



RGS  
THE GRANGE

## SUPPORTING FAMILIES

At RGS The Grange we recognise the challenges that families face in bringing up children. If you feel you need extra help and support, please come and talk to us.

Date: February 2024

Navigating the early stages of a child's development presents unique challenges for parents. It requires a delicate balance of patience, understanding, and adaptability. Identifying and addressing a child or family's needs early on can increase protective factors that positively influence a child's wellbeing. There are many ways in which we can help as outlined in this offer of Early Help. We can help to plan specific support for families in which we can all work together to achieve the best outcomes for children and young people. We use a graduated approach to ensure that we provide the best support for different families' individual situations.

Level	Child or Family Situation	School response	
1	Coping with life	No extra support required	Universal
2	May need some extra help	Offer support	Early help
3	May need further help	Work with other agencies	Early help
4	In need of serious help	Talk to children's social care	Specialist and statutory support

### Key Personnel at RGS The Grange:

Designated Safeguarding Lead (DSL): Mrs Wendy Wreghitt ww@rgsw.org.uk

Designated Safeguarding Lead (DSL) with responsibility for the Early Years Foundation Stage (EYFS): Mrs Phenice Fletcher psf@rgsw.org.uk

Deputy Designated Safeguarding Leads (DDSLs):

Mr Gareth Huhes (Headmaster) gwh@rgsw.org.uk

Mrs Marie-Claire Egginton me@rgsw.org.uk

Mr Thomas McCallion tmc@rgsw.org.uk

Mrs Katie Bradley kmb@rgsw.org.uk

Mr David Humphreys dh@rgsw.org.uk

Nominated Safeguarding Governor: Mrs Sally Mills

Deputy Safeguarding Governor: Mr Naveen Canchi-Murali

### In Keeping Children Safe in Education

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 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(EHCP));
- 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 which 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;
- Is missing in education.

**Everyone needs help at some time in their lives** and therefore an ethos of early help is important for any school.

The coordinated RGS The Grange offer of Early Help is outlined in the table below. We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm.

At all times, staff will consider if there is any offer of early help that we can make in order to help a child thrive.

We also liaise with other agencies and people within the local community. The table below lists support offered by our School and also some National organisations that can support children, young people and their families.

## Our School Early Help Offer:

**Attendance:** Every child whose attendance is below 90% is carefully monitored and support offered wherever possible. Families who have persistent unauthorised absences are invited to an attendance meeting with SLT.

**Prevent Trained Staff:** DSL and dDSLs have completed the Channel online training. This has then been disseminated to staff.

**Child Sexual Exploitation:** DSL and dDSLs have completed the Get Safe online training. This has then been disseminated to staff. All staff have been trained through the whole school safeguarding training delivered annually, and are able to identify early indicators of potential cases of child exploitation including criminal and sexual exploitation.

**Female Genital Mutilation:** All staff have received training on FGM. Teachers know how to identify if a child may be at risk. They are aware of the countries and places within this country where children may be taken to for this to happen. They know the signs to look for and most importantly how to refer, following the School's safeguarding procedures.

**PSHCE Programme:** Our School delivers comprehensive Personal, Social, Health, Citizenship and Economics, (PSHCE) and Relationship and Sex Education (RSE) programmes. These further support the children's understanding of how to keep themselves safe. It also broadens their understanding of strategies to develop their resilience, as well as their awareness of their mental health and approaches to keep this aspect of their lives healthy.

**Online Safety:** Each year group is specifically taught about online safety. We have run presentations led by outside organisations and internal experts to support both children and parents to develop a greater awareness of the dangers they face online each day, as well as strategies to keep themselves safe.

**Support from Registered Nurses in Health Centre:** All pupils can access the Health Centre and speak to a registered nurse. The nurses work closely with Safeguarding and Pastoral teams.

**Sessions with School Counsellor:** We have a school counsellor who supports children who need extra support referred by parents or teachers.

**Support from Learning Development:** The Learning Development Department work closely with pupils with Special Educational Needs and Disability and Social, Emotional and Mental Health needs, liaising closely with pastoral staff.

**Anti Bullying Ambassadors and Clinics:** Anti Bullying Ambassadors have been trained by The Diana Award and offer support to those children who may be struggling with friendships and unkind behaviour.

**Mindfulness and Wellbeing Friday Sessions:** There are a range of activities offered which pupils may be signposted to and which may support their specific needs.

**Flourish & Fly and Walk & Talk:** Flourish and Fly sessions equip children with the tools and techniques to face new situations, friendships, challenges and problems with confidence and effective communication. It gives valuable, adaptable strategies to support and empower children. Walk & Talk provides one to one staff support, offering children a trusted person and a safe space to navigate worries or challenges or to have a wellbeing chat.

### **Specific Support Tailored to Meet the Needs of the Individual:**

This may be daily check-ins, being met at the gate by a key adult, lunch with staff away from the hall or anything else that will help the individual for a period of time deemed necessary.

**Wellbeing Steering Group :** "Change" is made up of pupils, our Wellbeing Governor, School Nurse & School Counsellor. As part of our Wellbeing support, pupils voice together with key stakeholders regularly meet to discuss wellbeing initiatives.

**Support from MHFA Trained Staff :** Mental Health First Aid trained staff can assess and provide first aid to those children who are struggling, and look to signpost further if necessary.

**Sessions with our Therapy Dog :** We have a therapy dog, Meg, who comes in regularly, and may be of help for some of our pupils.

**CAMHS Referral:** We can liaise with this professional body which is a service that sits within Worcestershire CAMHS (Child and Adolescent Mental Health Services). They work directly with young people experiencing or at risk of experiencing mental health difficulties. The service offers consultation, advice, support and training which can be specifically tailored to suit the professional seeking the service.

## Early Help Guidance for Professionals

### What is our Early Help Offer?

Early Help means providing support as soon as a problem appears, to stop it from getting worse. This could be at any point in a child's life, from birth to the teenage years.

We can provide effective support by:

- Listening
- Working with other people who could help
- Finding out about specialist agencies who could help
- Filling out an [Early Help Assessment](#) with the person you are helping
- Contacting [Children's Social Care](#) if you think the problem is more serious

<http://www.worcestershire.gov.uk/eha>

There is a lot of information and advice on the [Advice, Care, Health and Support pages](#) as well as details of local services that can provide support for children, young people and families.

Download: [Worcestershire Safeguarding Children Board – Early Help Strategy 2017 to 2020](#)

Download: [Worcestershire Special Educational Needs and Disabilities \(SEND\) strategy](#)

### The Front Door to Children's Services (Previously: Children's Helpdesk).

If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the Family Front Door (FFD) – 01905 822 666 or in an emergency always call 999.

Do not wait to discuss this with the DSL/DDSL but do report it afterwards.

### Worcestershire Safeguarding Children's Board (WSCB)

<http://www.worcestershire.gov.uk/safeguardingchildren>

Important information for parents and professionals across Worcestershire in relation to keeping children safe and avenues of support including early help options. Everyone should know how to access this website which has all of the agreed Worcestershire safeguarding and child protection processes on it.

### Universal source of help for all families in Worcestershire:

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.

[http://www.worcestershire.gov.uk/info/20507/childcare/1579/family\\_information\\_service](http://www.worcestershire.gov.uk/info/20507/childcare/1579/family_information_service)

### E-safety (Online Safety)

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

Parents Against Child Exploitation UK (PACE) is a useful website to engage parents with safety issues. [www.paceuk.info/](http://www.paceuk.info/)

<https://www.thinkuknow.co.uk/parents/>

This is the Child Exploitation and Online Protection (CEOP) Centre. It is a one stop shop for most information about online safety.

<https://www.thinkuknow.co.uk/teachers>

(This includes excellent resources for parents)

<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.

[www.internetmatters.org](http://www.internetmatters.org) – This is a great site for helping parents keep their children safe online.

## Mental Health

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/](http://www.hacw.nhs.uk/a-to-z/letter-s/)

**Staying Safe** - <http://stayingSAFE.net/>

**SANE** - 0300 304 7000  
Email: [sanemail@org.uk](mailto:sanemail@org.uk) [www.sane.org.uk](http://www.sane.org.uk)

**Samaritans** - 116 123  
(24 hour helpline) [www.samaritans.org.uk](http://www.samaritans.org.uk)

**Rethink Mental Illness** - 0800 801 0525  
[www.rethink.org](http://www.rethink.org)

**Mental Health Foundation**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**MIND** - 0300 123 3393 or text 86463  
[www.mind.org.uk](http://www.mind.org.uk)

**Anxiety UK** - 03444 775 774  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Bullying (including Cyberbullying)/Child Death/Suicide/Prevention

Cyberbullying is using the internet, email, online games or any form of 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 including 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 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/>