

## Safeguarding, Mental Health & Well-being and Online Safety at Bishop Heber High School

### Introduction

The staff at Bishop Heber High School is committed to helping keep our students safe. We ensure that students learn in a safe, caring and enriching environment. Students are taught how to keep themselves safe, to develop positive and healthy relationships, and how to avoid situations where they may be at risk.

We recognise and accept our statutory and moral responsibility to safeguard our students. Staff receive regular safeguarding training. Where students are identified as at risk of harm concerns are shared with other agencies including the police, health and children's services.

We have a clear and secure system for reporting and recording concerns. Our Designated Safeguarding Leads are:

Designated Safeguarding Lead: Ms U Mort  
umort@heber.org.uk

Deputy Designated Safeguarding Lead: Mrs S Vaughan  
svaughan@heber.org.uk

If you have any concerns about a student in our school do not hesitate to contact us.

Important documents:

Bishop Heber Child Protection and Safeguarding Policy – click [here](#)

Keeping Children Safe in Education 2020 – click [here](#)

Working Together to Safeguard Children 2018 – click [here](#)

### Contacting the authorities

If you have concerns about a child's welfare contact the following numbers:

If the child you are concerned about lives in **Cheshire**:

Contact the Integrated Access and Referral Team (iART) or the Emergency Duty Team (EDT) for help and advice i-ART: 0300 123 7047

The team can be contacted 8.30a.m. to 5.00p.m. from Monday to Thursday and 8.30a.m. – 4.30p.m. on Friday.

To report a concern out of office hours call the Emergency Duty Team: 01244 977277.

If the child you are concerned about lives in **Shropshire**:

Contact the First Point of Contact FPOC: 0345 678 9021.

To report a concern out of office hours call the Emergency Duty Team: 0345 6789040.

You can also speak to Protecting Vulnerable People (West Mercia Police): 0300 333 3000

If the child you are concerned about lives in **Wrexham**:

Contact Children's Social Care – Single Point of Access SPOA: 01978 292039.

To report a concern out of office hours call the Emergency Duty Team: 0345 053 3116.

Alternatively you can report your concerns online to the NSPCC – click [here](#)  
 You can also speak to the NSPCC: 0800 800 5000

**If you think a child or adult is in immediate danger, call the emergency services on 999 immediately.**





### Online Safety

As a parent, it's important that you know what your child is doing online.

Tips to help you to manage online risks:

- Put your child's computer in a family room where you can easily monitor online activity.
- Talk to your child about online safety including never giving their full name, address and contact details to people that they chat to on the internet. Show you are interested in what they are looking at, but understand their need for some privacy. Stress that they can talk to you if they are worried about something that has happened online.
- Use the 'parental controls' available from internet service providers.
- Discuss with your child that they must never meet someone they have chatted to online without your permission.

The resources listed below are useful for understanding what social media, apps and games your child is accessing, and for providing advice if you have any concerns. Each image below is a hyperlink and you can access the websites by clicking them.

	<p>NSPCC have reviewed the most popular social networks, apps and games used by children. Their guide will tell you all you need to know about each, and how to make your child's internet use safer.</p>
	<p>ThinkUKnow is an education programme run by NCA-CEOP for children, teens and adults and is designed to protect young people from harm both online and offline.        It has a report button for you or your child to report any instances of online abuse.</p>
	<p>You can anonymously and confidentially report child sexual abuse content and non-photographic child sexual abuse images on Internet Watch Foundation website.</p>
	<p>Child Exploitation and Online Protection Centre has advisors to support you if you are worried about online sexual abuse or the way someone has been communicating with your child online.</p>

## Mental Health and Well-being

Here at Bishop Heber High School the mental health and well-being of our students and staff is a priority. We seek to be a place where students feel that they can share their difficulties with a chosen member of staff. We have an established system of peer mentoring and a number of trained Mental Health Champions. Mental Health and well-being are important themes within the PSHCE curriculum.

For mental health guidance for parents – click [here](#)

If you have concerns about your child’s mental health please contact your child’s Form Tutor by phoning the Main School Office on 01948 860571. Alternatively, for serious concerns contact Ms Mort or Mrs Vaughan directly. You could also discuss your concerns with your GP.

If you, your child or a member of your household is experiencing a mental health crisis, ask for help:

**Samaritans: 116 123**

**ChildLine: 0800 1111**




If you live in **Cheshire West or Cheshire East** there is a dedicated phone line:  
**Cheshire and Wirral Partnership Crisis line: 0300 303 39**

If you live in **Shropshire** the dedicated phone line is: **0300 124 0365**

## Domestic Abuse

Domestic abuse is any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family member regardless of gender or sexuality. The abuse can include, but is not limited to: psychological; physical; sexual; financial; and emotional.

Exposure to domestic abuse can have a serious and long lasting emotional and psychological impact on children and young people.

	Refuge runs the National Domestic Abuse Helpline which can be called free of charge and in confidence 24 hours a day on 0808 2000 248. Its website provides guidance and support for potential victims and anyone concerned about friends and loved ones.
	The NSPCC website provides information about the signs and types of domestic abuse, as well as an online form for reporting domestic abuse.
	SafeLives is a UK-wide charity dedicated to ending domestic abuse. Their website provides resources and support, as well as survivor stories.

We are part of the **Operation Encompass** initiative which operates in the majority of police forces across England. Operation Encompass ensures that when police are called to an incident of domestic abuse, where there are children in the household, the police will inform the school. This enables us to support the child or children according to their needs.