

# QUEEN ELIZABETH'S GRAMMAR SCHOOL

The Green Road, Ashbourne, Derbyshire DE6 1EP

Tel: 01335 343 685 Email: enquiries@qegs.email Twitter: @qegs\_ashbourne

Web: www.queenelizabeths.derbyshire.sch.uk

Headteacher: Mr S Garrity

Temporary Chair of Governors: Mr N Moore



## QEGS Safeguarding Team Summer Holiday Notice 2024

18<sup>th</sup> July 2024

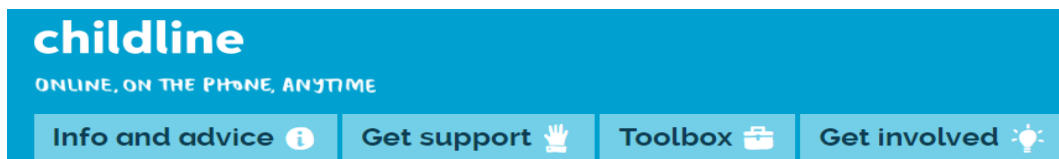
Dear Parent/Carer/Student

### Safeguarding

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** and the website is also available as an information and reporting tool 24 hours a day - <https://www.childline.org.uk/>

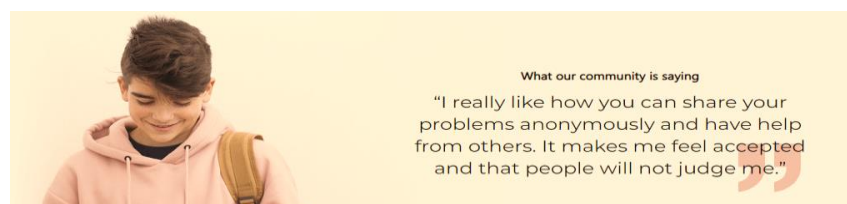
You can talk to a trained social worker at **Derby Social Care** by ringing **01332 641172** during the day, or **01332 956606** after 5pm and at weekends.

If you live in **Derbyshire**, you can talk to a **trained social worker** at Derbyshire County Council by phoning **01629 533190** anytime.

If you live in the **Staffordshire area**, you should ring **01785 278444** or **0300 303 0693**.

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

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



# QUEEN ELIZABETH'S GRAMMAR SCHOOL

The Green Road, Ashbourne, Derbyshire DE6 1EP

Tel: 01335 343 685 Email: [enquiries@qegs.email](mailto:enquiries@qegs.email) Twitter: @qegs\_ashbourne

Web: [www.queenelizabeths.derbyshire.sch.uk](http://www.queenelizabeths.derbyshire.sch.uk)

Headteacher: Mr S Garrity

Temporary Chair of Governors: Mr N Moore



## Be proactive and Internet Smart

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** — Use breathing techniques to help you relax through a game style platform.
- **Catch it** — Helps you record and rationalise emotions and shows you have 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>

Online-Safety talk 2024: <https://www.queenelizabeths.derbyshire.sch.uk/parents/online-safety/>

**Water Safety:** As described in my letter earlier this half term, 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 as released by our Derbyshire Fire and Rescue Service: <https://www.derbyshire-fire.gov.uk/safety/water-safety/open-water>



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

  
Mr J Amps

Deputy Headteacher

Proud to be part of **QEGSMAT**

Registered Address: The Green Road, Ashbourne, Derbyshire DE6 1EP

A company limited by guarantee registered in England & Wales (company no: 07698914)