

**Safeguarding Letter**  
**May 2020**

Dear Parents and Carers

**Safeguarding our Children**

I write to you as the Designated Safeguarding Lead for Haybrook College. There are multiple provisions at Haybrook College which include: Millside School, Springboard, Momentum, HPTC, Interim, Activate, Gateway, Apollo, Pitstop, Construction, Kitchen Craft and Wexham Park Hospital School. All of these have their own specialist provision and have an important safeguarding role for our young people. Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. This means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Safeguarding children and child protection guidance and legislation applies to all children up to the age of 18. Schools and colleges must also have regard to statutory guidance ***Keeping Children Safe in Education (2019)***, which provides further guidance as to how they should fulfil their duties in respect of safeguarding and promoting the welfare of children in their care.

Clearly the main issue for us remains about keeping safe during the COVID 19 pandemic. Like last month, I am attaching and providing links to issues that may be useful.

Below you will find the following:

- NHS Berkshire: Routine School Aged Immunisations

Dear Parent/ Carer,

**Re: Routine School Aged Immunisations**

Due to COVID-19 and the closure of schools (except for children of key workers), the school aged immunisation programme will be rescheduled. Please be reassured that we are committed to ensuring that all students still receive their immunisations and we will contact you with details in due course.

From the 27th April we are introducing a new **School Aged Immunisation Advice Line**, which will be available via **07929 185006** from **10:00 – 14:00 Monday to Friday**, excluding Bank Holidays. The advice line is primarily for parents or carers of school aged children (aged 4 to 16 years).

The advice line can provide you with information and advice around a range of immunisation related issues, including:

- Specific immunisation programmes aimed at school aged children:
  - **Influenza** – primary school and special educational needs schools
  - **Universal HPV** – year 8 and year 9
  - **Tetanus, Diphtheria and Polio Booster** – year 9
  - **Meningitis ACWY** – year 9
  - **Measles, Mumps and Rubella (MMR)** – catch up programme for all school ages
- Dosages, schedules and how vaccines are given
- Incomplete immunisation history – what vaccines your child may need
- Information about planned and upcoming school sessions/ community clinics

Please use the above number to contact the immunisation team with any queries you may have or alternatively visit the website below:

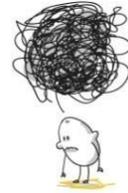
**Website:** [cypf.berkshirehealthcare.nhs.uk/immunisations](https://cypf.berkshirehealthcare.nhs.uk/immunisations)

**Please note that GP practices are continuing to provide vaccination programmes for babies and pre-school children as normal and it is recommended that you attend, when invited.** Integrated Support Service (ISS)

# Looking After Ourselves

When we are facing a crisis of any sort, fear and anxiety are inevitable; they are normal, natural responses to challenging situations infused with danger and uncertainty.

It's all too easy to get lost in worrying and ruminating thoughts; what might happen in the future; how the virus might affect you or your loved ones or your community or your country or the world; and what will happen then and so on.



Humans have three main ways of coping in times like these. Each way has its own purpose.



## Threat

These are very scary times. Our normal way of life is under threat and jeopardy. When we feel threatened in this way we feel angry, anxious and even disgusted.

We feel under threat so we utilise safety strategies such as escaping or hiding, or avoiding the threat, or acting aggressively or submissively to deter it.

None of these responses are wrong, they are a simple evolutionary by-product of our mind trying to protect us.



Try

**A**cknowledge your thoughts and feelings

**C**ome back into your body

**E**ngage in what you are doing

## Soothing

When we feel under threat we want to protect ourselves and feel safe. We all have safety strategies to protect ourselves.



Maybe you wear a bullet proof vest



Maybe you paint a face on like a clown



Or maybe you retreat into your shell like a tortoise

Safety strategies can protect us in the *short term* but they tend not to be good for us in the *long term*.

Learning to plan and engage in behaviour that acts to relieve distress rather than avoid it helps us to move forward and flourish.

*Soothing* strategies are more effective, particularly when they match with our values.



For example if a core value for you is kindness then the act of caring for another will be soothing.

Soothing skills focus on **compassion**; compassion for others and also ourselves.

The simplest way to increase

self-compassion is to think



## Vitality

All people have needs and wants that we are motivated to pursue. At a time of crisis it can be easy to feel that we do not deserve to pursue such desires or to avoid thinking about what

**Connect with others:** Social distancing makes connection a challenge but we have technology to help us out. Think physical distancing, but social connections. Social media is great, but try to also have phone calls or even video calls



it is you want for fear that you will not get it. Pursuing vitality at a time of crisis takes courage.



**Be active:** Try to make sure that you get regular exercise every day. Try to get outside once a day in an open place where there are few people. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

**Learn a new skill:** Learning a new skill or practising a hobby gives us a sense of purpose and achievement.

**Give:** Giving back to our community helps people to feel valuable and makes us happier. Lots of community groups are setting up schemes that you could get involved in. Why not give time or money to a cause that matches your values.



So remember...

Acknowledge your thoughts and feelings

Come back into your body

Engage in what you are doing

Use compassionate soothing strategies that  
help you move towards your values

And dare to pursue vitality



## References

Camden School Services (2020). *Looking after yourself, looking after your children.*

The Compassionate Mind Foundation (2010). *An Introduction to the Theory & Practice of Compassion Focused Therapy and Compassionate Mind Training.*

Gilbert, P. (2009). *The Compassionate Mind.* London: Constable & Robinson.

New Economics Foundation (2010). *Five Ways to Wellbeing.*

Treisman, K. & Metcalfe, E. (2018). *Safe Hands and Thinking Minds.*

In the meantime, if you have any concerns, please contact the College and one of us will get back to you as soon as possible.

Yours sincerely,

A handwritten signature in purple ink, appearing to read 'I. Johnson'.

**Dr Ian Johnson**  
**Deputy Head and Designated Safeguarding Lead**  
**Haybrook College**  
**01628 696015**

[ianjohnson@haybrookcollege.co.uk](mailto:ianjohnson@haybrookcollege.co.uk)