

QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Headteacher: Mr S Garrity Chair of Governors: Mr C Smith



19th July 2023



QEGS Safeguarding Team Summer Holiday Notice



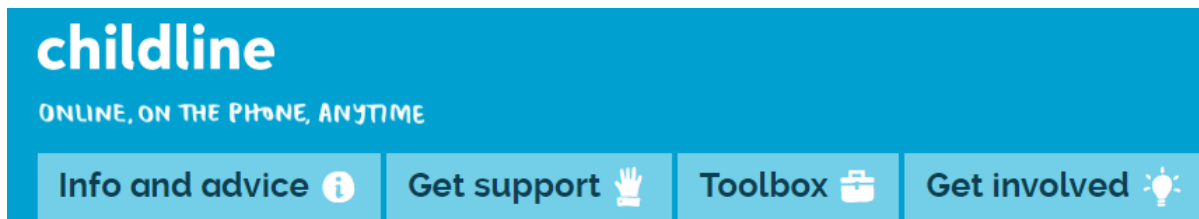
Dear Parent/Carer/Student

Safeguarding – Summer Holiday Notice

The safeguarding team at Queen Elizabeth's Grammar School wish you and your families a happy, healthy, and restful summer break.

While school is closed and our staff are not available, if you have any safeguarding concerns, are worried for your safety or feel at risk, then you can access support via the services listed below. Remember, ringing anyone is better than ringing no-one, so do not worry if you are not sure which number to go for:

Safeguarding & Mental Health Support - Help Lines, Apps and Websites:



Childline anytime on [0800 1111](tel:08001111) and the website is also available as an information and reporting tool 24 hours a day - <https://www.childline.org.uk/>

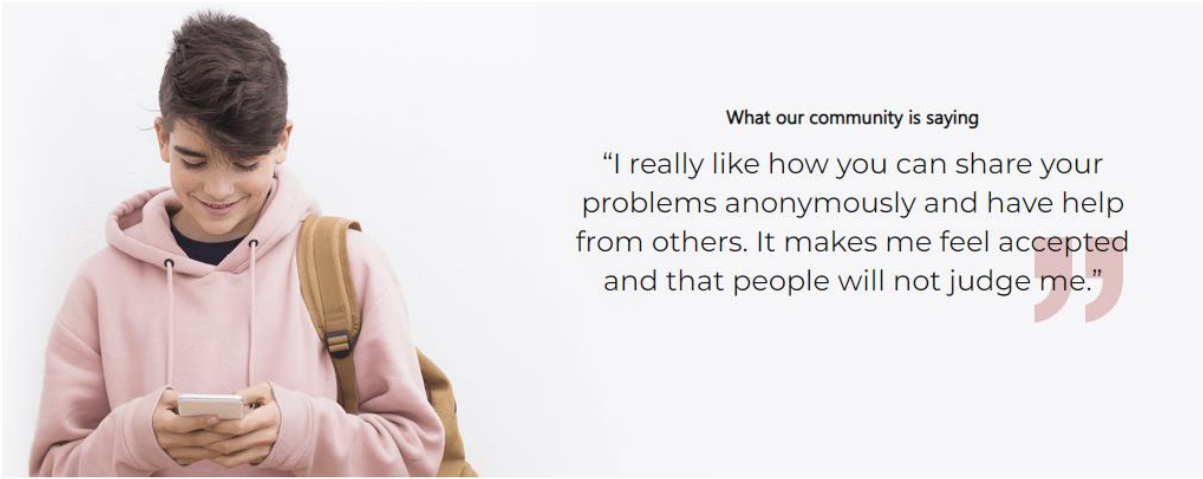
You can talk to a trained social worker at **Derby Social Care** by ringing [01332 641172](tel:01332641172) during the day, or [01332 956606](tel:01332956606) after 5pm and at weekends.

If you live in **Derbyshire**, you can talk to a **trained social worker** at **Derbyshire County Council** by phoning [01629 533190](tel:01629533190) anytime.

If you live in the **Staffordshire area**, you can ring [01785 278444](tel:01785278444) or [0300 303 0693](tel:03003030693).

You can also call the **Samaritans** 116 123 or visit <https://www.samaritans.org/how-we-canhelp/contact-samaritan/>

You can visit www.mind.org.uk for guidance on how to look after your mental wellbeing or visit www.kooth.com for free, safe and anonymous online support if you are facing difficulties around chat rooms, messaging or any online platform abuse.





Be proactive and Internet Smart  **Childnet**

As we have covered in form time, assembly sessions and in direct contact with students and parents, support for helping to make the internet a safer place for children and young people, ChildNet is a great place to start: <https://www.childnet.com/>

Think You Know at <https://www.thinkuknow.co.uk/>, is also a great resource for online safety. 

You can also download apps to help too!

If you have a mobile facility, there are apps that can help that are available on both android and iOS (apple) devices.

-  **Calm Harm** — This app aims to reduce urges to self-harm and manage emotions.
- **Cove** — uses music to help regulate how you feel.
-  **Chill Panda** — Uses breathing techniques to help you relax through a game style platform.
- **Catch it** — Helps you record and rationalise emotions and shows you how you can learn to manage negative thoughts.

Derbyshire authority and police service also operate a victim support service too. There is local support and advice around young victim services as well as online abuse, hate crime and domestic abuse support as well as anti-social behaviour.

Queen Elizabeths Grammar website: Finally, use our own school website!

<https://www.queenelizabeths.derbyshire.sch.uk/key-information/safeguarding-sign-post/#1585662148100-071a4380-1654>

The Safeguarding Team

QUEEN ELIZABETH'S GRAMMAR SCHOOL
Designated Safeguarding Lead:

Mr. Amps
Deputy Headteacher and Designated Safeguarding Lead (DSL)

Deputy Designated Safeguarding Leads:

Mr. Drake
Chief Protection Officer and Deputy DSL

Mr. Rowledge
Assistant Headteacher and Deputy DSL

Ms. Allen
Assistant Headteacher and Deputy DSL

Online Safety:

Mr. Hilly
Online Safety Coordinator & COP Ambassador

Prevent:

Mr. Drake
Child Protection Officer and Prevent Lead

Out of Hours Safeguarding Concerns Contact: 'Call Derbyshire' on 01629 533190

Safeguarding
Keeping our students safe and supporting families
Information for students, parents and carers
2023/24

Water Safety: In warmer weather outdoor water courses such as rivers and lakes can look tempting. However, while you may consider yourself a strong pool swimmer the shock of cold-water swimming must not be underestimated as well as the other dangers around variable depth, waste and other debris that may or may not be visible from the surface. Regional advice on water safety can be read here: <https://schoolsnet.derbyshire.gov.uk/keeping-children-safe-in-education/offsite-safeguarding/water-safety.aspx>

Stay safe, enjoy your break from school and if something does not feel quite safe or right, stop, think, and contact a trusted organisation.

Yours faithfully

A handwritten signature in blue ink that reads "J. Amps" with a stylized flourish at the end.

Mr J Amps

Deputy Headteacher