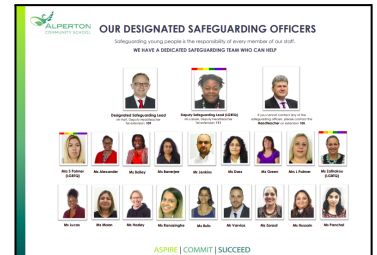


Latest Advice and Information for Parents, Students and Staff 2023 Spring Term Edition

Welcome to the Spring edition of Safeguarding News of the new academic year. The aim of this newsletter is to highlight some of the current themes, provide the latest advice and guidance and to link to resources that we can all use in keeping students safe.

Click [HERE](#) to go to the page on our website where you can find our Safeguarding Team poster and past editions of the newsletter.



Safeguarding in Focus : Grooming of young people - In person, online or both.

Grooming is when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them. Children and young people who are groomed can be sexually abused, exploited or trafficked. Anybody can be a groomer, no matter their age, gender or race and **it can be a stranger or someone they know.**



What conversations are you having with your child about meeting strangers online or making new friends online? Groomers use a number of tactics to gain trust ... they develop relationships with children that can take the form of:

- Romantic relationships
- As a mentor
- A dominant or authority figure

Whatever the relationship they are persistent and keep trying.

Nothing is free - the idea that children “owe” and Chicken Shop Grooming

We need to get a clear message to all our students that they should not take up an offer from others to buy them something. This is a tactic used by groomers to recruit young people into gangs.

It has been given the name “Chicken Shop Grooming” - gang members hang around fast food places and talk to young people then offer to buy them food - if they accept then they “owe” the person (gang) - and have to repay by doing something like delivering a package. But they can never pay back the debt.



Here is a short YouTube video on how gangs operate and groom young people and their families into criminal activity - click this [LINK](#) to watch the video. (many thanks to Brown Suga TV)

We ask all parents to support us in the message that students must go straight home after school and never go to fast food shops after school to stop anything like this happening.

How do I know if my child is being groomed : Signs to look out for:

- being very secretive about how they're spending their time, including when online
- having a new older friend, boyfriend or girlfriend
- having money or new things like clothes, trainers or mobile phones that they can't or won't explain where they got them from
- underage drinking or drug taking
- spending more or less time online or on their devices
- being very defensive about their mobile phone and sharing what they doing on it



National Online Safety has an excellent information sheet for parents. You can download it [HERE](#)

How can I get help?

If you think or suspect that your child is being groomed then you can contact your Pastoral Manager at school to discuss your concerns.

You can also get help and advice from the following places about grooming and any other concern you may have in respect to safeguarding:



Brent

Brent Family Front Door **020 8937 4300**

childline

ONLINE, ON THE PHONE, ANYTIME

NSPCC via ChildLine on **0800 1111**



**METROPOLITAN
POLICE**

If you think there is immediate danger or concern call **999**
If you have concerns and possible criminal activity call **101**

Safeguarding Assemblies

Each term we have safeguarding assemblies. The focus of these assemblies is to remind students how to keep safe but also to look at wider issues that, we as a school, have noticed about our students and the area in which we live. I thought it would be a good idea to share the assembly presentations with parents/carers so that you can see the messages. You can see all the assemblies we deliver on safeguarding [HERE](#).



Are all your contact details up to date?

If you change your home phone / email / mobile number please let the school know so that we have the most up to date contact details.

Please let the school know by calling in or emailing at office@alperton.brent.sch.uk or using the MCAS app.



Safeguarding in Focus : Exam Stress & Anxiety

As Year 11 and 13 come towards their exam period, I thought it would be good to republish the advice from our Autumn Edition. **As parents/carers it is about looking out for the signs that your child may be suffering from stress or anxiety.** The main indicators are :

1. Poor sleep patterns
2. Change in behaviour
Click [HERE](#) for a copy of the poster
3. Loss or change in appetite



It's worth preparing ways in which you can help support during exam periods - not just for mid year but end of year exams too. This will help not only the young person but also equip parents to cope too!

Top 10 things that can help with exam stress and anxiety:

1. Work with your child to see what revision style works for them
2. Encourage revision breaks and find a balance between study and relaxation
3. Make sure your child is eating and drinking at regular intervals
4. Have time after revision to wind down
5. Reassure your child - reinforce that you are and will be proud of them
6. Remain positive
7. Plan an activity to mark the end of the exams
8. Set aside 1-to-1 time so that they can talk about any worries
9. Let them know their feelings are valid and normal - but offer support and solutions where possible
10. If anxiety and stress start impacting their day-to-day life seek help from your GP



Sources of Information, advice and guidance



Download the Kooth App to access your mental health & wellbeing community. Kooth offers young people access to online chat with a team member to discuss anything that is on your mind. This is **FREE** to students in Brent [HERE](#) or download from your App Store (Android and iOS).



Young Minds is an organisation dedicated to the wellbeing of young people. Please click [HERE](#) for their information, advice and guidance on anxiety and stress.

Cost of Living Support & Advice

As a school we want to help our families with the cost of living crisis that we all now face. If you or a family that you know is struggling to meet the cost of living there is help available from school and Brent.

Brent Council has put together a comprehensive package for residents.

**Supporting you
with the cost of living**

Tackling tough times together

Icons: lightbulb, house, family, bar chart, house with dollar sign, piggy bank

**SUPPORTING YOU WITH
THE COST OF LIVING**

Brent

Get help and advice at
brent.gov.uk/costofliving

- **Money and debt** - Can you get financial assistance from Brent?
- **Facing Homelessness?** - Get help and advice from Brent Housing
- **Energy & water bills** - Both financial and energy saving advice
- **Food and essentials** - information about saving money and using a food bank
- **Childcare & school** - get help with school meals, travel and childcare costs
- **Jobs and training** - training & employment services to find a local job

Use your phone camera to scan in the QR Code that will take you to the **Brent Cost of Living Help & Advice** page ... here you can find help on:



SCAN ME

You can also call in to one of the **7 Brent Hubs** set up to get help. Our nearest ones are in : **Ealing Road Library** and **Brent Civic Centre**



Live in Ealing?

Ealing has a similar offer to Brent. You can access the **Ealing Cost of Living Help & Advice** page [HERE](#). Ealing also has a link to the Community Support Directory for residents to find local support [HERE](#).

Alperton Community School

We have a number of ways that we can help families and students who come to Alperton. One problem we have is **KNOWING** about families that need help. **Please let us know if you are struggling (or you know if a family is struggling) and we will help.** Please contact your Pastoral Manager or email us confidentially on:



familysupport@alperton.brent.sch.uk