



Online Safety, Safeguarding and Wellbeing Bulletin



Safeguarding & Wellbeing contact details

Safeguarding Team 020 8769 3294

Safeguarding Lead: Mrs O'Donovan, Assistant Headteacher

Safeguarding Team: Ms Westlake, Mr Todd, Miss Forde, Ms Odewale, Ms Wellington

Email: safeguarding@btg-secondary.lambeth.sch.uk

Governor responsible for safeguarding in school: Mrs O'Donohue

Mental Health Lead: Ms Forde **Wellbeing Co-Ordinator:** Ms Henry

Email: wellbeing@btg-secondary.lambeth.sch.uk

Special Educational Needs Co-Ordinator: Ms Wellington

Email: jwellington@btg-secondary.lambeth.sch.uk

Racial Justice, Pupil Voice & Reward: Ms Odewale, Assistant Headteacher

Email: lodewale@btg-secondary.lambeth.sch.uk

Designated Ward Officer – Child and Young People - PC A Brooke



BTG Safeguarding during Summer holidays:

During the school holidays, the safeguarding team only monitors safeguarding@btg-secondary.lambeth.sch.uk periodically, If a child is in immediate danger, call **999**.

Children and young people can contact  free and confidentially on **0800 1111**.

Parents and carers can contact the  helpline on **0808 800 5000**.

If a child or young person is struggling with their mental health, they can text YM  for free, 24/7 crisis support. Parents wanting advice can also contact the  Parents Helpline on **0808 802 5544**.

You may contact the safeguarding number 07398252782 for very serious or urgent issues or contact your local Children's services directly rather than waiting for a reply here.

Please visit our safeguarding page on the Bishop Thomas Grant School Website for further support and guidance

<https://www.btg.ac/Information/Safe-Guarding/>



As we reach the end of the school year, the summer holidays offer an opportunity to **pause, reflect** and **recharge**. We hope this time provides families with the chance to relax, make lasting memories and enjoy a well-deserved break together. While the holidays are a time to unwind, they can also present new challenges as children and young people spend more time online, gain greater independence and experience changes to their usual routines. With this in mind, we have included some simple reminders to help keep your child safe and supported throughout the summer.

At BTG, we recognise the importance of wellbeing for both students and families.

Loving God,

Thank You for the gift of summer and this time of refreshment.
As we step away from our usual routines,
please grant us peace and renew our minds, bodies, and spirits.
Guide and protect all who are traveling near or far.
Surround our families and friends with laughter,
and help us to make meaningful memories together.
Wherever our adventures take us,
may we find moments of stillness to appreciate Your beautiful creation
and return home safe and energized.
In Your name, we pray.



Amen.

Contents

10 Ways to Boost your Wellbeing this summer	2
Staying safe during the Holidays	3
Dehydration	4
Sunburn	5
Staying safe at the beach	6
Supporting your child on results day	7
Places for kids to eat free (or for £1)	8
Ward Officer for Child & Young Person	9
Personal Safety	9
Are you worried your child is missing	10
Project Lifeline	10
Free school meals and uniform allowance	10
Young Carers	11
Safeguarding - Attendance	12
Further Guidance & Support	13

How are you feeling today?





10 Ways to Boost Your **WELLBEING** **THIS SUMMER**



Simple tips for students and families to help you feel your best over the summer holidays. ♡

1 Take time to rest

You've worked hard this year! Give yourself time to relax and do things that help you switch off and recharge.



2 Keep a simple routine

A routine can help you feel more balanced and ready for September. Think regular bedtimes, meals and time for the things you enjoy.



3 Stay active

Moving more can boost your mood and energy. Go for a walk, play sport, dance or get outside and enjoy the fresh air!



4 Prioritise sleep

Sleep helps our bodies and minds recover. Aim for 8–10 hours a night and try to keep a regular sleep routine.



5 Stay connected

Spend time with people who make you feel good. See friends, join a club, try something new or get involved in your community.



6 Take a break from screens

Too much screen time can affect our mood and sleep. Take time to enjoy real-life moments and be present.



7 Talk about how you're feeling

It's okay to talk. Share your thoughts with someone you trust – a friend, family member or trusted adult.



8 Keep learning little by little

If you have work or goals over the holidays, break them into small chunks. A little bit each week can make a big difference.



9 Be kind to yourself

You don't have to be perfect. Celebrate your achievements, however small, and try not to compare yourself to others.



10 Ask for help when you need it

It's okay to ask for support. If you're struggling, speak to a trusted adult or someone in school. You are not alone.



REMEMBER...

Wellbeing isn't about being happy all the time – it's about looking after yourself, building healthy habits and knowing when to ask for support. You matter.



NEED SUPPORT?

There are lots of people and services who can help:

YOUNGminds

youngminds.org.uk

shout

85258

text SHOUT to 85258

Please talk to a trusted adult in school or at home if you are worried about anything.

Wishing all our BTG students and families a safe, happy and restful summer break. We look forward to seeing you in September – refreshed and ready! From the Wellbeing Team at BTG.



Staying Safe During The Holidays



Online Safety

Many young people spend more time online during the summer. Please encourage your child to:

- Think carefully before sharing personal information or photos online.
- Keep their social media accounts private where appropriate.
- Be cautious when communicating with people they only know online.
- Speak to a trusted adult if anything online makes them feel uncomfortable or worried.



Taking an interest in the apps, games and social media platforms your child uses can help create open conversations about staying safe online.

Out and About

As children become more independent during the holidays, encourage them to:

- Let you know where they are going and who they will be with.
- Keep their mobile phone charged where possible.
- Arrange safe transport home before they go out.
- Trust their instincts and leave any situation that doesn't feel right.

Water and Sun Safety

Whether visiting the coast, swimming pools or enjoying local parks:

- Only swim in safe, supervised locations.
- Follow lifeguard advice and local safety information.
- Wear sunscreen, stay hydrated and avoid prolonged exposure to the sun during the hottest part of the day.

KEEP COOL THIS SUMMER



Avoid being in the sun between 11-3, when it is strongest.



Keep to the shade, wear a hat and sunscreen.



Stay hydrated. Always keep plenty of cool water to hand.



Keep windows and curtains closed during the hottest parts of the day and open at cooler times.



Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature. Or, place your feet in a basin of cool (not cold) water.



Keep yourself ventilated: use a fan, or create a cross breeze between windows during the cool parts of the day.



Switch off lights in unoccupied rooms and turn off appliances not in use to avoid generating unnecessary heat.



Find a cool room. North facing rooms tend to stay cooler than others.



If you are too hot in your home, visit a cool public place like a library, community or shopping centre.

Supporting Wellbeing

The change in routine during the summer can affect some young people's emotional wellbeing. Try to:

- Maintain some daily structure and routine.
- Encourage time away from screens and opportunities to be active.
- Keep communication open and regularly check in with how your child is feeling.
- Remember that listening without judgement can make a significant difference.

On behalf of everyone at **Bishop Thomas Grant School**, we would like to thank you for your continued support throughout the year and wish you and your family a safe, enjoyable and restful summer. We look forward to welcoming our students back in September, refreshed and ready for another successful year.



DEHYDRATION

Dehydration occurs when your body loses more fluids than it takes in, meaning it lacks the water required to function correctly.

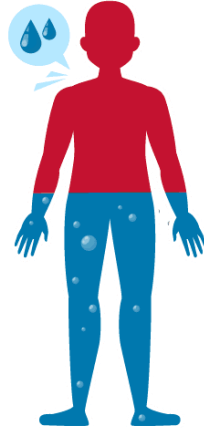
Common causes include vomiting, diarrhoea, excessive sweating or not drinking enough water.

SYMPTOMS

Eyes: Sunken, tired or dull



THIRST



DRY SKIN

Lips: Dry, chapped or cracked



HEADACHE

Tongue: Dry, pale or sticky

Lethargy: unusually



RAPID HEARTBEAT

Heat exhaustion

- Cool, pale, flushed, red skin
- Excess sweating
- Headache
- Dizziness, fainting
- Nausea or vomiting
- Weakness
- Muscle cramps



Mood: irritability or mood changes



DRY MOUTH



LESS FREQUENT URINATION

Babies: the soft spot on the top of a baby's head (fontanelle) may appear depressed

Heat Stroke

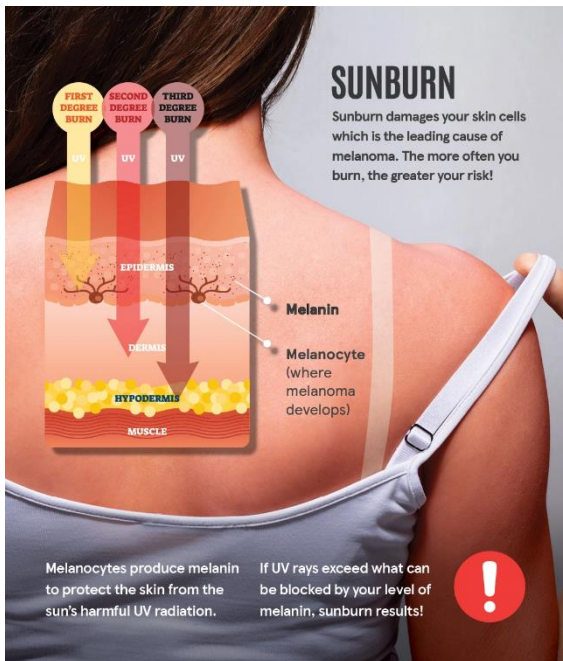
- Confusion
- Severe headache
- High body temperature
- Shallow breathing
- Fast heart rate
- Hot, dry skin, lack of sweat
- Loss of consciousness
- Seizures

Good advice:

- Make sure you are getting enough fluids to stay safe
- Take frequent water breaks
- if possible, spray down with a spray bottle
- Wear a hat to shade your face
- Find a cool shaded place to sit out of the sun
- Take cool (not cold) baths and showers in extreme heat conditions
- If you feel unwell tell an adult (confused, shortness of breath, high temperature above 40C, not sweating or loss of consciousness) after 30 mins of resting in a cool place and drinking plenty of water tell the adult and [call 999](#).
- Dehydration can turn into Heatstroke very quickly; this can be very serious if not treated quickly. If someone loses consciousness while you are waiting for help, put them in the recovery position

Sunburn

Sunburn is red, painful, damaged skin from being out in the sun for too long. When you get a sunburn, ultraviolet (UV) rays from the sun (or a tanning bed!) burn your skin. You don't have to spend the day at the beach or pool to get a sunburn. Some people get sunburns doing everyday things without using sunscreen, like taking a lunch break outside, gardening or walking the dog.



If you have sunburn, your skin may:

- Feel hot to touch
- Feel sore or painful
- Flake or peel - this usually happens a few days after you get sunburn

Your skin may also blister if your sunburn is severe.

If you have white skin, your skin will usually be red or pink.

If you have black or brown skin, you may not notice a change in the colour of your skin.

What to do:

- Get out of the sun as soon as possible
- Cool your skin with a cool shower, bath or damp towel (take care not to let a baby or young child get too cold)
- Apply after suncream or spray or an unperfumed moisturiser
- Drink plenty of water to cool down and prevent **dehydration**
- Take painkillers, such as **paracetamol** or **ibuprofen** (for over 16's) for any pain – follow the instructions on the leaflet
- Cover sunburnt skin from direct sunlight until skin has fully healed

✗ It is not advisable to:

- Use petroleum jelly on sunburnt skin (such as Vaseline)
- Put ice or ice packs on sunburnt skin
- Pop any blisters
- Scratch or try to remove peeling skin
- Wear tight-fitting clothes over sunburnt skin



Get Emergency Medical Care if:

- A sunburn causes blisters or is extremely painful
- Your child has facial swelling from a sunburn
- A sunburn covers a large area
- Your child has fever or chills after getting sunburned
- Your child has a headache, confusion, or a feeling of faintness
- You see signs of **dehydration** (increased thirst, less pee, or dry eyes and mouth)

A pharmacist can help with sunburn

- You can ask a pharmacist:
- about the best sunburn treatments
- if you need to see a GP

<https://www.nhs.uk/conditions/sunburn/>

<https://www.skcin.org/skin-cancer-causes/skin-types-and-skin-cancer/>

GP appointment or get help from NHS 111 if:

You've been out in the sun and:

- your skin is blistered or swollen
- your temperature is very high, or you feel hot, cold or shivery
- you feel very tired, dizzy or sick
- you have a headache
- you have muscle cramps
- Severe sunburn can lead to **heat exhaustion** and **heatstroke**, which can be very serious.
- You can call 111 or **get help from 111 online**. Call 111 if you need advice for a child under 5 years old.

MELANOMA IS ONE OF THE BIGGEST KILLING CANCERS IN THE 15-34 AGE GROUP

Stay safe at the beach

- Keep babies less than 6 months old out of the sun and keep older babies in the shade as much as possible
- Stay in the shade when possible and try to keep out of the sun between 11am and 3pm, when it's at its strongest
- Make sure everyone drinks plenty of water throughout the day to stay hydrated, and don't forget to take regular breaks in the shade, even if you feel well to avoid HEAT EXHAUSTION
- Make sure your sunscreen protects against UVA & UVB rays. Apply regularly and use a sunscreen with a minimum of SPF30. THIS IS FOR ALL SKIN TYPES
- Make sure the sunscreen is in date, most brands should be replaced every 12 months
- Wear a t-shirt or UV protective suit where possible, remember to keep shoulders covered
- Swim only in designated, supervised areas and swim between the red and yellow flags. These are areas patrolled by lifeguards. Be mindful of currents and hazards.
- **NEVER** stay alone near water, always have someone with you and be mindful of winds and current when using inflatables
- If you do fall in and find yourself out of your depth, remember: FLOAT TO LIVE <https://rnli.org/water-safety/float>

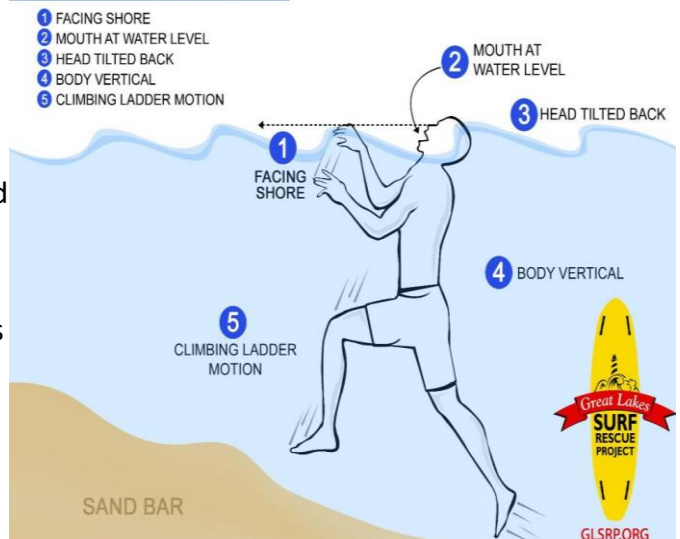
DROWNING: The process of experiencing respiratory impairment from submersion or immersion in liquid.

Drowning is one of the most common causes of young people's death – it's often silent, rather than the dramatic loud splash shown in movies, or the shout for help in your swimming lessons. Understanding the signs of distress and knowing how to respond can save lives.

RECOGNITION: A drowning person is usually physically unable to call out for help or wave their arms, the nervous system prioritizes breathing over speech, leading to quiet signs.

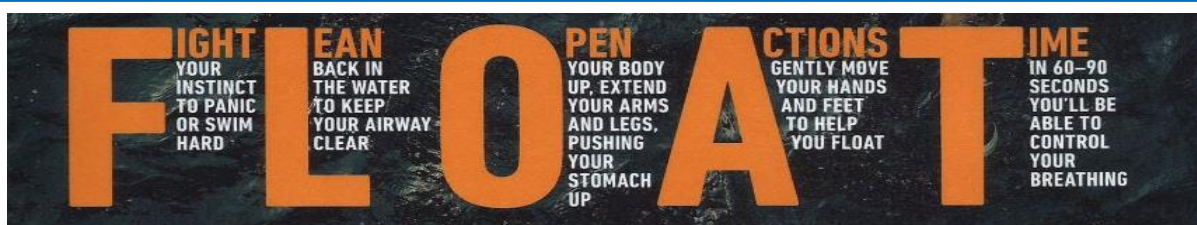
- Head low in the water with the mouth at water level
- Head tilted back with the mouth wide open
- Eyes glassy, empty, or closed
- Hyperventilating or gasping for air
- Body remains vertical in the water with little or no supportive kicking
- They look like they are paddling or flapping down against the surface to push their mouth up.

THE SIGNS OF DROWNING



EMERGENCY FIRST AID ACTION PLAN; If you spot someone in trouble you must act fast.

1. **Call for help:** Call emergency services immediately. Call an adult
2. **Safe rescue:** NEVER put yourself in danger. Throw a flotation device or use a rope/pole, do not swim out.
3. **Check breathing:** Once the person is on land, check if they are breathing
4. **Perform CPR:** If they are unconscious and not breathing, start CPR. Give 5 initial rescue breaths, followed by 30 chest compressions and 2 rescue breaths. Don't worry if you don't know how, the emergency services on the phone or an adult will help
5. **Clear the airway:** Drowning victims frequently vomit up swallowed water, if this happens roll them on their side to keep the airway clear
6. **Treat for hypothermia:** remove wet clothing, wrap them up in warm blankets, and monitor them until the emergency services arrive.





Supporting Your Child on Results Day



Results day is an exciting milestone and marks the beginning of a new chapter. While many young people will celebrate their achievements, others may feel anxious, disappointed or uncertain about what comes next.

As a parent or carer, your support can make a real difference. Here are some ways you can help:

- Stay **calm and positive**. Whatever the outcome, reassure your child that exam results are only one part of their journey. Your response will help shape how they cope with the day.
- **Listen** before offering advice. Give them time to talk about how they're feeling without rushing to solve the problem. Feeling heard is often the first step.
- **Explore all options together**. If results aren't what they expected, remember there are many different pathways to success. Discuss alternatives positively and focus on finding the best next step.
- **Celebrate** more than grades. Recognise their effort, resilience and personal growth, as these qualities will continue to benefit them long after results day.
- Encourage **ownership** of their future. Support them in making informed decisions while allowing them to take an active role in planning their next steps.

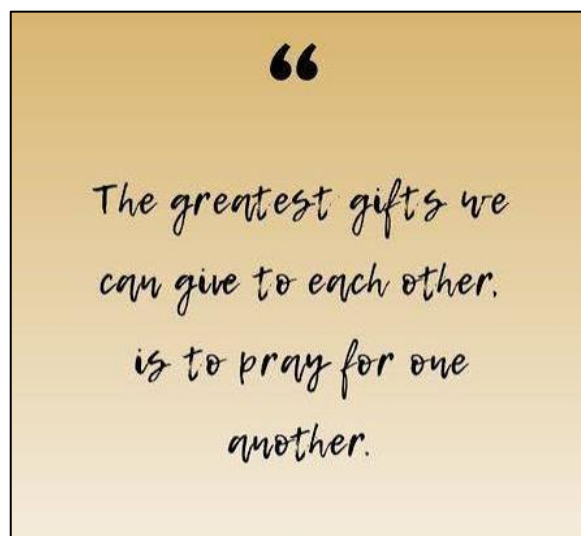
Above all, **remind your child that one set of exam results does not define their worth or their future**. With encouragement, resilience and the right support, there are many routes to achieving their goals.

Results Day & Next Steps

- **UCAS** - University places, Clearing and results advice
<https://www.ucas.com>
- **National Careers Service** - Careers, apprenticeships and alternative pathways
<https://nationalcareers.service.gov.uk>
- **Amazing Apprenticeships** - Information about apprenticeships and opportunities
<https://amazingapprenticeships.com>

Wellbeing & Mental Health

- **YoungMinds** - Advice for young people and parents about exam stress, anxiety and wellbeing
<https://www.youngminds.org.uk>
- **Mind** - Mental health support and practical advice
<https://www.mind.org.uk>
- **Kooth** - Free, confidential online mental health support for young people
<https://www.kooth.com>





PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

Copyright of MONEY SAVING CENTRAL

Ward Officer for Child & Young Person

**Designated Ward Officer – Child & Young person
PC Adam Brooke**

It's better to hand items over than risk your own safety.

If you are ever in immediate danger, or if you see a robbery taking place, call 999 for an emergency response.

Victim of Robbery Although following crime prevention advice can really help reduce your chances of being robbed, it may still happen. It can be a frightening experience and leave you feeling worried. Never confront a thief – it's not worth risking your own safety for possessions that can be replaced.

- Fearless is the youth service of independent charity Crimestoppers. Fearless is 100% anonymous but they are unable to take reports from victims. It is a space for Children to give information anonymously.
- If you have been a victim of robbery, it's really important that you talk to a parent, guardian, an adult you trust, the Safeguarding Team or report it to the police
- If your mobile phone is stolen you must get it blocked by calling your Network Service Provider. If you need help to do this, ask your parent or guardian.
- Robbery or attempted robbery are serious crimes and should **be reported**. It's important you seek help straight away by dialing 999 from a friend's or trusted adults phone. This gives the Police the best chance to catch the suspects, recover any stolen property and ensure your safety. If you have returned home you should still report online www.met.police.uk or call 101.
- Whether you have a phone or not, **memorise** or keep a contact phone number (parent/carer/partner) in a separate place in your bag/zipped pocket in case of emergency.
- Victim Support have trained staff to support 0809168911 or www.victimsupport.org.uk/children-and-young-people

Personal Safety

Look confident *Move with purpose and try to be aware of your surroundings and avoid distractions like phones or loud music when walking *Plan your route and think about what to take with you, especially if you're going somewhere you haven't been before *Keep to busy, well-lit streets, walkways and paths which are more likely to be covered by CCTV and avoid shortcuts through isolated areas.

Know Emergency Contacts *Learn your address and phone number by heart *Memorize or have quick access to important phone numbers, such as parents, guardians, or a trusted adult. *Ensure you know how to contact emergency services (999 for urgent help).

Hide it *Keep your mobile phone and valuables out of sight. If you're using your phone it's more likely to be snatched from your hand as you're not paying attention to your surroundings, so look around you *Never leave a mobile, any device, wallet or purse on the table of an outdoor café or restaurant. Same goes for any jewellery you might be wearing – keep it covered when walking down the street *Share your live location with a family member and/or trusted friend or use apps that have safety check-ins such as 'Findmyfriend'

Travel in groups *Walking or commuting with friends can be safer than traveling alone *If traveling by bus or train, try to sit near other passengers or near the driver

Avoid Talking to Strangers *Do not engage in conversations with strangers or accept rides or gifts from people you don't know *Always tell an adult /parent if someone you don't know approaches or tries to interact with you *If you think someone is following you, cross the road or go to a place with a lot of people around, like a bus stop or shop

Use Trusted Transport *If you take public transport, know your bus or train routes and where to get on and off *If someone is bothering you on public transport, move to another seat and alert the driver or conductor if necessary

Practice Internet Safety *Be cautious about what you share online and who you connect with on social media *Avoid sharing your location or personal details publicly *Talk with parents, teachers, or school staff about any safety concerns you have or if you need advice

Recognize Safe Places *Identify safe places along your route to school where you can seek help, such as shops, cafes, or public libraries. * Some areas in London have designated "safe spaces" where trained staff can offer assistance

Finally – and this is so important to remember – if you're threatened with violence, don't risk your personal safety. Property can be replaced, you can't.

Are you worried your child is missing?

Guidance for parents/carers

Actions for parents/carers

Call them First try calling them on their phone (including via apps like WhatsApp). Ask them to come home and reassure them that they are not in trouble. Listen out to any voices, sounds you hear in the background. Note down the times you have called them.

Social media If they are not answering their phone, consider contacting them through their social media platforms. Document any updates they have made recently, can you see their location or who they are with? What are they wearing?

Oyster/Zip cards Make sure your child's Oyster/Zip card is registered. This will allow you to obtain data from the TfL website of where and when the card has been used.

Family and friends Try contacting your child's close friends and relatives and ask if they have heard from them. If not, can you ask if they can try to help in encouraging your child to return home?

Search Are you or anybody else able to look for your child? Are there any areas or places they are likely to be?

Notify If you are working with Lambeth Children Social Care, then please inform your child's Social Worker of their current missing episode.

If you are not currently working with Children Social Care, please notify the Initial Referral Hub on: **020 7525 1921** or Lambeth Emergency Duty Team (EDT): **0207 926 5555** if it is out of hours.

Making Lambeth safe

Lambeth

Reporting to police

You do not have to wait 24 hours. To report your child missing call the police on 101 or report online:
www.met.police.uk/ro/report/mp/v2/report-missing-person

Always call 999 in an emergency. Keep a log of the reference number and dial 101 for updates, or to inform the police if your child has returned.

When reporting, provide as much of the following information as possible:

- 1 Your child's details – full name, date of birth, address, phone number, language(s) spoken
- 2 Your child's description – height, build/weight, hair colour and style, distinguishing features. Can you provide a recent photograph?
- 3 Details of any family and/or friends they may have had contact with whilst missing
- 4 Details of their school/college, clubs attended, favourite places
- 5 Children's Social Care details – name and telephone number of social worker
- 6 Your child's personal details – bank details, passport number, Oyster/Zip card number, social media names
- 7 Any specific risks – including sexual or criminal exploitation, risks posed by gangs, mental health needs, or – details of any specific individuals you feel may pose a risk to your child
- 8 Details of any physical or learning difficulties
- 9 Your child's medical information – GP details. If your child takes medication when was their last dose? What will happen if they don't take it?
- 10 Your child's routine – what do they frequently do and where do they frequently go?

Nothing is too trivial, it may be the missing piece of the jigsaw.

Making Lambeth safe

Lambeth

<https://www.met.police.uk/ro/report/mp/v3.1/report-a-missing-person2/>

<https://projectlifeline.org.uk/>

<https://www.eani.org.uk/parents/pupil-applications-and-grants/free-school-meals-and-uniform-grants/apply-for-free-school>

PROJECT-LIFELINE

YOU'RE EITHER PART OF THE SOLUTION
OR YOU'RE PART OF THE PROBLEM

**YOUTH VIOLENCE?
EXPLOITATION?
FEELING TRAPPED?**

**WE'RE HERE TO HELP.
24/7. CONFIDENTIAL.**

**0800
1114042**

**FREE 24 HOUR HELPLINE
FOR ANY YOUNG PERSON**

**Free School
Meals and
Uniform
Allowance**

How do I apply?

- 1 Log on to/register with EA Connect
- 2 Check your eligibility on EA Connect
- 3 Add each child you wish to claim for
- 4 Start your application
- 5 Upload supporting documentation
- 6 Confirm all info is correct and submit your application

For more info visit:
www.eani.org.uk/fsm

eaconnect

"MY DAD HAS *bipolar disorder.*"
 "My brother has *AUTISM.*"
 "My mom has *CANCER.*"
 "I *translate* for my parents."
 "My sister has *special needs.*"
 "My grandfather has *Alzheimers.*"
 "My mother has an *addiction.*"
 "MY FATHER HAS *Multiple Sclerosis.*"

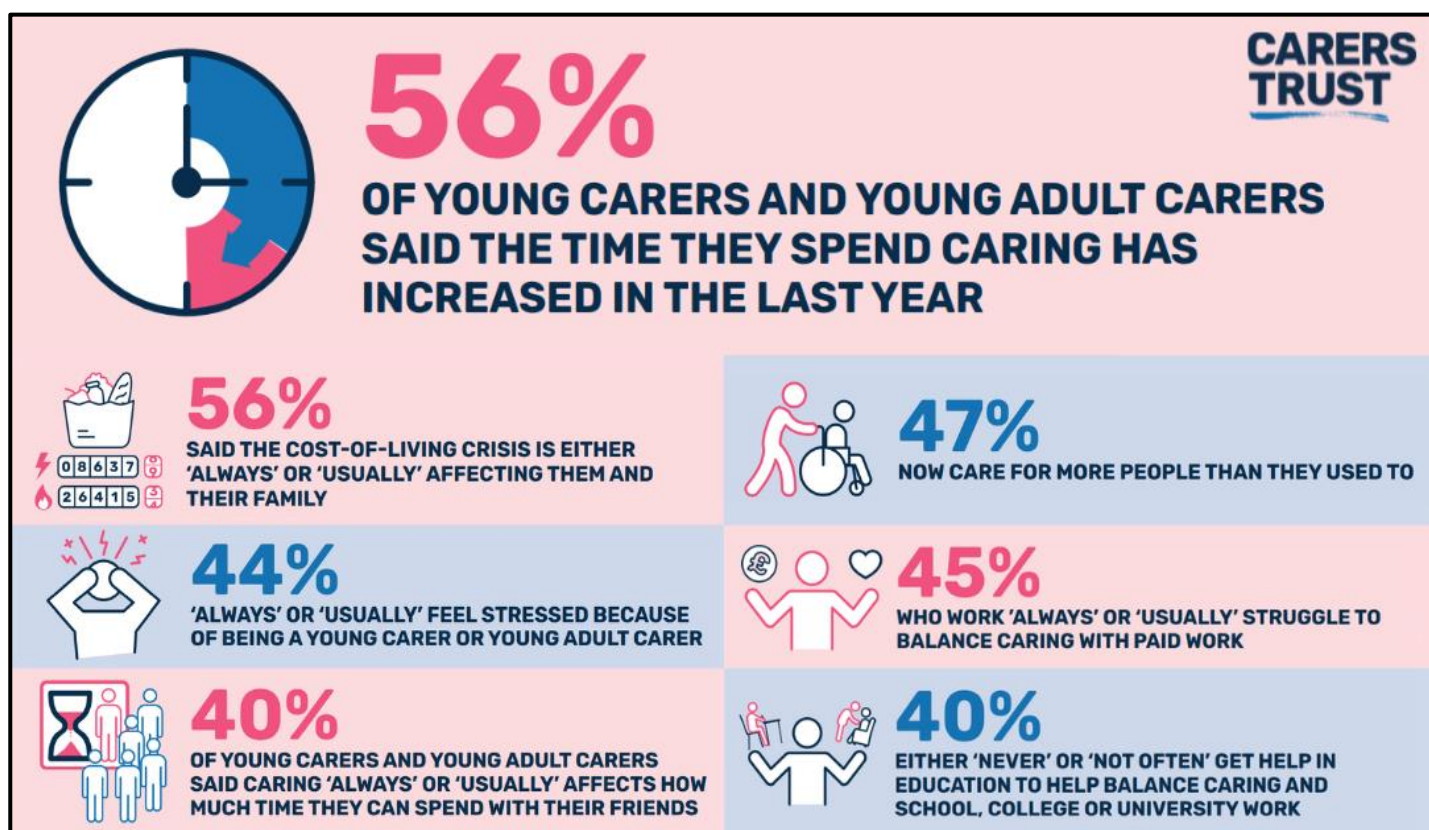


We recognise young carers as children and young people under the age of 18, who provide unpaid care for mums, dads, brothers, sisters, grandparents, and in some cases other family members/ friends because of a disability, illness, mental health condition, or drug and/or alcohol addiction. They often take on practical and /or emotional caring responsibilities that would normally be expected of an adult.

We are aware that the demands of this caring role can sometimes affect a student's emotional, physical and social wellbeing and their prospects in education and life.

All young carers are different their caring roles are different too. If you think you are a young carer or know someone who is a young carer, please let us know.

We would like to thank Ellie and the Lambeth Young Carer project for the invaluable support they have given and continue to give our Young Carers and their families. [Carers Hub Lambeth](#) | [Carers Hub](#) | [Greater London](#)



Lambeth: 020 7501 8970
connect@carershub.org.uk

Merton: 0300 303 1555
info@csmerton.org

Bromley: 0808 278 7898
spa@bromleywell.org

Croydon: 07522 046 395
youngcarers@talkofftherecord.org

Lewisham: 0300 111 1110
youngcarers@imago.community

Wandsworth: 020 8877 1200
eleanor@wandsworthcarers.org.uk

Southwark: 0300 111 1110
youngcarers@imago.community

Safeguarding → Attendance

Attendance is a safeguarding issue. The Government requires children to attend school for 190 days a year
<https://educationhub.blog.gov.uk/2024/02/29/fines-for-parents-for-taking-children-out-of-school-what-you-need-to-know/> .

School attendance

Your child should attend school every day unless there is an unavoidable cause, like illness. Good school attendance gives your child the opportunity to success and helps develop skills for life. Missing school damage's a pupil's learning and their grades, disrupts routines and make's pupils vulnerable to crime.

If your child is off school Phone the Attendance Office

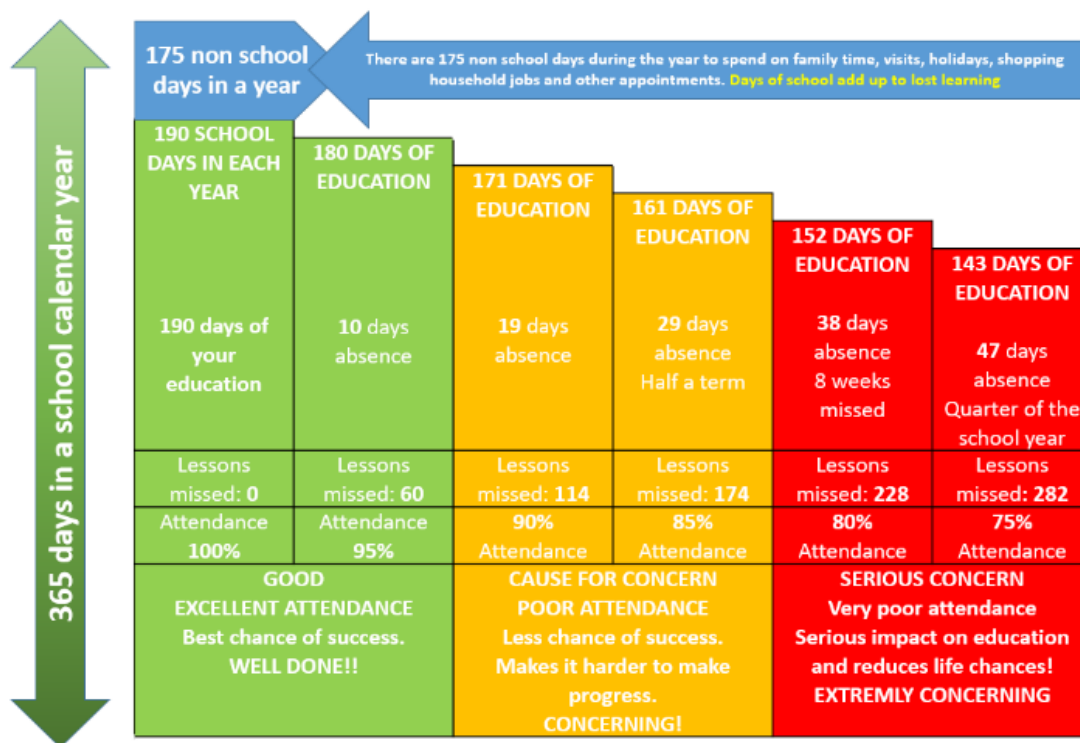
as soon as possible on the morning of absence to give a reason. Make routine dentist and doctor appointments after school or during holidays. If you have to make an appointment during school time, help your child to be at school for most of the day and let the school know about the appointment. You will be asked for a medical certificate or appointment card. Holidays in term time are only authorised in exceptional circumstances.

How can you be sure parent fines are fair? Fines are a last resort, and parents will be offered support to help improve their child's attendance first. The vast majority of fines for unauthorised absence (89%) are issued for term time holidays. If your child is facing barriers to school attendance due to special education needs or disabilities (SEND), schools, local authorities and wider services are required to work together to provide the right support in the first place.

When Penalty Notices are used When the school agrees for your child to miss school in advance, or accepts your explanation, absence is 'authorised'. All other absence is 'unauthorised'. Penalty notices may be used where absence is unauthorised, for example: * A parent has taken their child on holiday during term time without authorisation, especially when this means pupils miss exams or GCSE's. * Pupils are regularly late for school after the register has closed. * A pupil has eight or more unauthorised absences within the previous 10 week period. * Enquires made at school after a truancy sweep show the pupil's absence at that time as unauthorised. * Non-medical or medical meetings which are not related to your child.

If attendance does not improve or there has been no engagement with any support plan, we will issue you a notice to improve your child's attendance. You will be given a fixed period to improve your child's absence. If attendance does not improve and there is an overall absence of 10 sessions (5 school days) over 10 weeks, a fine can be issued.

How much could I be fined if my child misses school? In the majority of cases, schools and local authorities will try and provide support to help you improve your child's attendance first, if this isn't effective or the absence is for unauthorised term time holiday, parents may face paying a fine. Under the new national framework, all schools will be required to consider a fine when a child has missed 10 or more sessions (5 days) for unauthorised reasons. From August 2024, the fine for school absences across the country will be **£80 if paid within 21 days, or £160 if paid within 28 days**. If you have already received Fixed Penalty Notice, a second FPN will result in an automatic £160 fine. If you received 2 fines within a 3-year rolling period, your child's school will have to consider a referral to the local authority for legal escalation, which could be a referral to the Magistrates Court under section 444 of the Education Act 1996, which could lead to a fine of up to £2500 and a possible 3-months custodial sentence. Money raised via fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.





Further guidance and support

Safeguarding is
Everyone's
Responsibility

How to start a conversation about mental health – Mentally Healthy Schools 	Guide for parents of children who have got in trouble online (inappropriate or illegal behaviour)	Text SHOUT to 85258 	 https://crimestoppers-uk.org/fearless/more-info/youth-support-services Youth Support	 https://dyspraxiafoundation.org.uk/	Family Lives – Support with all aspects of family life  We listen, support and never judge
YOUNGminds fighting for young people's mental health https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGminds fighting for young people's mental health Supporting young people with mental health and wellbeing – Parents Survival Guide https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGminds fighting for young people's mental health YoungMinds – ADHD and Mental Health https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/	YOUNGminds fighting for young people's mental health Young Minds autism and mental health: https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/	YOUNGminds fighting for young people's mental health Young Minds – how to look after your mental health during revision and exams https://www.youngminds.org.uk/young-person/blog/how-to-look-after-your-mental-health-during-revision-and-exams/	https://www.operationencompass.org/ OPERATION ENCOMPASS In every force. In every school. For every child.
 NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk	NSPCC – Advice for talking about difficult topics https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children	NSPCC - Keeping children safe on-line https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok/	NSPCC – Let children know you are listening 	www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send/supporting-children-with-send-talking-online/	 Refuge For women and children. Against domestic violence.
South East London Mind  https://selmind.org.uk/	 https://www.mind.org.uk/for-young-people/feelings-and-experience/exam-stress/#WhatIsExamStress	 No problem too small 0800 1111 www.childline.org.uk	childline 0800 1111 Childline – coping with anxiety and stress https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/	childline 0800 1111 Online bullying https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media	https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/?gad_source=1&gclid=EAlaQobChMz5335vedgwMVcpRQBh1c4gSpEAAAYASAAEglDfD_BwE
Parent Zone Local - advice, resources and information: www.pzlocal.org.uk	Recording of previous live streams for parents: https://www.youtube.com/user/theparentszone/videos?view=2	Parent guides - games, apps, platforms and emerging technologies: https://parentzone.org.uk/advice/parent-guides	Setting up games consoles: https://parentzone.org.uk/article/digital-family-basics-games-consoles	Setting up phones and tablets https://parentzone.org.uk/article/digital-family-basics-smartphones-tablets	Setting up smartwatches and fitness trackers: https://parentzone.org.uk/article/digital-family-basics-smart-watches-fitness-trackers
https://www.childrensociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines/what-is-county-lines?gad_source=1&gclid=EAlaQobChMz5335vedgwMVcpRQBh1c4gSpEAAAYASAAEglDfD_BwE	Free school meals https://www.london.gov.uk/who-we-are/what-mayor-does/priorities-london/free-school-meals/guidance-and-support-families?ac=180594=200498	Attendance https://www.lambeth.gov.uk/schools-and-education/school-attendance-and-exclusions/school-attendance	 kooth Kooth is a free online service offering emotional and mental health support for children and young people www.kooth.com	 cifas https://www.cifas.org.uk/youngpeople	Setting up smart speakers and connected toys: https://parentzone.org.uk/article/digital-family-basics-smart-speakers-toys
Young Carer Referrals by Borough Bromley https://www.bromley.gov.uk/carers/young-carers Croydon https://www.talkofftherecord.org/croydon/young-carers-service/ Lambeth https://www.carershub.org.uk/young-carers Merton https://www.carersfirst.org.uk/young-carers/ Wandsworth https://carerswandsworth.org.uk/youngcarers/ Southwark https://www.carersfirst.org.uk/young-carers/	 MHFA England https://mhfaengland.org/mhfa-centre/blog/What-does-a-good-nights-rest-mean-to-you/	 MEEK https://www.childrensmentalhealthweek.org.uk/schools/#resources	 coram https://www.coram.org.uk/ work with families using creative techniques to explore ways of strengthening family relationships creativetherapyadmin@coram.org.uk		

Local Social Service Child Protection Referrals

Bromley	https://www.bromley.gov.uk/children-families
Croydon	https://www.croydon.gov.uk/children-young-people-and-families
Lambeth	https://beta.lambeth.gov.uk/children-young-people-families
Lewisham	https://lewisham.gov.uk/myserives/children-and-families
Merton	https://www.merton.gov.uk/social-care
Southwark	https://www.southwark.gov.uk/allservices
Wandsworth	https://www.wandsworth.gov.uk/community-safety/

<https://www.btg.ac/Information/Policies/> The school operates several policies which acts on statutory guidance and uses procedures that have been agreed by the local authority and are fully supported by the governing body and the staff

<https://www.btg.ac/Information/UK-GDPR/> UK GDPR legislation focuses on the way we gather, handle, store and dispose of data on our pupils, parents, staff and alumni. We have robust and secure systems for both our electronic and paper records

Safeguarding and Well-Being Bulletin can be found on the school website: www.btg.ac
The school website contains lots of useful information

