your decision **once**.

How to give consent for your child to get the flu vaccination

- Make a note of the code for your school and visit www.leicsandrutlandimms.co.uk
- Select **Seasonal Flu** and enter the school code. On the consent declaration page you can consent for either the nasal flu vaccine **or** the injectable flu vaccine.
- You will receive a confirmation email when the form is submitted.
- If you are unable to complete the form online, please call us on **0300 300 0007** or e-mail lpt.sais@nhs.net with your contact details. If you change your mind about your consent decision, please call us on the number above to change it.

Your school will let you know when the flu vaccination session will take place. **The consent system will close two working day before the vaccination session.** You will not be able to submit a consent form on the day.

Frequently asked questions about the flu vaccine

My child has a health condition and normally has the vaccine from the GP.

They are also able to have the vaccination at school.

What are the side effects?

Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. These symptoms are much milder than developing flu or complications associated with flu. Serious side-effects are uncommon.

Why is there is new flu injection every year?

Flu viruses change every year, so flu vaccines are updated to protect against the latest strains.

Where can I read the vaccine product leaflet?

For the nasal flu vaccine, visit: www.medicines.org.uk/emc/files/pil.3296.pdf

For the injectable flu vaccine, visit: www.medicines.org.uk/emc/files/pil.12882.pdf

How can I prepare my child for the vaccination?

Watch our animation: www.healthforkids.co.uk/staying-healthy/stopping-flu

My child is scared of needles, is there any support available?

You can include this information on your consent form and our team will do the best to support.

Also, this video may help reassure young people about their vaccination experience visit:

<http://tiny.cc/reassurance>

It says the email addresses don't match or it doesn't recognise the school code.

Make sure there are no spaces or punctuation before or after the email address and the school code.

What if my child is absent or unwell on the session day?

Details of any additional opportunity for a vaccination will be sent via email.

What's the national vaccination programme?

Visit: www.nhs.uk/conditions/vaccinations to find out more

If you would like this information in another language, visit:



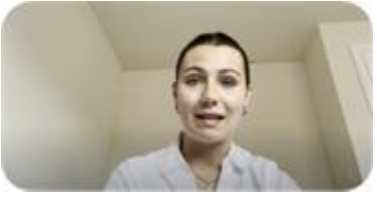

www.leicspart.nhs.uk/service/schoolagedimms

Arabic

إذا كنت ترغب في قراءة هذه الرسالة بلغة أخرى، قم بزيارة موقعنا على الإنترنت

Gujarati	જો તમે આ પત્ર ગુજરાતીમાં વાંચવા માંગતા હો તો અમારી વેબસાઇટ પર જાઓ
Polish	Jeśli chcesz przeczytać ten list w innym języku, przejdź na naszą stronę.
Punjabi	ਜੇ ਤੁਸੀਂ ਇਸ ਪੱਤਰ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੀ ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ
Somali	Haddii aad jeclaan lahayd inaad ku akhrido warqadan luuqad kale, booqo boggayaga internetka
Urdu	اگر آپ اردو میں یہ خط پڑھنا چاہتے ہیں تو ہماری ویب سائٹ پر جائیں۔
Ukrainian	Якщо ви хотіли б прочитати цей лист іншою мовою, відвідайте

You can watch a video in these languages:

Arabic	Gujarati	Polish
		
tiny.cc/fluinfoarabic	tiny.cc/fluinfogujarati	tiny.cc/fluinfopolish
Hindi	Farsi	Spanish
		
tiny.cc/fluinfohindi	tiny.cc/fluinfofarsi	tiny.cc/fluinfospanish

More languages will continue to be added.

If you would like to read the flu vaccination leaflet in another language, visit:

www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters

[English](#), [Albanian](#), [Arabic](#), [Bengali](#), [Bulgarian](#), [Chinese \(simplified\)](#), [Chinese \(traditional\)](#), [Cantonese](#), [Estonian](#), [Farsi](#), [French](#), [Greek](#), [Gujarati](#), [Hindi](#), [Latvian](#), [Lithuanian](#), [Panjabi](#), [Pashto](#), [Polish](#), [Portuguese](#), [Romanian](#), [Romany](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Turkish](#), [Twi](#), [Ukrainian](#), [Urdu](#) and [Yiddish](#).

An [English large print](#) version is available to order.

A [Braille version](#) of this leaflet is available to order.

A British Sign Language video of this leaflet is available to [download](#).

An [audio version](#) is available to download

Kind regards

School Aged Immunisation Service

Families, Young People and Children's Services and Learning Disabilities and Autism
Leicestershire Partnership NHS Trust

Tel: 0300 3000 007

E-mail: lpt.sais@nhs.net

Website: www.leicspart.nhs.uk/service/schoolagedimms