



SAFEGUARDING
Newsletter
October 2024

Welcome to
Avanti Fields School

Safeguarding team at Avanti Fields:

- Designated Safeguarding Lead: Miss Laura Bigginton
- Deputy DSLs:
 - Ms Michelle Forbes (DDSL)
 - Ms Vanessa Bardsley (Principal)
 - Ms Anita Thakore (Head of Primary)
 - Ms Nisha Kholia (Head of Secondary)
- Mr Heten Tejura our Safeguarding Link SSC member and can be contacted through the school office.

Useful numbers

- Leicester Children's social care: 0116 454 1004
- Police: 101 or immediate emergency: 999
- Local Authority Designated Officer: 0116 454 2440
- NSPCC: 0800 800 5000
- Childline: 0800 1111

At Avanti Fields, we recognise the contribution it can make to protect and support our students. Safeguarding and promoting the welfare of children is everyone's responsibility.

Welcome to our Safeguarding Newsletter - Safeguarding and Child Protection is the most important issue for our children and young people. We feel it is crucial to work with parents / families and external agencies so that we can offer a safe environment allowing children to be aware of the risks they may face and how to respond to them safely.

Mental Health

At Avanti Fields, we are committed to supporting the emotional health and wellbeing of our students. Traditionally mental health has been seen as a bit of a taboo subject so these days more than ever - it is vital that as a school we are actively working to promote good mental health and support members of our school community who are in need of additional support. So please if you do have concerns over your child's mental health do not hesitate to contact your child's Head of Year or a member of the Safeguarding Team to see how we can best support, whether it be in school support or through external agencies.

In regards to external support - please see below from CAMHS -

Children, young people and their families can get free help, advice and urgent mental health support from 24/7 crisis telephone lines available in Leicester City and Leicestershire.

about or would like advice about a child, young person or family. The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed.

Every NHS mental health trust has put these in place, so children, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned

Please see attached a brief information pack with details of these crisis lines as well as other support available (e.g. Shout, Good Thinking and Kooth).

Meet your Public Health (School) Nurse

Hi, I'm Denise, school nurse here at Avanti Fields School

When I'm in school:
Every Wednesday
Make an appointment by:
Talking to a member of school staff
or
Through ChatHealth by texting
07520 615 386

Come and talk to me about:

- ✓ Emotional health
- ✓ Exam stress
- ✓ Sleep problems
- ✓ Relationships and much more...

In addition to our in-house Pastoral offer, we also have access to a range of specialist support for students:

- The school nurse team (NHS trained nurses)
- Mental Health Support Team (NHS - Educational Mental Health Practitioners)
- Anna Freud

If you think your child would benefit from these services, please contact their Head of Year or a member of the safeguarding team who will be to discuss the right support for your child(ren).

For further advice on any mental health queries, the Mind website has a range of advice and support:
www.mind.org.uk/information_for_parents_mental_health

We know parenting isn't always easy. Young Minds have practical advice and tips on supporting your child. They also have a parents' helpline which can provide advice:
www.youngminds.org.uk/parent



Domestic Abuse

What is Domestic Abuse?

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended, both men and women can be abused or abusers.

Types of Domestic Abuse:

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting
- Controlling someone's finances by withholding money or stopping someone earning
- Controlling behaviour, like telling someone where they can go and what they can wear
- Not letting someone leave the house
- Reading emails, text messages or letters
- Threatening to kill someone or harm them
- Threatening to another family member or pet

Support and Advice

If you're an adult experiencing domestic abuse or you know someone who needs help, there are organisations that can offer advice and support.

Relate
0300 003 0396
You can talk to Relate about your relationship, including issues around domestic abuse.

Women's aid
0808 200 0247
A 24 hour free helpline run in partnership between Women's Aid and Refuge.

Men's Advice Line
0808 807 0327
Advice and support for men experiencing domestic violence and abuse



Effects of Domestic Abuse:
Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour.

What is important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

Childline
We understand how difficult it is for children to talk about domestic abuse. Whether it is happening now or has happened in the past. Childline can be contacted 24/7. Calls to 0800 1111 are free and confidential. Childline has information and advice for children and young people on [domestic abuse](#), including why it might happen and what they can do to access support.

Things to remember:

- Nobody should have to experience domestic abuse in their home
- If it is happening, it is not your fault
- Domestic abuse does not always include physical violence
- If you are in danger, call 999

Young Carers

Young carers: Who are they? What do they do?



Who are young carers?
A young carer is someone **under 18** who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?
• There are about **700,000** young carers in the UK. (BBC 2010)
• That's about **1 in 12** secondary aged pupils.
• There are likely to be young carers in every school and college.
*The Census identified over 200,000 young carers, but many remain hidden.

Which one is the young carer?
Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

Who do young carers care for?
Young carers care for someone:
• With an illness or disability.
• With a mental health condition.
• Who misuses drugs or alcohol.

Being a young carer can have a big impact on the things that are important to growing up
• It can affect a young person's health, social life and self-confidence.
• Many young carers struggle to juggle their education and caring which can cause pressure and stress.
• In a survey, 39% said that nobody in their school was aware of their caring role.
• 26% have been bullied at school because of their caring role.
• 1 in 20 miss school because of their caring role.
But young people can learn lots of useful skills by being a young carer.

The average age of a young carer = 12

"Don't stereotype us, we are all individuals." Young carer

1 in 3 young carers spend between 11–20 hours each week caring.

Young carers should have:
• The time to be a young person.
• The same opportunities as their friends.
• Good support for the person they help look after.

Information and support
www.youngcarers.net (18 and under)
www.youngcarersmatter.org (18-25)
www.makewav.es/YCIF

A young carer is someone who is under the age of 18 and takes on a caring responsibility for someone at home. This will look very different for each student, but can be in the form of physical help, mental support, helping with medication, translating and many more. This can also be for a parent / guardian, grandparent or sibling. You can see guidance on eligibility in the attached document.

If you think that your child may be a young carer, please email laura.biggington@avanti.org.uk or ask your child to come and speak to a member of the safeguarding team in school.

If you would like support outside of school, please visit the Leicester City Council website for supporting young carers, who offer support sessions, and a range of activities such as sports, games consoles, board games, cooking and pool. Young carers can plan their own programme of activities and receive the support of an allocated keyworker who will provide one-to-one support to develop an individual plan focusing on their needs and aspirations. For more details email: young-carersplanning@leicester.gov.uk

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