

# GAA Families' Safeguarding Newsletter

July 2023

Welcome to Great Academy Ashton's safeguarding newsletter for parents and carers. We send these out every half term and they are also available on our website.

We hope you find it useful and welcome any feedback you might have.


**Keep safe online over the summer!!**

**Instagram's** Safety Centre has advice about what's okay and not okay on the site, as well as advice about the safety features available. This includes the Safety Tools section which provides more information about the safety and security essentials.

Know how to report incidents here: [How to Report Things | Instagram Help Center](#)



**TikTok's** safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

[Safety Center | TikTok](#)   
[Safety Resources for Parents, Guardians, and Caregivers | TikTok](#)

## Worried about a child?

**Tameside Children's EHASH** should be contacted if you need Targeted Family Help or advice on safeguarding children/young people and/or if you believe that a child/young person is at risk of significant harm on:


Mon to Weds: 8.30 - 5pm

Thurs: 8.30 - 4.30pm Fri: 8.30 - 4pm

**Telephone Contact Number - 0161 342 4101 or 342 2222 out of hours.**

To report a Story on **Snapchat**, press and hold on the offending Snap and tap 'Report Snap' to let us know what's going on.


To report a Snap someone sent you, press and hold on the offending Snap and tap 'Report' to let us know what's going on.

To report a Snapchat account, press and hold on that Snapchatter's name and press the "More" option (or tap the  button). Select 'Report' to report the account and let us know what's going on.

[Snapchat Reporting Quick Guide \(ctfassets.net\)](#)



## Warburtons/Morrisons Summer Holiday food offer

From today, you can **Ask for Ellen** at Morrisons cafés and receive two FREE Warburtons Crumpets with butter and jam, available to everyone, no questions asked, all day, every day until 13th August. Just #AskForEllen 

**From 17/07/23 to 13/08/23**, ask for 'Ellen' at the till point at any UK Morrisons Café to receive two free Warburtons Crumpets with butter and jam, while stocks last and subject to availability. Limit of 1 meal per customer per day. Offer is not transferable and cannot be exchanged for cash. Terms & conditions apply.



STOP BULLYING

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**NHS Best for You – summer holidays wellbeing tips**

Aiming to support the growing number of children and young people struggling with mental health and wellbeing Best For You is a group of leading NHS organisations who have come together with young people to offer another way to access mental health services through a series of online digital resources for young people across the UK.

This includes information for young people themselves, the parents and carers. There is a nice blog which has lots of good ideas about how to reduce anxiety and promote wellness throughout the summer holidays. You can read the article at this link <https://bestforyou.org.uk/summer-holiday-wellbeing-tips/>

Kooth.com & Qwell.io offer free, safe and anonymous access to online wellbeing support and advice for children, young people and adults across Greater Manchester. Kooth.com is available for ages 10 -25 and Qwell.io for ages 18+, to give young adults a choice.

With no thresholds, waiting lists or referrals required, you can access support for ANY issues you may be experiencing. On Kooth, these include: body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, self harm, friendships, sexuality, transition from primary to secondary school etc.

All our qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm. Users can message the team 24 hours a day to get a next day response.

Kooth delivers 1000s of online wellbeing sessions – as 50% of referrals to CAMHS are unfortunately deemed inappropriate to meet their criteria, Kooth gives schools and families an alternative way of ensuring young people can access free support when they need it, in a way that they find comfortable to access, via web-enabled devices.

Please find a selection of Parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#) and If you have any questions or would like to discuss what [Kooth.com](#) can offer, please, simply email [parents@kooth.com](mailto:parents@kooth.com).



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Thank you for reading.  
Have a lovely summer!