



Staying Safe @ Heber

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We are really pleased to launch our new Staying Safe bulletin, which we will use to communicate key messages and advice to ensure you are happy and safe at Heber.

All of the staff at Heber are ready to support you if you are worried about anything but we also have teachers and support staff who have had a higher level of training regarding student safety, mental health and well-being, should you need more specialist support and advice:



Ms Mort is the Deputy Headteacher who leads on students' personal development and on ensuring the school has a culture where diversity is valued, where students and staff respect each other and where safe relationships are nurtured. Ms Mort is the Designated Safeguarding Lead, which means that staff will seek her advice if they are concerned that a student is unsafe or at risk of becoming unsafe. Ms Mort's office is near to EC2.

Ms Vaughan is our School's Inclusion Manager. This means she leads on looking after the welfare of our students. When a student is struggling staff will let her know and she will provide or organise support. Ms Vaughan is the Deputy Designated Safeguarding Lead so, similar to Ms Mort, staff will seek her advice if they are concerned that a student is unsafe or at risk of becoming unsafe. Ms Vaughan's office is in the IRP.



If you need advice or support, or have witnessed that someone else does:

Speak to your Form Tutor, Year Leader, Assistant Year Leader or any trusted adult

Speak to Ms Vaughan or Ms Mort

Email stayingSAFE@heber.org.uk non-urgent communication only Monday to Friday school hours

WE HAVE SET UP A 'STAYING SAFE' TEAM ON TEAMS WHICH WE WILL USE TO SIGNPOST YOU TO FURTHER SUPPORT AND ADVICE



Hello my name is PC 3984 Helen Roberts and I have been a Police Officer now for very nearly 20 years. I have a wealth of experience working in a variety of different roles which has enabled me to widen my knowledge and to effectively undertake my current role, which is Police Youth Engagement Officer. I cover the Chester Area within Cheshire Constabulary and I will be the Police Officer that will be attending at Bishop Heber.

My department has recently been rebranded under the "Safer Schools and Young People Partnership" and I want to take this opportunity to explain to you what our role is about and what we offer to our High Schools in Cheshire.

Under the 'SSYP' there are several police officers, like me, based around the county and we aim to reduce the levels of anti-social behaviour and crime, both by and against young people. We focus on early intervention and prevention, and my aim is to work with Bishop Heber to:

- 1) Reduce victimisation, criminality and anti-social behaviour within the School and Community*
- 2) Work with Schools on whole-school approaches to behaviour and discipline*
- 3) Identify and work with children and young people at risk of becoming victims of offenders*
- 4) Support vulnerable children and young people through periods of transition, such as the move from Primary to Secondary School*
- 5) Create a safer environment for children to learn in*

Safer School Partnerships encourage the police, children and young people to build a good relationship with trust and mutual respect. My aim is to work closely with all high schools, staff and students in order to support .

MAKING FRIENDS

Making friends isn't always easy. If you find it difficult, it can make you feel unhappy.

So, how can you make friends? You could:

- look out for people who have similar hobbies and interests as you
- share a song or video that you like

Sharing something shows that you're warm and generous, and can be a great way to start a conversation.

THINK ABOUT YOUR BODY LANGUAGE

When you talk to someone:

- smile
- make sure you speak clearly and confidently
- look people in the eye if you are able to
- try not to cover your mouth with your hands when you speak.

GET OUT THERE

Sometimes when we get into a routine of doing the same things, it can be hard to make new friends.

Try new things:

- join a club either inside or outside school
- talk to someone new
- if you see someone having lunch on their own, why not go over and sit with them? You could ask how their day is going and start a conversation about what you both like to do at the weekend

STARTING CONVERSATIONS

Questions can be a good way to start a conversation with someone. But it's also good to say other things which aren't just questions.

Ask questions:

- about them - it's a good way to show that you're interested and want to connect with them
- about a film, show or musician - they might like them too, and you can bond over this
- avoid "yes" and "no" questions - try to ask them something that needs an explanation, starting with what, why, how and describe

IT'S IMPORTANT TO LISTEN

- A good listener is someone who lets the other person have their turn to talk. It can help to concentrate on what the other person is saying
- try not to get distracted by other things, like looking at your phone. When the other person has said something, try to add something to the conversation based on what they have said (to show you've listened)



So what happens when a friendship goes wrong?

IT'S GOOD TO TALK

If your friend has made you feel bad:

- try to think about why they might have acted the way they did
- ask if they're ok - they might have felt worried about something, and taken it out on you
- be assertive - this can make it easier to say how you feel.

If you've made a friend feel bad:

- be prepared to say sorry
- give them time
- ask another friend or maybe even a teacher to explain how you feel to them.

If you need advice, you can talk to us

Remember:

It's not okay for someone to make you feel bad.

If your friend has said something about how you look or where you come from, or pressured you into doing something you didn't want to, it could be a good idea to tell someone what's happened.

Click [here](#) for more advice