

Tackling Emerging Threats to Children (TETC) & School Health Hub Newsletter

FEBRUARY 2024



Not waving but drowning.....

Some of you may have noticed that TETC staff have recently set an automatic email reply which asks colleagues for their patience and understanding, as we have experienced unprecedented demand for our services since the start of the term in January. Like many of you out there, we have been feeling like we are on a treadmill that keeps moving faster and faster, and we have been struggling to keep up. As a manager, I always want to ensure that we are providing a high-quality service which is responsive to the needs of our service users, but I also recognise that our current practice is not sustainable. With this in mind, we have decided to press the pause button and take some time to reflect on where our time and energies are best invested. We will

continue to develop and deliver trainings and offer anonymised consultations during this time.....but it might take longer for us to respond to requests compared with this time last year. This is especially true of Karlene, who has been working tirelessly to tackle the backlog of CRB training requests which stacked up last summer when training had to be paused due to staff absence. We are



currently looking at contingency plans and thinking about how we can improve our “first response” to any enquiries which come in, so that schools receive advice and support in a fair and equitable way, and that this support is also timely and appropriate. We will be consulting with you and senior officers about how we can better meet need and will communicate any resulting changes to our service offer in due course.

In the interim, we would like to thank you all for your patience and understanding. We recognise that you too are feeling the constant pressures and we promise that we will get things back on track as soon as we can. If you have booked a consultation which you no longer need or cannot attend for some reason, we would politely ask that you notify us at the earliest opportunity so that the slot can be offered to another school. When making training requests, please also consider these well in advance as our training diary is often booked up months ahead.

Lastly, we would encourage you to show yourselves some self-

Lets talk about:

- *Child Sexual Exploitation*
- *Radicalization & Extremism*
- *Online Safety and Behavior*
- *Coping with Risky Behaviors (CRB)*
- *Emotional Health & Wellbeing*
- *Gangs, guns and knife crime*
- *Child Criminal Exploitation*
- *Female Genital Mutilation*
- *Gender Identity*
- *Anti-bullying*
- *Prejudice and Hate Crime*
- *Forced Marriage*
- *Honour Based Abuse*
- *Obesity*
- *Eating Disorders*
- *Smoking*
- *Alcohol*
- *Healthy Relationships & Sex Ed*
- *Resilience*
- *Drugs and substance misuse*
- *Sexual bullying*
- *Domestic violence*
- *Physical Activity*
- *Suicide and Self harm*
- *Diet and nutrition*
- *Sexting*
- *Risk taking behavior's*
- *Oral hygiene*
- *Body Confidence*
- *Mental hygiene*

Healthy Environments

compassion and recognise when you too need to press the pause or rest button because you are beginning to feel overwhelmed. It isn't always easy to do in a culture which seems to prize "overworking", and all too often we can get so focussed on meeting the needs of others we forget we need to fit our own life-vest first. We hope that you have therefore managed to recharge a little over the half-term break and that you will build in a bit of time each day over the coming weeks, to check in with yourself and each other. Even the best swimmers get tired sometimes, especially when the sea is choppy. Self-compassion is simply recognising when you may need to tread water for a little while so that you don't end up drowning. We are coming up for air and once our heads are above water again and we've figured out how to resume our normal service, we'll let you know..... Maybe the next term will bring calmer waters?

Take care of yourselves,
Sarah & the team



Counter Terrorism Local Profile (CTLP) briefings

To support schools with updating their Prevent risk assessments and action plans, the Nottinghamshire Police Prevent Team will be hosting an online CTLP briefing at the end of February. Ofsted regularly ask schools about their knowledge of the local risk profile around radicalisation and extremism so attendance will support school leaders and safeguarding governors to ensure they are fully conversant with the current picture in Nottinghamshire. The briefing has been scheduled to take place after school between 3.45 and 4.30pm on 29th February:

Thursday 29th February 2024

[Click here to join the meeting](#)

Meeting ID: 339 946 724 893 Passcode: MU9JPH

Contact: sarah.lee@nottsc.gov.uk for further information or support

Online Safety Live 2024



**UK Safer
Internet
Centre**

**Bringing the latest in Online Safety to your
doorstep.**

**The UK Safer Internet Centre are delighted to
partner with Nottinghamshire County Council and
Christ Church C of E Primary School to deliver a
FREE Online Safety Session.**

Open to all who work with children and young people, this event will give you the latest in research, legislation, technology, tools and resources along with exclusive access to the presentation, research and resource materials.

Delivered by the team at SWGfL, a charitable trust dedicated to empowering the safe and secure use of technology through innovative services, tools, content and policy, nationally and globally. SWGfL are proud to be a world leader in online child safety, a founding member of the UK Council for Child Internet Safety as well as an advisor to Governments and the lead partner in the UK Safer Internet Centre.

The SWGfL team will be available to answer your online safety queries or questions.

Friday 3rd May 2024, 9:15am to 11:15am

Christ Church C of E Primary School

Flaxley Lane, Middlebeck, Newark, Notts NG24 3XB

Healthy Environments - World Poetry Day - 21st March 2024

World Poetry Day – Thursday 21st March 2024

Donna Ashworth is an upcoming Poet from Central Scotland. She has now been in the Top 10 Sunday Times Bestsellers List for 7 weeks, so we wanted to celebrate her here with you for World Poetry Day this March.

“My poetry and quotes are simple, heartfelt, message driven, and hopefully go straight to the soul. It is my mission to provide words that can be used everyday, as well as in those moments life hits hardest.

Words carry what they are and poetry is not just for literary minded poetry buffs, it can be used in so many ways to simply ease the rub of this life – a balm if you like. I hope you will find comfort and new perspectives in my books as well as some things you already knew but had perhaps forgotten along the way. It’s a rocky ride, this world, and I like to think poetically arranged words are like medicine for soul-flu. A hug on a page. A glimmer in the grey. A reminder that even in the worst of times there is hope, there is light and there are others who have been where you are.” www.Donnaashworth.com

You may have seen her on Facebook or Instagram – go follow her if her words touch your heart like they touch ours.

YOU...

If every single person who has liked you in your lifetime, were to light up on a map, it would create the most **glitteringly beautiful network** you could imagine. Throw in the strangers you’ve been kind to, the people you’ve made laugh, or inspired along the way and that star-bright network of **you** would be an impressive sight to behold. You’re so much more than you think you are. You have done so much more than you realise. You’re trailing a **bright pathway** that you don’t even know about. What a thing. What a thing indeed.

Donna Ashworth



Good

Most people are good. Most people kiss their pets goodbye and read *just one more* bedtime story to their children. Most people visit their grandparents even when they have no time and stop by to check on quiet friends, after a day too long and draining. Most people return their shopping trolleys, despite being already late and let someone with only one item, jump to the front of a queue. Most people give money when money is scarce and most people worry about people *they don’t even know*, day in and day out.

When the world seems bad, remember,
most people are good.

Donna Ashworth ‘Wild Hope’



Healthy Environments - International School Meals Day / Edible Classrooms

International School Meals Day

This year's International School Meals Day centres around the theme of 'Innovation in school meals: new routes to sustainable nutrition'. It provides an opportunity to reflect on how we can build sustainable food systems whilst developing a child's sense of connection to their food.

Each day, over 3 million school meals are served in England, whilst the School Fruit and Veg Scheme provides a piece of fresh produce to 2.3 million children. This scheme is heavily reliant on imports - as a nation we import 46% of fresh produce and 80% of fruit. Meanwhile, half of UK fruit and veg farmers are worried they will go out of business in the next 12 months, unable to find reliable markets for their produce. Providing children with a consistent supply of imported foods around the year poses a challenge to establishing a well-rounded food education. True food literacy extends beyond making nutritional choices, it empowers individuals to be aware of how those choices impact other people, and the planet too.

One innovative and holistic approach to developing sustainable nutrition and food literacy education is the edible classroom. This involves hands-on experiences in producing and consuming food. School gardens may come to mind, but an edible classroom could also be an area with indoor growing equipment or kitchen, or visits to farms and food production businesses. They are opportunities for children and young people to engage with the food system, and often, for a portion of the school's fresh produce to have been grown by the children themselves. Within my work creating edible classrooms, I have found that instilling a child's sense of connection to where their food comes from builds confidence and develops curiosity. These environments also provide space for important questions to be asked - "why does my food come in plastic?", "why are there no strawberries in the garden now?", "how can we grow more food?", and most frequently "why do these tomatoes taste better?".



(Left) All pupils at St Edmund Campion Catholic Primary School in West Bridgford get to grow food from seed to harvest within their school allotment. **(Right)** A trip to Nottingham Trent University's Brackenhurst campus saw them learn how to grow food without soil (hydroponically) and vertically!

Healthy Environments - International School Meals Day / Edible Classrooms

Most edible classrooms may not yield enough produce to sustain an entire school, but initiatives such as [Bean Meals](#) and [Courgette Pilot](#) can. These initiatives build relationships between farmers, food producers, local authorities, education providers and pupils. They are more than just a local procurement strategy - they are pathways toward sustainable school meals that not only nourish bodies and minds, but strengthen local communities and economies.

By developing an understanding of food and farming through a child's school meals and education, we create many opportunities for improved nutrition, enriched learning environments, and environmental stewardship. We also create opportunities for young people to see further education or careers in food and farming as viable and even exciting! Many young people I encounter have never considered a career in food, farming, or the environment... but apparently my job is "really cool"!

So as we engage in activities for International School Meals Day, let's remain mindful of the journeys our food takes to reach our plates, the individuals who cultivate it, the land it comes from, and how as an education sector we can help build better food systems, healthier communities, and a thriving planet.

Xanthea Heynes, Edible Classrooms

www.edibleclassrooms.co.uk



We are a social enterprise based in Nottingham that creates opportunities for children and young people to engage with the food system. We work with education providers to build edible classrooms and deliver a food literacy curriculum. For more information or for any questions you might have about starting your own school garden or other food project, contact xanthea@edibleclassrooms.co.uk.

Healthy Environments - Stop Child Exploitation



EXPLOITATION SPOT THE SIGNS

MISSING DAY OR NIGHT
Missing from home or education. Not knowing where they are or who they are with.

NEW PLACES
Discovering they have been going to new places where they have no obvious connections.

ONLINE USE
Spending more time online. Secretive activity, refusal to come offline. Have they distanced themselves from family, friends and usual activities?

CHANGE IN APPEARANCE
Clothing, personal hygiene, talking differently, tired.

INJURIES
Unexplained bruises, cuts, burns, marks. Reluctance to seek medical attention.

CHANGE IN BEHAVIOUR
Have they become unusually secretive, fearful or withdrawn, aggressive, distanced themselves from family and friends, involved in anti-social behaviour.

COPING MECHANISMS
Alcohol/drug use/self-harm – what they may be doing or using in order to cope.

CHANGE IN FRIENDS
Sudden changes in who they are 'hanging out' with including meeting new people from social media.

POSSESSIONS
Unexplained items e.g. New clothing, money, phone, drugs.

HELP US STOP EXPLOITATION

Healthy Minds - Self Compassion

How we can Build Self-Compassion into our Lives

Quality sleep, healthy eating and movement are essential for mental and physical health, but developing certain habits are time consuming and what is helpful is what we can do in the here and now. Self-compassion can make a huge difference to our wellbeing and doesn't require finding any extra time in our busy lives. [How to Practice Self-Compassion: 8 Techniques and Tips \(positivepsychology.com\)](https://www.positivepsychology.com)

First and foremost, focusing on our own wellbeing before anything else is essential. If you are not mentally healthy yourself, you cannot provide the support for others that the job requires. Having some regular 'me time', doing something you love is vital!

According to Kristen Neff ([Self-Compassion – Dr. Kristin Neff](#)) there are 3 main components to self-compassion:

1. Self-kindness:

This is about treating yourself with the same kindness you would treat someone you care about. If a friend makes a mistake, consider the advice you would give them, the tone you would use and your body language. This is exactly how you should be treating yourself! When you make a mistake, remind yourself you are a human being, you will learn from this and then do something kind for yourself just as you would for a friend.

In those moments of stress in school, pause and remember the importance of breathing (I like this method [The 3-4-5 Breath - Dr Rangan Chatterjee \(drchatterjee.com\)](#)).

2. Recognition of the Common Human Experience:

This is about compassion and the realisation that others feel the same as we do. If we focus on school, it is about sharing the fact that teaching is tough! We are all in this together so let's share our difficulties, chat about what's gone wrong (as well as right) in our teaching day and what we are currently finding difficult. ECTs are encouraged to ask for help – let's carry that on throughout our teaching careers and keep having those conversations.

3. Mindfulness:

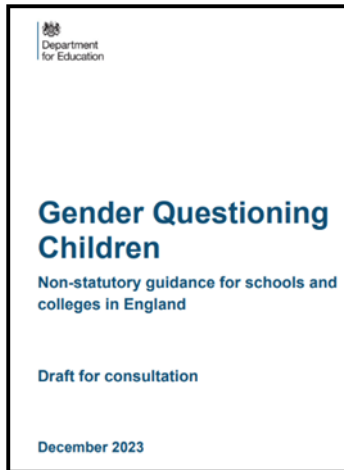
In this instance it refers to the 'clear seeing and non-judgmental acceptance of what is occurring in the present moment'. It is recognising how we are feeling right now so if you have (for example) 'failed' at something, focus on the feeling rather than failure itself. If a situation causes pain, recognise it, feel it, and focus on it without exaggeration. Also, remember to provide yourself with the kindness that emotion requires. Likewise, if it is a positive moment, focus on how that makes you feel. The idea is you are being here, now as the past doesn't exist except in our memories and the future doesn't exist except in our imagination.

A couple of other quick wins are to focus on: **Your Strengths**- we all have strengths and weaknesses, focus on what you are good at. **Practice Gratitude**. Make it a daily habit to find 5 things you are grateful for. [10 ways to practice gratitude and the benefits — Calm Blog](#).

Self-compassion is about accepting who we are, being kind to ourselves, acknowledging our emotions in the here and now and appreciating that others feel the same as we do. According to Kristin Neff, self-compassion is one of the most powerful ways of coping and it improves our mental and physical wellbeing.

Healthy Minds - Gender Questioning Children - Open consultation

Open Consultation on DfE Non-statutory guidance on gender questioning children for schools and colleges.



We would like to take this opportunity to remind colleagues that the DfE currently has a consultation open on its **non-statutory guidance** for schools and colleges in England in respect of Gender Questioning Children. The consultation is open until **12th March 2024** and education settings and those who support children and young people, and their families are encouraged to provide their feedback before the deadline. You can find the draft guidance [here](#). (Guidance for Schools and Colleges: Gender Questioning Children - Department for Education - Citizen Space). The consultation document is [here](#).

We would like to confirm that the status of this guidance is non-statutory and that it remains draft and is subject to consultation.

During this consultation period schools are not required to make any changes to their existing policies or practice. The draft DfE guidance itself states that it "covers areas that remain untested in the courts". Professional Associations and Teaching Unions all confirm that the guidance is draft and may be subject to change and that they will all issue advice for their members in due course. We would therefore encourage schools to continue to support children and young people on a case-by-case basis and work to the current statutory requirements of The Equality Act 2010, RSHE Statutory Guidance 2020, Keeping Children Safe in Education 2023 and current GDPR legislation.

We know that schools in Nottinghamshire work hard to be inclusive of all our children and young people and to be sensitive, practical, and responsive to the well-being of students who are trans, non-binary or questioning their gender identity. Should you need any specific advice or support in respect of your current practice around individual children, or about the consultation itself, please contact sarah.lee@nottscc.gov.uk or your own legal team.

The Equality Act 2010 and schools (2014) [Equality Act Advice Final.pdf \(publishing.service.gov.uk\)](#)

Keeping Children Safe in Education (2023) [Keeping children safe in education 2023 \(publishing.service.gov.uk\)](#)

Relationships and sex education (RSE) and health education [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](#)

Data Protection Act 2018 and the General Data Protection Regulation [Data protection: The Data Protection Act - GOV.UK \(www.gov.uk\)](#)

Healthy Minds - Nott Alone Senior Mental Health Training Grant

NottAlone

Senior Mental Health Lead Training – GRANT DEADLINE

The Department for Education (DfE) is offering a grant of £1,200 to train a senior mental health lead to develop and implement a whole school or college approach to mental health and wellbeing. **The deadline to apply for the training grant is 31st March 2024.**

NottAlone provides Senior Mental Health Lead training and the next training cohort will commence on the 4th of July 2024. Whilst the training doesn't start until July, you **must** have applied for the grant by the deadline of 31st March 2024.

NottAlone SMHL Training provides localised training developed by a range of local experts including young people, parents carers and school staff, the NottAlone training will cover: An overview of the 8 Principles of Promoting a Whole School/College Approach to Emotional Health and Wellbeing

- Support from local experts in evaluating your current practice across these principles and planning a bespoke programme of training and support for your schools, building on your existing knowledge and strengths
- Introducing the NottAlone website, a single online source of advice, information and links to services supporting young people's mental health in Nottinghamshire and Nottingham City Information on how to apply for the NottAlone SMHL Training is available here: [Senior Mental Health Lead Training for Schools and Colleges | NottAlone](#).

Further information available: [Senior mental health lead training - GOV.UK \(www.gov.uk\)](#)

If you have any questions, please contact natalie.deacon2@nottscg.gov.uk

Healthy Bodies - Measles

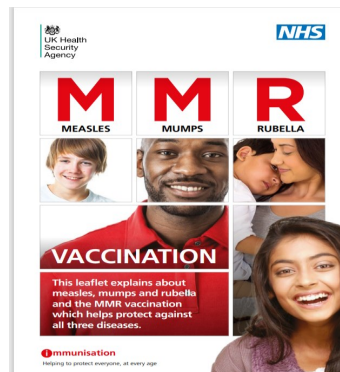
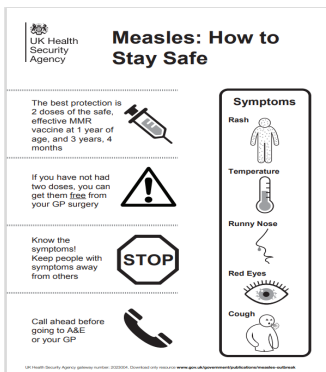
The UK Health Security Agency (UKHSA) has recently declared a national incident in relation to measles. [Latest measles statistics published - GOV.UK \(www.gov.uk\)](#)

Measles spreads very easily among those who are unvaccinated, especially in schools. **Staff are also encouraged to check their MMR status** (they can check with their GP surgery) and take up any missing doses. This is especially important for staff working with those most at risk, namely the very young and people with weakened immune systems.

It is important to note that if a member of staff is identified as a close contact of a positive case and is unvaccinated, it will be necessary for them to remain off work from the 5th day after the first exposure to 21 days after the final exposure. Schools may wish to find out the MMR status of their teams in order to plan for this eventuality. For further advice detailing how long pupils should stay off school when ill with certain conditions, please see the [Exclusions Table](#).



The best protection against measles is the MMR vaccine - we urge schools to promote this to their pupils and parents/carers (you may wish to use the attached information leaflets below). The DfE has also published an [Education Hub blog](#) with guidance on measles and the MMR vaccine.



TETC Recommended Health Education Resources

[A Social Situation about Having an Injection - Vaccination \(twinkl.co.uk\)](#)

[Measles Alert! - SchoolScience.co.uk UKS2](#)

A dramatic multimedia simulation of a modern measles outbreak, using real data from the 2013 Swansea epidemic. Children take on roles in an Outbreak Control Team and use their maths and science skills to analyse and fight the outbreak, and their English skills to communicate with the media and persuade the public to vaccinate their children.

[A life changed by measles - YouTube KS3-KS4](#) to support a discussion on the possible complications of a measles infection using further information from [Measles :: Healthier Together \(what0-18.nhs.uk\)](#)

Lauren Burns- School's Health Hub Co-ordinator lauren.burns@nottscg.gov.uk

Healthy Bodies - Drug Alert



February 2024

Drug alert: Vapes containing synthetic cannabinoids (SCRA- Spice)

Vape pens containing a synthetic cannabinoid often known as Spice have led to people being taken to hospital in London recently.

In one incident, five people became seriously ill after vaping from a "Vapresso" branded pen containing blue liquid in a silver and black cartridge. In a separate incident, people became ill after using a vape labelled "Lemonade Vape Cookies" (which may have been sold as THC).

Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid.

If you're buying either illegal vapes or ones you think have Cannabis/ THC in them, follow our steps below to stay safe.

Staying safe and helping others

If possible, avoid using the vapes we have identified above – the only way to avoid all the risks is to not take drugs which are not prescribed for you. However, if you do choose to take them, remember:

- **Go low and slow** - Be extra cautious about where you get your vapes from, and about the drugs you are taking. Start with a little bit, wait an hour and see how you feel.
- **Do not use alone**; make sure that someone you trust is with you and knows what you're doing in case you need help.
- **If doing it with others**, it's best if only one person vapes first instead of you all doing it at once.
- **Don't mix drugs**: Using more than one drug increases your risks of overdose, including mixing with alcohol.
- **Look after your friends**: look out for anyone who seems dizzy or confused, is sweating, trembling, vomiting or is very anxious, aggressive, or paranoid. If one of your mates is struggling to breathe or passes out, call 999.
- **Be prepared to call immediately for an ambulance** if someone overdoses or become ill.
- **Test your drugs using the testing service available** at www.wedinos.org

If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org

Training Diary (February - April)

February			
<p>Mon 26th</p> <p>CRB Refresher Training @ Edwinstowe House Coping with Risky Behaviour (CRB) Refresher Training </p>	<p>Wed 28th</p> <p>HOtH Training Gedling @Springwater Golf Club</p>	<p>Thurs 29th</p> <p>Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges—session 1 9:30—12:30 Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges The East Midlands Education Support Service (em-edsupport.org.uk)</p>	<p>Also on Thurs 29th</p> <p>CTLTP Briefing MS Teams Click here to join the meeting Meeting ID: 339 946 724 893 Passcode: MU9JPH</p>
March			
<p>Mon 4th</p> <p>HOtH Training Broxtowe @ Beeston Youth & Community Centre</p>	<p>Wed 6th</p> <p>CRB Initial training @ Edwinstowe House Coping with Risky Behaviours (CRB) Training </p>	<p>Tues 12th</p> <p>CRB Refresher training @Edwinstowe House Coping with Risky Behaviour (CRB) Refresher Training </p>	<p>Thurs 14th</p> <p>Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges—session 2 9:30—12:30 Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges The East Midlands Education Support Service (em-edsupport.org.uk)</p>
<p>Mon 18th</p> <p>HOtH training Ashfield @ John Godber Centre</p>	<p>Tues 19th</p> <p>HOtH training Newark & Sherwood @ Castle House, Newark</p>	<p>Thurs 21st</p> <p>CRB Initial training @ Edwinstowe House Coping with Risky Behaviours (CRB) Training </p>	<p>Thurs 29th</p> <p>Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges—session 2 9:30—12:30 Cohort 7 DfE Senior Mental Health Lead Training for Schools and Colleges The East Midlands Education Support Service (em-edsupport.org.uk)</p>
April			
<p>Tues 16th</p> <p>CRB Initial Training @ Eastwood Hall Coping with Risky Behaviour (CRB)</p>	<p>Mon 22nd</p> <p>CRB Refresher Training @ Edwinstowe House Coping with Risky Behaviour (CRB) Refresher Training </p>		

Training Diary (May - July)

May

<p>Tues 14th CRB Refresher training @Edwinstowe House Coping with Risky Behaviour (CRB) Refresher Training The East Midlands Education Support Service (em-edsupport.org.uk)</p>	<p>Mon 20th CRB Initial training @ Edwinstowe House Coping with Risky Behaviour (CRB) Training The East Midlands Education Support Service (em-edsupport.org.uk)</p>		

June

<p>Thurs 6th CRB Initial training @ Edwinstowe House Coping with Risky Behaviour (CRB) Training The East Midlands Education Support Service (em-edsupport.org.uk)</p>	<p>Mon 17th CRB Refresher training @Edwinstowe House Coping with Risky Behaviour (CRB) Refresher Training The East Midlands Education Support Service (em-edsupport.org.uk)</p>		

July

<p>Tues 9th CRB Initial training @ Edwinstowe House Coping with Risky Behaviour (CRB) Training The East Midlands Education Support Service (em-edsupport.org.uk)</p>			