

Safeguarding during the school closure.

All staff at Enfield Grammar care about your wellbeing and safety at all times.

Even during a school closure, we are here to support you.

If you would like to discuss any concerns you have, you can contact the school by:

1. Calling the school on: 0208 3631095 (The office will put you through to the safeguarding team and there is an emergency number recording if the office is closed but we are open every weekday)

2. Emailing: office@enfieldgrammar.org

This will help us to support you effectively.

Important and Useful Contacts are shared weekly in the students Daily Notice Classroom.

All this information is also listed with our Charity section and On-line safety sections of the website.

Mental Wellbeing

Maintaining a healthy lifestyle is important, especially when at home. This includes a healthy diet, sleeping well and exercising. You can also have social contacts with loved ones at home and by email and phone with other family and friends. Make sure you take breaks in between your school work and set a schedule that works for you.

Online Safety

Doing your school work online will mean that you need to be extra careful with online safety. If you are worried about online abuse or the way someone has been communicating online, report this to your parents/carers or on CEOP. In such situations, the best thing to do is to block the person, and then report it on: www.ceop.police.uk

Further support and guidance is included on the online safety guidance section on the website, which includes activities for all the family, tips and awareness cards.

Parents/ Carers

There are a range of agencies who can support you if you are finding this challenging – listed below and in more detail in our charities/support section. You can also call or email the school if you are concerned about yours, or anyone's safety.

Agency Information Support for Benefits/ Department for Work and Pensions /Food Vouchers

If you would like support around Benefits or work related queries or Free School Meal please email the school and we will give you guidance.

We are a designated Food Bank Voucher provider and if you wish to collect a food bank voucher please call the school or visit the Upper School office between 9am and 10am week days.

GP

Please go to your GP for advice/ strategies/ help on the following if you have noticed that your child:

- a. Has low mood
- b. Has changed in demeanor
- c. Is not eating well
- d. Is complaining of pain

Child and adolescent mental health services (CAMHS)

CAMHS is a service in Enfield, providing multi-disciplinary assessment and treatment for young people with mental health or emotional and behavioural difficulties. Your GP can make a referral.

More information can be found on their website: www.behcamhs.nhs.uk/about-us/enfield-camhs.htm

Citizens Advice Enfield Citizens Advice Enfield

Citizens Advice Enfield Citizens Advice Enfield is a charity that offers free, accessible, quality advice to anyone who lives in Enfield. More information can be found here:

<https://citizensadviceenfield.org.uk/> or by calling 0300 330 1167

Parent support Service Parent Support Unit

Parent support Service Parent Support Unit work with families to achieve positive outcomes for children aged 0-18 years and offer Parenting Support Programmes, interventions and outreach. More information can be found here: <https://new.enfield.gov.uk/if/parent-support-service/> or by calling 02083792002

Police

For immediate risks, call 999

MASH

Multi Agency Safeguarding Hub (MASH) is a multi-agency service which makes it easier to access early targeted support when you consider a child, young person or family needs a service that requires a multi-agency response. More information can be found here:

<https://new.enfield.gov.uk/enfieldlscb/professionals-volunteers/multiagency-safeguarding-hub-mash/> or by calling 02083795555