

Safeguarding Bulletin

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Managing stress

With over 60% of children and young people regularly feeling overwhelmed, it's never been more important to support them in managing stress as they head back to school. This #WakeUpWednesday guide highlights 10 top tips – from spotting early signs to encouraging healthy sleep patterns – that can make a meaningful difference. Designed for parents and educators alike, the guide outlines how small, everyday actions can help young people feel more in control. It's a valuable resource to keep stress in check and nurture emotional resilience.

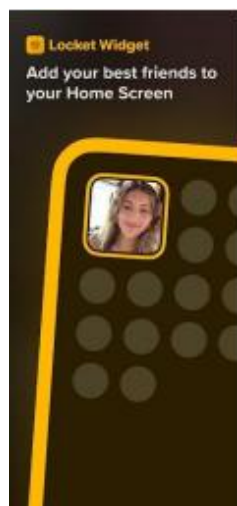


Torbay HAF activities

HAF Holiday Activities are free for children who receive Benefit Related Free School Meals. This may include remote sessions. There are also some paid activities for children who are not eligible. Booking is now open [here](#).

What is Locket?

You may not have heard of Locket, but there's a strong possibility the young people in your care have. This guide will provide you with all the information and advice you need to keep the young people in your care safer. Locket is a widget that is designed to let people share photos instantly with other users they have connected with. Instead of sending photos via an app, the photos automatically appear on the other person's phone screen on the 'widget'. It's a bit like a private social media platform right there on your home screen. Locket is free to download but offers in-app purchases. Users can choose up to 20 friends to connect with, all of whom must also have downloaded the Locket Widget app. Once connected, the users' photos are shared with each other via their phone's home screen widget. Essentially, users are allowing contacts to place pictures directly onto each other's iPhone home screen.



Risks

Weak Age Verification

No Parental Controls

Image Sharing – Once an image is sent, there is no way to retrieve or delete it. The other user will have access to the photo in their history and on their widget. Once it has been sent, there isn't a way to take it back via the widget.

Full article and guidance for parents- What is Locket? - [Ineqe Safeguarding Group](#)

A reminder....

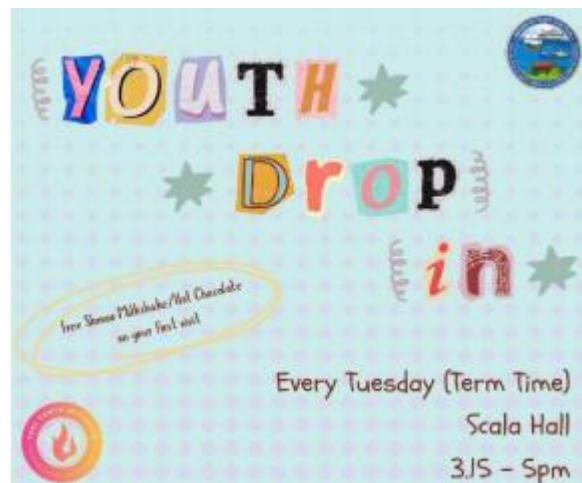
Did you know we have our own online safety hub? You can find it [here](#).

There are lots more tips for keeping young people safe online available on the [Safer Internet Centre website here](#).

We would really appreciate your feedback

To ensure we continue to provide the highest standards of safeguarding, we are gathering feedback from parents. Safeguarding is most effective when schools and families work together, by completing this questionnaire, you'll help us strengthen the systems and support we have in place.

[Safeguarding questionnaire – Fill in form](#)



Local youth group

Brixham Town Council and local youth organisation Fuel Youth have started a youth drop in in Brixham to ensure young people have access to activities and safe spaces outside of school. The club runs every Tuesday evening during term time. Fuel youth have been visiting our school on a Tuesday lunchtime to tell students about the group, and encourage them along. *don't forget we also have our school extra-curricular clubs available.

Accessing support over Christmas:

- **Food parcels** Torbay Food Alliance is a partnership of local community organisations, working together to support people who are struggling to afford food.
- [Torbay Food Alliance | Food Banks in Torquay, Paignton and Brixham](#)

- **Wellbeing support for young people**

Kooth app or [website](#)- practical advice, support and online counselling.

The Children's Society (Checkpoint)- wellbeing drop ins, support and advice. [More information here](#).

Childline- 0800 1111, online counselling and advice

CAMHS- 0330 0245 321

- **If you have safeguarding concerns about a child** Torbay MASH can be contacted on 01803 208100 or 0300 456 4876 out of hours.
If you believe someone is in immediate danger, please call 999. You can also report concerns or access advice via the [NSPCC](#).

- There is lots of additional support, signposting and information on the [Torbay Family Hubs website](#).

Familyhub
TORBAY

Finally....

Hope you all have a wonderful Christmas break.

Best wishes, The Safeguarding Team

