



RGS
WORCESTER

SUPPORTING FAMILIES

At RGS Worcester 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: November 2024

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 Worcester:

Designated Safeguarding Lead (DSL): Mrs Sofia Nicholls sn@rgsw.org.uk

Deputy Designated Safeguarding Leads (DDSLs):

Miss Juliana Atyeo jha@rgsw.org.uk

Mr John Jones jxj@rgsw.org.uk

Mrs Angela Newport ajn@rgsw.org.uk

Nominated Safeguarding Governor: Mrs Sally Mills

Deputy Safeguarding Governor: Mr Naveen Canchi-Murali

Please see [Link](#) for other key staff who may be able to help with pastoral matters.

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 or has certain health conditions and has specific additional needs;
- Has special educational needs (whether or not they have a statutory education, health care plan);
- Has a mental health need;
- 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 or county lines;
- Is frequently missing/goes missing from care or from home;
- Has experienced multiple suspensions, is at risk of being permanently excluded from schools, colleges and in Alternative Provision or a Pupil Referral Unit
- Is misusing drugs or alcohol themselves;
- Is at risk of modern slavery, trafficking or sexual and/or criminal exploitation;
- Is in a family circumstance which present challenges for the child; such as substance abuse, adult mental health problems or domestic abuse;
- Has a parent or carer in custody or is affected by parental offending;
- 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 at risk of so-called 'honor' based abuse such as Femal Genital Mutilation or Forced Marriage;
- 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 Worcester 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. Our school operates a first day response system.

Prevent (Protecting from Radicalisation): All staff have completed the Channel online training.

Child Sexual Exploitation: 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 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.

Pastoral Prefects: Year Seven and Eight Tutor Groups each have two Pastoral Prefects (who are Safeguarding trained) attached to them. The Pastoral Prefects play an important role in helping Lower School pupils to settle in; we have found that Year Seven and Eight pupils are often happier to initially speak to a prefect about their worries and concerns, and if necessary, the Pastoral Prefects will refer this to staff who can help.

Sessions with Relaxation Specialist: Our Relaxation Specialist can provide tailored individual or group sessions to support pupils with a range of issues including helping them to learn how to relax or how to manage anger and frustration effectively.

Sessions with School Counsellor: We have two different School Counsellors who provide 6 days of counselling support across the week.

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

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.

Mentoring (with staff and/ or peers): Our Peer Mentoring Scheme helps identified pupils through providing support from trained Sixth Form Peer Mentors. Pupils may also be allocated a staff mentor who may focus on academic and/ or pastoral needs.

Support with Friendship/Relationship Issues: Members of the Pastoral Team will work with individuals and groups to support and help.

Child on Child Abuse and Bullying: Pastoral staff will investigate allegations. We have a robust Anti-bullying policy which we follow. We will support the individual who has been bullied, and work with any individuals involved in bullying or abusive behaviour to ensure education is provided and any required support is put in place.

Mindfulness Art Sessions, Social Skills Support Groups: There are a range of activities offered which pupils may be signposted to and which may support their specific needs

Support from MHFA Trained Staff: Mental Health First Aid trained staff can assess and provide first aid to those in crisis, and look to signpost further if necessary.

Access to Quieter Spaces: Pupils may access the Relaxation Room and other quiet spaces (through the Health Centre) and the Wellbeing Room by invitation in order to decompress.

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.

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

Tootoot: The anonymous reporting app, Tootoot is available to every pupil and provides a safe space for pupils to initiate an anonymous conversation with a member of the pastoral team. Staff can then signpost pupils to additional support or continue to support through the messaging service.

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.

- 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 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

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/

<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 – 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/

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

SANE - 0300 304 7000

Email: sanemail@org.uk www.sane.org.uk

Samaritans - 116 123

(24 hour helpline) www.samaritans.org.uk

Rethink Mental Illness - 0800 801 0525

www.rethink.org

Mental Health Foundation

www.mentalhealth.org.uk

MIND - 0300 123 3393 or text 86463

www.mind.org.uk

Anxiety UK - 03444 775 774

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/>

Hollie Guard - A new Personal Safety APP - <https://holleguard.com/>

Children and Teens

- Hollie Guard keeps your entire family safe
- Keep an eye on your children while they're traveling to and from school with Journey
- Teens can get help quickly while out with friends
- Parents, guardians, and caregivers are automatically contacted by both SMS and email

Hate Crime

A 'Hate Crime' is a criminal offence whose motivation can be shown to be race, national origin, religion or sexual orientation. A difference of race alone is NOT sufficient to make it a hate crime. There would have to be evidence of racial slurs or racial statements in addition to the crime (this does not trivialise other serious offences that are NOT hate crimes).

West Mercia Police:

Email: contactus@westmercia.police.uk

Emergency number: 999

Non-emergency number: 101

Report online to True Vision <https://educateagainsthate.com/parents/>

Call in at your local police station