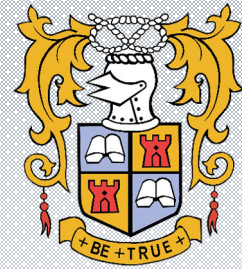


The Wilnecote School Safeguarding Newsletter

Welcome to the latest edition, this newsletter will focus on County Lines, AI-generated Child Sexual Abuse material and Keeping Children safe at Christmas.

This newsletter also provides links to support regulation, connection, rest and mental health during the Christmas break alongside support available in the local community.



What Parents Need to Know About County Lines

County Lines refers to a growing problem in which urban criminal gangs exploit children and young people to transport drugs, money, or other illegal goods to smaller towns and rural areas using dedicated phone lines.

What Is County Lines?

Criminals recruit children and young people, often through manipulation, threats, or financial incentives. These children may be sent far from home, putting them at significant risk of harm, including physical violence, sexual exploitation, and emotional abuse.

Warning Signs to Watch For:

It's important to stay vigilant. Here are some signs that might indicate a young person is involved in County Lines:

- Unexplained absences from school or home.
- New possessions they can't explain, like expensive clothes or gadgets.
- A sudden change in behavior, including becoming secretive or withdrawn.
- Frequent travel to unfamiliar locations, sometimes during school hours.
- Increased phone activity or carrying multiple phones.
- Associating with new, older, or unfamiliar people.

How Can Parents Help?

Stay informed: Talk openly about the risks of County Lines and help your child understand how criminals might exploit them.

Build trust: Encourage open communication so your child feels safe discussing concerns with you.

Know their friends and routines: Be aware of who your child spends time with and where they go.

Monitor social media use: Criminals often use online platforms to target young people.

Report concerns: If you suspect County Lines involvement, contact local safeguarding services, the police, or confidential helplines like Crimestoppers (0800 555 111).



PSHE Update:

The following topics have been covered this half-term during tutor time and KS4 PSHE lessons:

- Year 7: Developing Skills & Aspirations
- Year 8: Community & Careers
- Year 9: Setting goals
- Year 10: Financial decision making
- Year 11: Next steps

Safeguarding Weekly Updates:

Remember to check the safeguarding posters that get sent weekly. These cover online safety, wellbeing & mental health.

This half-term we have covered:

- Emotional Resilience
- Respect
- Cycle Safety
- Spending & Saving
- Snapchat
- Mental Health Apps
- Safety over the Festive Period

School Safeguarding Team: Mr Simpson, Mr Foskett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.

Where to Get Help

If you're worried about your child or someone else, there are resources and services available:

NSPCC: Call 0808 800 5000 or visit their website for advice.

Childline: Young people can talk confidentially at 0800 1111.

The National Crime Agency: Provides guidance on tackling County Lines.

Together, we can protect children from the dangers of exploitation. If you have any questions or need support, please don't hesitate to contact our safeguarding team.

All students recently had an assembly about County Lines, focusing on how to spot the signs and how to report any concerns. This continued into Tutor Time and students were shown a video about county lines <https://www.youtube.com/watch?v=6auUq1qQgYQ> (Starts at 7.53 minutes—14.26 minutes). County Lines is not an issue within our community but we need to remain vigilant, even if it's a concern in other local towns or cities.



Protecting Children from the Risks of AI-Generated Content

What is AI and Synthetic Media?

AI and synthetic media, often called "deepfakes," are tools that use technology to create highly realistic but fake content, such as images or videos. These can be harmless or even useful in some cases, but they are increasingly being misused to harm others. Alarmingly, such tools are being used to create harmful content, including inappropriate or sexualised images of children, without their knowledge or consent.

How Does This Happen?

Using readily available apps or software, individuals can manipulate existing photos or videos to create fake, explicit content. Examples include "deepfake" technology that swaps faces onto other bodies or tools that digitally remove clothing from images. These manipulated images can then be shared or sold, causing significant harm to the child and their family.

Why is This Concerning?

Recent data highlights the growing use of AI to produce child sexual abuse material (CSA). For instance, nearly 3,000 manipulated images were found on one website in just a month. These crimes are made easier by the availability of tools that require little technical knowledge.

What Should Parents Do?

If you suspect your child may be involved in an incident involving AI-generated or manipulated content:

Take it seriously: Creating, viewing, or sharing sexual images of anyone under 18, even if AI-generated, is illegal.

Listen and support: If your child is affected, reassure them they are not at fault.

Act promptly: Inform the school safeguarding team immediately. They will guide you through the process, which may include involving the police or reporting the content to the Internet Watch Foundation.

Let's work together to keep our children safe in the digital world.



Further Support

When images have been shared there is a potential for the child to be re-victimised.

- [CEOP](#) can be used to report online sexual abuse or concerns about the way someone has communicated.

- [Childline](#) report remove tool. The NCMEC Take it down tool to help remove or limit the spread.

- [Shore](#) - Lucy Faithfull website offers advice on sexual behaviours & guidance.

- [Stop it now](#) - Lucy Faithfull Foundation

- [NSPCC](#)

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Safeguarding Awareness for Parents & Carers - England Football Learning

Safeguarding focuses on creating safe environments and protecting children from harm or abuse. At its core, it involves the actions organisations take to ensure the safety and well-being of young people. Football remains the most popular sport in the country, especially among children and teenagers.

To support parents, England Football's learning faculty has developed a concise safeguarding course. This course is designed to help parents make informed decisions about the football programs their children participate in. It highlights the critical importance of safeguarding in sports and offers valuable insights.

If you're interested in this e-seminar, please click the link below:

<https://learn.englishfootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

Keeping Children Safe During the Christmas Holidays

As the festive season approaches, it's important to ensure your children stay safe while enjoying their Christmas break. Here are some key tips to help parents navigate the challenges of this busy time:

Online Safety

Set boundaries: Encourage healthy screen time limits and discuss appropriate online behavior.

Monitor activity: Know which apps and games your child is using and talk to them about sharing personal information or engaging with strangers online.

Be alert to scams: Warn them about fake websites, online offers, or links that could steal personal information.

Think before sharing: Remind your child not to post personal details or holiday plans online, which could make them vulnerable.

Discuss privacy: Review their social media privacy settings together to ensure they're sharing content only with trusted friends.

Safe Socialising

Stay informed: Know who your child is meeting and where.

Establish check-ins: Agree on regular times for them to update you when out with friends.

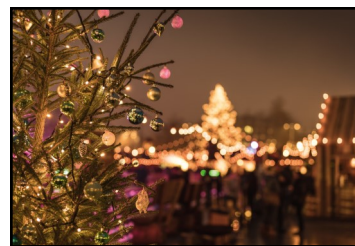
Transport safety: Ensure they have safe, reliable ways to get home, especially late at night.

Mental Health and Wellbeing

Check-in regularly: The holidays can be overwhelming. Make time to talk about how they're feeling.

Encourage balance: Support them in finding a healthy mix of rest, activities, and screen-free time.

By staying engaged and open with your child, you can help them make safe, positive choices and enjoy a joyful Christmas holiday. **Wishing you and your family a safe and happy festive season!**



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THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 23rd December - Monday 4th January
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.



Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.

TAMWORTH MHST

Schools we work with:

- Kettlebrook Short Stay
- Landau Forte Academy Qems
- Moorgate Primary Academy
- St Elizabeth's Catholic Primary
- Two Rivers High School
- Oakhill Primary School
- Glascote Academy
- Lakeside CP School
- Amington Heath Primary
- Two Rivers School
- Anker Moor Primary Academy
- Landau Forte Amington
- Two Gates Primary
- Hanbury's Farm Primary
- Tamworth Enterprise College
- Landau Forte Academy 6th Form
- Ashcroft Infants School
- Florendine Primary School
- Dosthill Primary School
- Landau Forte Academy Greenacres
- Anker Valley Primary School
- The Woodlands Community Primary
- Birds Bush Primary
- Three Peaks Primary Academy
- Stoneydelph Primary
- Wilnecote High School
- Wilnecote Junior School
- Heathfields Infant Academy

~~MONEY~~
~~BELONGING~~
~~STATUS~~

~~DRUGS~~
~~EXPLOITATION~~
~~GANGS~~

**COUNTY
LINES**
THE REALITY

IT'S HAPPENING.

YOUR AREA? YOUR STREET? YOUR HOME?

Common signs to look out for which could indicate that a person is involved in County Lines and possible drug dealing:

- Change in emotional wellbeing (e.g. secretive, withdrawn, aggressive, emotional)
- An increase in anti-social behaviour
- Missing episodes from home or school
- Receiving more texts or calls than usual
- Substance misuse and/or drug paraphernalia
- Unexplained, sometimes unaffordable new things (e.g. clothes, jewellery, cash)



CONCERNED?

If you are worried that someone is at immediate risk of harm contact 999.

Staffordshire Police
Private message us on Facebook and Twitter
Phone: 101

Crimestoppers
Report anonymously:
Phone 0800 555 111
or fill in their online form.

Stoke-on-Trent City Council
If you are worried about a child or young person in Stoke-on-Trent, contact the **Safeguarding Referral Team** on 01782 235100 or out of hours 01782 234234

Staffordshire County Council
If you are worried about a child or young person in Staffordshire contact **First Response** on 0800 1313 126 or out of hours 0345 6042 886

For 24/7 help and support about safeguarding or child protection, contact the **National Society for the Prevention of Cruelty to Children (NSPCC)** helpline. Phone: 0800 800 5000

The Children's Society can also provide help and support:
www.childrenssociety.org.uk

WWW.STAFFORDSHIRE.POLICE.UK/COUNTYLINES

#COUNTYLINESHEREALITY



What you will need:

- A big stash of colourful magazines (the more varied the better!)
- Newspapers
- Photos
- Pamphlets
- Brochures or anything else with images and words
- A big piece of paper or card – ideally at least A3 or A2
- Scissors
- Glue and/or tape

What to do

- Create a comfortable and peaceful environment around you. Perhaps wear something soft and warm, light a candle (well away from any loose paper!), play music that you enjoy or have a scent that you like. Whatever makes the space around you inviting.
- Go through your stack of magazines, photos and newspapers and start to tear or cut out any images or words that appeal to you. Don't overthink it – just notice what feels good and go with that.
- Begin to lay these out on your paper, or you can wait until you have a pile before you start to compose them.
- Gradually fill the paper with images (and words if you like) and once you are happy with the arrangement you can stick them down.

What do you notice?

As you fill the paper, or once it is complete, take time to notice what is calling to you.

- Does your choice of images or words tell you anything about what you are yearning for or feeling?
- Is there anything missing? Is anything in your life off-balance?
- What might it tell you about what is important to you right now, that you might want to think about as you make plans for the year ahead?



BY NICOLE LENIHAN, INTEGRATIVE ART THERAPIST

It is easy (and even expected) for us to get caught up in the frenetic energy of December. We live in our heads, planning, organising, doing... until we become overwhelmed and burnt out.

Taking a mindful walk with the intention of tuning into our body and grounding ourselves in the here and now, helps us to regulate our nervous systems and authentically connect with ourselves, with others and the world around us. However, this can feel quite hard to prioritise, especially when there are so many traditions and expectations to be fulfilled!

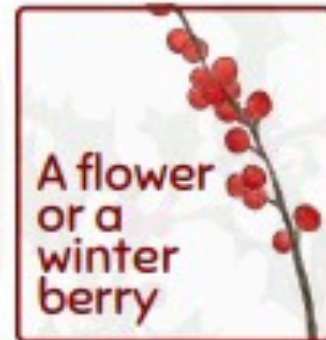
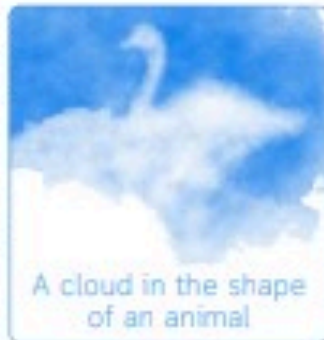
With this in mind we've created 'Winter Walk Bingo', a mindful activity (cunningly disguised as family fun) designed to re-connect you to the world around you and help bring you back into the present moment. Choosing to open up our curiosity, 'stopping', really noticing and experiencing what is happening to the world around us, can help to alleviate or reduce any stress and anxiety we may be holding.

On the following pages you will find two bingo cards filled with things to help you tune into the present, using your body and senses. One card is designed for rural environments and the other for more urban environments, so it can done walking through a town, a park, in the woods or even walking to work or school.



Aim to cross off a line of things on a shorter walk, or go for a full house when you have more time! The items don't need to be collected or photographed, just explored with your senses and ticked off on your bingo card. We've also included a blank card so you can make your own.

Winter Walk Bingo



Winter Walk Bingo

Mental Health & Wellbeing Support



If you have a safeguarding concern during the holidays or outside of school hours, please refer to the information provided below.



Midlands Partnership
MHS Foundation Trust
A Keele University Teaching Trust

24h Mental Health Access Team – urgent NHS mental health service who will provide support and advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



MINDLER NHS
The Sandbox

The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

✉ Email:
jo@samaritans.org

<https://www.samaritans.org/>

shout 85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveushout.org/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

Staffordshire Children Advice Support Service — 0800 111 8007

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