

Early Help for Children and Families

St Bede's Catholic Middle School



St Bede's
CATHOLIC MIDDLE SCHOOL

An Annex for Early Help COVID 19

At St Bede's Catholic Middle School, we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case, please come and talk to us. There are many ways our school can help and support you and your family as outlined in this offer of early help.

We can help to plan specific support for families by following the Early Help Pathway, meaning we can carry out a whole family early help assessment where extra support is identified. We will work with you as a family to work together to set and achieve positive outcomes in a family plan.

Providing early help to our pupils and families at St Bede's Catholic Middle School means we are more effective in promoting support as soon as we can. Early help in schools means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to teenage years and beyond.

In **Keeping Children Safe in Education 2020** it makes it clear that ALL staff should be aware of their local early help process and understand their role in it. In addition, this statutory document makes it clear that any child may benefit from early help, but all school and college staff should be particularly alert to the potential need for early help for a child who:

- Is disabled and has specific additional needs;
- Has special educational needs (whether or not they have a statutory education, health care plan);
- Is a young carer;
- Is showing signs of being drawn in to anti-social or criminal behaviour, including gang involvement and association with organised crime groups;
- Is frequently missing/goes missing from care or from home;
- Is misusing drugs or alcohol themselves;
- Is at risk of modern slavery, trafficking or exploitation;
- Is in a family circumstance present challenges for the child; such as substance abuse, adult mental health problems or domestic abuse;
- Has returned home to their family from care;



- Is showing early signs of abuse and/or neglect;
- Is at risk of being radicalised or exploited;
- Is a privately fostered child.

Everyone may need help at some time in their lives and therefore an ethos of early help is important for any school or PRU.

The coordinated St Bede's Catholic Middle School offer of Early Help is outlined in the table below. We believe that early interventions for children and families, in many cases, will prevent needs from escalating into statutory services.

All St Bede's Catholic Middle School staff must be aware of the St Bede's Catholic Middle School offer of early help. At all times, staff should consider if there is any offer of early help that we can make in order to help a child thrive through using the Early Help Pathway.

We also liaise with other agencies and people within the local community. In the table below are some National organisations that can support children, young people and their families

Support During COVID-19	
Designated Safeguarding Lead (DSL) and deputy DSL's of St Bede's Catholic Middle School (Academy)	If you have any safeguarding concerns regarding a child at our school or in the community, then please contact a member of the safeguarding team on 01527 525916. If you think a child or young person is at immediate risk of significant harm then you should contact the Family Front Door (FFD) – 01905 822 666 or in an emergency always call 999.
Working Online	Children will be provided with work to access via Office 365 – Sharepoint/Teams. If pupils haven't got access to a computer, school will provide a work pack.
Pastoral Support Team	Generic queries should be directed to the form or subject teacher at the first instance, however if you feel you would like to have a chat with the pastoral team regarding more sensitive issues, please contact Mrs James or Mrs Stewart on 01527 525916
I am worried email	If your child has a concern, they all have access to IamWorried@stb.lourdesmac.org.uk A member of the pastoral team will respond to their concerns.
Phone Call Home	Staff members, either form teachers, Head of Key Stage or a pastoral manager will call home to check in with parents and pupils to check all is ok.



	With some of our families and children, the Head of Key Stage or the pastoral manager will ring more frequently to continue to check in and offer any support that families need.
Home Visit	Where possible, and only if safe to do so, staff can make a home visit (without coming in) to check in and support any concerns you may have.
1:1 Intervention Sessions via teams or over the phone	If your child needs further support, pastoral staff can support by running wellbeing intervention sessions over the phone or face to face on teams.
Online Safety	School will provide updates to parents on how to keep Safe Online. For more information on how to keep safe online, please visit our school website which has different information and a link to useful sites. If you would like to contact school about any concerns you have about online safety or online bullying, please ring school and asked to speak to member of the pastoral team.
School Nurse	St Bede's School Nurse is Shani Jezard. Shani meets with Mrs Gallinagh half termly in school to discuss any concerns. If you feel you would like an appointment with the school nurse, please contact the pastoral team or Mrs Gallinagh on the school number: 01527525916
Jill Wallis – Early Intervention Family Support Worker	Jill works closely with school and attends every Monday to hold a drop-in session for pupils. She also will meet with parents and work with families should they feel they need more support. you would like an appointment please contact the pastoral team or Mrs Gallinagh on the school number: 01527525916
Educational Psychologist – Daniel Rouse	School work very closely with the Education Psychologist Daniel Rouse. If you would like to find out more about this service and feel your child would benefit, please contact the pastoral team or Mrs Gallinagh on 01527525916
Reach for Wellbeing	Reach for wellbeing support children with anxiety and they also run transition workshops in school for selected Year 8 pupils transitioning to high school. For more information please visit https://www.hacw.nhs.uk/starting-well/reach4wellbeing/ .
School PCSO	School work closely with the local PCSO's. They will support school in talking to the children about local or national crime issues. Or having a chat with the pupils about any concerns they have outside or inside of school. They will also provide



	<p>information to send out to pupils and parents to help keep them safe in Covid-19 – especially online.</p>
<p>Young Carers</p>	<p>School work with David King at the YSS. If you would like to find out more about Young Carers or get support either contact school or visit YSS website https://www.yss.org.uk/worcestershire-young-carers</p>
<p>The Sandycroft Centre</p>	<p>Offers a range of courses and support such as Reach4wellbeing and Counselling. Please visit the website or ring for more details. The Sandycroft Centre, West Avenue, Smallwood, Redditch, Worcestershire, B98 7DH. Telephone: 01527 595135 E-mail: info@sandycroft.org Website: www.sandycroft.org</p>
<p>Worcestershire Parenting Service</p>	<p>Groups for Parents (Worcestershire Parenting Service) – for more information on the group below, including days and venues, please visit www.bromsgroveandredditchparentingandfamilysupport.com or email parentingandfamilysupport@bromsgroveandredditch.gov.uk Or telephone: Bromsgrove: 01527 835775 Redditch: 01527 61360 <u>Birth and Beyond</u> Four weekly sessions, for 2 hours, ideally from 28 weeks pregnancy. Information and support on getting to know unborn baby, changes that will take place, giving birth, caring for baby etc. <u>PEEP</u> PEEP learning and activities helps parents to value and build on home learning environments and relationships with their children. <u>Family Link</u> Suitable for families with young children or young people aged birth to 19 years of age. Helps families to understand why children behave like they do, recognising feeling behind the behaviour and explores different approaches to discipline. <u>Triple P Discussion Group</u> Four, one off sessions. Suitable for families with pre-school children. Each session brings together about 10-12 parents whom are experiencing the same parenting issues. They will be given tips and suggestions. <u>Understanding Your Child</u></p>



	<p>Suitable for families with young children or young people aged birth to 19 years of age. Supports parents to think about how relationships between and with parents and child or young people can be developed.</p> <p><u>Triple P 2-10 Years of Age</u> Positive parenting programme, which gives a toolbox of ideas. Parents choose the strategies they need.</p> <p><u>Teen Triple P</u> A group of parents of teenagers that enables parents and careers to cope positively with common issues associated with raising teens. Supports parents to build stronger relationships.</p> <p><u>Talking Teens: Family Links</u> Aims to improve the relationship between parents or carers and teenagers by developing parents understanding of communication, teenage development and influence of brain development on behaviour.</p> <p><u>Parenting Clinic</u> One to one consultation appointment service for parents with a parenting practitioner at a local centre</p>
<p>Here to help</p>	<p>This is part of Worcestershire’s response to Covid19.</p> <p>By accessing this, parents can be signposted to community support in their own community so that support is sustainable and bespoke for the families in your school’s community.</p> <p>http://www.worcestershire.gov.uk/here2help , or call 01905 768053.</p>
<p>Starting well</p>	<p>The Starting Well service has a parenting and community team that can offer on line and telephone support for parents, as well as parenting courses.</p> <p>The parenting team can offer 1-1 parenting advice over the phone as well as virtual parenting groups around issues such as support with children’s behaviour, anxiety, eating and sleeping routines etc, and can also signpost to agencies that can support parents in their own community. In addition to this the parenting team can also supports parenting to complete S ollihull on line, as well as Birth and Beyond for expectant parents.</p> <p>The school nursing service can remain in contact with primary, middle and high schools via phone and email. They are providing a Chat health texting service for young people and can also provide consultations via WebEx. The School</p>



	<p>Nurse team can also offer a call or WebEx monthly session for all vulnerable families.</p> <p>https://www.startingwellworcs.nhs.uk/</p>
<p>Supporting happy parental relationships</p>	<p>We recognise that during Covid 19 parental relationships may be under pressure for several reasons, whether parents are living together in the family home or not. This website contains a range of self-help information and links to support.</p> <p>http://www.worcestershire.gov.uk/info/20793/here2help_supporting_happy_parental_relationships</p>
<p>Universal source of help for all families in Worcestershire: Worcestershire Family Information Service (FIS)</p>	<p>Worcestershire Family Information Service (FIS) advisors give impartial information on childcare, finances, parenting and education. FIS are a useful source of information for parents and professionals. They support families, children and young people aged 0-19 years of age (25 for young people with additional needs) and professionals working with these families. They can help link parents up with other organisations that might be able to help or provide the information themselves.</p> <p>http://www.worcestershire.gov.uk/info/20507/childcare/1579/family_information_service</p>
<p>E-safety (Online Safety)</p>	<p>Online Activity (phones, computers) can be a serious risk to children: The use of technology has become a significant component of many safeguarding issues. Child sexual exploitation; radicalisation; sexual predation – technology often provides the platform that facilitates harm. With the right support, education and safety measures in place the internet and new technologies can also bring great benefits but we must all be vigilant</p> <p>☞☞PACE (parents against child exploitation) UK is a useful website to engage parents with safety issues. www.paceuk.info/</p> <p>☞☞https://www.thinkuknow.co.uk/parents/ - This is the Child Exploitation and Online Protection (CEOP) Centre. It's a one stop shop for most information about online safety. https://www.thinkuknow.co.uk/teachers (excellent resources)</p> <p>☞☞http://educateagainsthate.com/ - This is the government website to help parents and professionals understand the risks of children and young people being radicalised by extremists online and how to keep children safe from this.</p> <p>☞☞www.internetmatters.org – A great site for helping parents keep their children safe online.</p>



<p>Mental Health</p>	<p>We have some useful self-help guides/leaflets available for you to access online. The guides are available for you to read online. The self-help guides can be accessed by typing the below link into your URL and selecting 'Self Help Guides': www.hacw.nhs.uk/a-to-z/letter-s/</p> <p>Staying Safe http://stayingsafe.net/</p> <p>SANE 0845 767 800 Email: sanemail@org.uk www.sane.org.uk</p> <p>Samaritans 116 123 (24 hour helpline) www.samaritans.org.uk</p> <p>Rethink Mental Illness 0300 5000 927 www.rethink.org</p> <p>Mental Health Foundation www.mentalhealth.org.uk</p> <p>MIND 0300 123 3393 or text 86463 www.mind.org.uk</p> <p>Anxiety UK 08444 775 774 www.anxietyuk.org.uk</p> <p>Kooth - is your online mental wellbeing community. Access free, safe and anonymous support. www.kooth.com</p> <p>Young Minds – children and young people, mental health support. www.youngminds.org.uk</p> <p>BESTIE APP – created by CAMHS to help supporting children and young people’s mental health and wellbeing. https://www.camhsbestie.co.uk/</p>
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Bullying (including cyberbullying)/ Child death/suicide/prevention

Cyberbullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else.

If the police consider a message or post to be potentially criminal, they will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously. The police will consider all of the circumstances when considering the best response to a report of cyber bullying. They will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites that often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK. They will work with the victim to bring about the most suitable and proportionate conclusion, this will include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim.

Useful links

[Bullying UK](#)

[Childline](#)

KidScape: Our resources provide information on issues surrounding bullying, online and personal safety. They can be used directly by young people and parents, as well as in the classroom within schools and youth organisations.

<https://www.kidscape.org.uk/resources-and-publications/>