



# THE WILLOWS

## PRIMARY SCHOOL AND NURSERY

Safeguarding Newsletter

This newsletter is also available on our website - [Willows Primary School](http://Willows Primary School)  
Spring Term 2023

If you have any concerns about a child in our school please do not hesitate to contact one of the school's Designated Safeguarding Leaders. Our Safeguarding Team are:

[Mrs Wilson Designated Safeguarding Lead](#)

[Mr Robinson Deputy Designated Safeguarding Lead](#)

[Mr Aston Deputy Designated Safeguarding Lead](#)

If you are concerned that a child or young person is being harmed, neglected or is at risk you should contact Essex Social Care ( Children and Families Hub) on [0345 603 7627](tel:03456037627).

Telephone: 0345 606 1212 or [email](#). In an **emergency** call the Police on 999.

### Online Gaming

**Remember: your online friends are not the same as your real ones.**

Criminals are increasingly targeting children and young people via online gaming sites, pretending to be someone who they are not. This can often lead to bullying, grooming and sexual exploitation. Online games like Fortnite and Roblox can let you play with your friends and strangers from around the world. But playing with people online can also be risky.

#### Resources for keeping safe online:

[Childline](#) - has tips to keep safe while playing online.

[ThinkUKnow](#) - Online gaming: tips for playing safe

[Safe Date website](#) – advice on healthy relationships

[What child sexual exploitation means](#) – video made by teenagers

### Drugs and Substance Misuse

Most young people come into contact with drugs in some form or another at some point in their life. The majority of teens decide not to take them but if they do it can be for a variety of reasons: rebellion, peer pressure or simply curiosity.

As a parent, it's a good idea to fully understand the facts about drugs. If you talk openly to your child about drugs and the risks and effects that they may have, it can help them feel more confident and comfortable about making the right choices both now, and in the future.

#### Legal Highs

Legal highs are substances which mimic the effects of drugs such as cocaine, ecstasy or cannabis. The main difference is that they're not controlled under the Misuse of Drugs Act. Despite mimicking the effects of illegal drugs, they're chemically and structurally different enough to avoid being officially classified as illegal substances. One of the biggest problems with legal highs is that little, or no research has gone into their effects, especially their long-term effects. However, we know that if they produce similar psychological effects as cocaine, ecstasy or cannabis, they are also likely to carry similar risks. And some will have new risks that we don't know about yet.

So, legal highs are far from harmless. For example, substances with similar health risks to cocaine and ecstasy can increase the chances of seizures, comas, and in the worst cases, death.

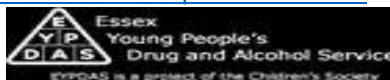
#### Where to go for support

[Essex Young People's Drug and Alcohol Service | The Children's](#)

[Society \(childrenssociety.org.uk\)](http://Society(childrenssociety.org.uk))

Cannabis Edibles - drug gangs are disguising dangerous drugs as sweets to entice younger children.

[Cannabis Edibles | Essex Police](#)



### Useful Telephone Numbers

Citizens Advice Bureau -  
Basildon 03444770808

#### National helplines:

- [Essex Police 101](#)
- [National Domestic Violence Helpline 0808 2000 247](#)
- [National LGBT+ Domestic Abuse Helpline 0800 999 5428](#)
- [Respect 0808 802 4040](#)
- [Men's Advice Line 0808 801 0327](#)
- [Shelter 0800 800 4444](#)
- [NSPCC Helpline 0808 800 5000](#)
- [ChildLine 0800 1111](#)
- [Samaritans 116 123](#)
- [PACE Parents Against Child Exploitation \(Pace\)](#)

For families who need additional support or early help the [Directory of services](#) contains information about national and local groups.

