

Helena Romanes School Safeguarding

Student resources and support



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Safeguarding news - Friday 26th June 2026

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY

Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.

Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.

Reapply every two hours or immediately after swimming or sweating.

No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.

Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am - 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.

By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see
www.britishskinfoundation.org.uk
 @BSFcharity



Sunscreen and sun safety

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday.

You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan.

A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun.

Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

Do not spend any longer in the sun than you would without sunscreen.

What is the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection. SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body.

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Swimming and sunscreen

Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure.

Use water-resistant sunscreen if it's likely you'll sweat or have contact with water.

Sunscreen should be reapplied straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all [children under 5 are advised to take vitamin D supplements](#).

Protect your eyes in the sun

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.

Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that do not allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

How to deal with sunburn

Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Stay out of the sun until all signs of redness have gone.

[Find out more about treating sunburn](#)

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

[Get tips on preventing and treating heat exhaustion in hot weather](#)

Who should take extra care in the sun?

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, while on holiday)
- are in a hot country where the sun is particularly intense

- have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.

If you have naturally brown or black skin you are less likely to get skin cancer, as darker skin has some protection against UV rays. You may also need more time in sunlight to produce the same amount of vitamin D as people with lighter skin. But you should still avoid burning and take care in the sun as people of all skin tones can get skin cancer.

Protect your moles

If you have lots of moles or freckles, your risk of getting [skin cancer](#) is higher than average, so take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

Changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

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Problems outside school? Worried or Frightened? Concerned about a friend?

**ALL STAFF ARE
SAFEGUARDING TRAINED
AND THERE ARE
DESIGNATED STAFF IN
SCHOOL WHO CAN HELP
YOU...**

You can also speak to:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team



Mrs Grant-Bampton
**Senior Safeguarding officer
& Deputy Safeguarding Lead**
Her office is in E Block,
next to E103, or ask for her
in student reception or
e-mail
worrybox@hrs.education

Mr Emberton
**Assistant Head Teacher &
Safeguarding Lead**
His office is in B Block first
floor, B100 or ask for him
in student reception, or
e-mail
worrybox@hrs.education

Who you can ask for help in school:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team
- Email worrybox@hrs.education
- Mr Emberton - Safeguarding Lead
- Mrs Grant-Bampton - Deputy Safeguarding Lead

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Sources of support for students

Counselling and wellbeing services at Helena Romanes

WHAT	WHEN	WHERE
Professional counselling 	Monday 9.00am - 1.45pm	D07
Mental Health support 	10.00am - 1.40pm	D07
School nurse wellbeing drop in 	9.30am - 2.00pm	D07

To ask for a counselling or wellbeing appointment please see your head of year, a pastoral leader, Mr Emberton or Mrs Grant-Bampton

If you are experiencing a mental health crisis and need to speak to someone, please call one of the following numbers:

Essex Out of hours Crisis support - 0300 555 1201

Young Minds Crisis Messenger text service (free 24/7 crisis support) - TEXT YM 8528

Samaritans, call for free 24/7, 365 days a year - Call 116113

Childline - Call 0800 111 www.childline.org.uk

- The number won't appear on your phone bill.
- Or you can also visit www.childline.org.uk to speak to a counsellor online.
- ChildLine is a private and confidential service.
- Confidential means not telling anyone else what you've said.
- This means that whatever you say, stays between you and ChildLine.
- They would only need to tell someone else if:
 - You ask them to
 - They believe your life or someone else's life is in immediate danger
 - You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell them that you are seriously harming another young person

Police emergency - 999



I'm worried about exploitation

Looking after my mental health

I need some help

Staying safe online

Children in Care Council

I'm a young carer

<https://www.escb.co.uk/young-people/>

Other sources of support:

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

The service covers Southend, Essex and Thurrock and is open to young people under the age of 18.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

Call SET CAMHS: Freephone 0800 953 0222

Email: SET-CAMHS.referrals@nelft.nhs.uk

**NSPCC helpline for potential victims of sexual abuse
- 0800 136 663**

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>



I have or think I might have an eating disorder

Suffering with an eating disorder and struggling to cope? Our range of services can help.

[Our services for anyone experiencing an eating disorder - Beat](#)

I'm caring for someone with an eating disorder

Struggling to know what to do or say? Feeling alone? We're here for support.

[Our services if you're supporting someone with an eating disorders](#)



Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support.

[Talk ED](#)

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[Safeguarding & online safety for students](#)

Social media safety advice:

- Keep your accounts **private**
- Don't accept friend requests from **people you don't know**
- **Think** about what you post
- Choose your **profile pic** carefully
- **Be careful** what you put in your bio
- Don't give out **personal information** such as where you live or what school you go to
- Be careful what information you give away about yourself in **pictures** you post
- Know how to control your **location settings**
- Don't use social media to **bully, harass or intimidate**
- Know how to **report issues** on the platform you are using

Ambition	Kindness	Respect	Resilience	Broad Mindedness	Independence	HELENA ROMANES
Advice from year 12 & 13:						
Block people		Be private		Don't add people you don't know		
				Report something if it's upsetting		
Think before clicking on a link - it might be unsafe						
Don't copy your friends, if you don't want to do something don't make your decision based on what others may think.						
Don't download social media until you are old enough and feel like you can cope with it						
Don't give out personal info to strangers			Ignore and block any hateful behaviour			
Make sure you know your passwords and try to keep them different for different accounts. Also not easy to guess.						
Don't post things you could regret in the future						
Never use your real name, block people as soon as they make you feel uncomfortable						
If you are messaging somebody about anything private, make sure that you know who they are						
						HELENA ROMANES

Internet matters -
www.internetmatters.org

Advice about setting and controls including:

- Smartphones

Online issues such as:

- Fake news and misinformation
- Screentime
- Inappropriate content
- Cyberbullying
- Online reputation
- Online grooming
- Online pornography
- Self harm
- Radicalisation
- Privacy

- Gaming platforms
- Social media privacy guides

Guides and resources:

- Digital privacy
- Digital resilience toolkit
- Social media guide
- Guide to apps
- Set up safe device checklist

**internet
matters.org**

CEOP



There is a button to **CEOP** on the school website: <https://www.helena-romanes.essex.sch.uk/>

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre



Nude image of you online?
We can help take it down.

Report Remove is to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free – all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.
- Read more about how to report an image or video. [Report Remove | Childline](#)

To access the Report Remove facility on the childline website please use the link below:

[Report Remove | Childline](#)



Games, quizzes, films and advice to help you get the most out of the internet while staying safe online

[Children and young people - UK Safer Internet Centre](#)

childline

ONLINE, ON THE PHONE, ANYTIME

Online safety advice - [Staying safe online | Childline](#)

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Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

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Mental Health resources for students



**Young Minds Crisis Messenger - 24/7 free support via text.
Text YM to 85258.**

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



**Information about local counselling and advice services -
www.youthaccess.org.uk**



**The Mix. Email support via online contact form. Free 1:1 webchat service available. Free short term counselling service available.
Phone 0808 808 4994. Open 4pm - 11pm 7 days a week.**

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



Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/>



Online mental health and wellbeing community.

<https://www.kooth.com/>



<https://switchboard.lgbt/> Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space – to explore, talk and be truly heard.

Useful mental health Apps for students

SAM - Anxiety management



HeadSpace - Meditation & Sleep



Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



'Breethe' - Meditation/Anxiety

Stay Alive

The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are



concerned about someone else who may be considering suicide.



#StayAlive

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