

E-Safety



With Christmas comes new technology for some. If you need help and advice on how to ensure these have parental controls please refer to article by internet matters [Parental Controls & Privacy Settings Guides - Internet Matters](#). This site includes all entertainment from streaming channels to games and even fitness trackers. For those of you wondering if it's worth having these controls on electronics, we can tell you that our Smoothwall filtering in school this term has monitored 2,335 devices and captured almost 5 million events. Of these events 182 needed to be followed up by the safeguarding team. Keep your child safe and set parental controls this holiday. Please be aware that the Smoothwall filtering will not be monitored over the Christmas holiday period.

Vaping

Vaping hasn't been around long enough for us to know how it affects the body over time, but vaping could cause the following health issues:

- Slow brain development in children & young people.
- Memory, concentration, learning, self-control, attention, mood.
- Increases levels of stress and anxiety.
- Risk of addiction like in smoking.
- Unknown toxins released into the body, long term impact not yet known.
- Environmental impact.



It is illegal to sell e-cigarettes to anyone under the age of 18. Please [click here](#) to download 'The Dangers of Vaping' poster.

Coffee with a Cop continues in 2024. Look out for the posters with dates and times.



Autumn Survey

The Assistant Principal for Wellbeing, Mr Beamish, recently shared the parent, pupil, and staff surveys, which we hope you all received. Within these surveys were questions relating to Child-on-Child Abuse. Results will be collated in the new year and shared appropriately.

Remember, [REPORT](#) any unwanted behaviour to the pastoral teams, Tutor, Head of Year, or an adult in school. You can also email safeguarding@combertonvc.org or use the '[Concerned about a child](#)' button on the website.

If a child is in immediate danger or at risk of harm, contact children's social care 0345 045 5203 (office hours) 01733 234 724 (out of hours), the police 101 or in an emergency 999.

Young Carers

What is a Young Carer?

A young carer is a young person who cares for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs.

There are around 800,000 young carers in England, but we know it's more like 1 in 5, which makes about 6 in every classroom. At Comberton, we have currently identified 77 Young Carers across year 7-11, by raising awareness in assemblies.

What do I do if I think I am a Young Carer?

If you think you may be a Young Carer, please speak to Miss Baker (KS4 Support) or Mrs Wright (KS3 Support) who will be able to answer any questions you may have.

What Support can I receive if I am a Young Carer?

At Comberton, we hope to raise awareness and encourage pupils to speak to someone if they think they may be a Young Carer. Some students prefer teachers to simply be aware they are Young Carers. Other students may wish to have 1-1 meetings in school, which can be arranged by speaking to, or emailing, Miss Baker or Mrs Wright. We can also complete a referral to Centre33 Young Carers, which offers 1-1 support and group activities.



Student Support

If, over the Christmas period, you feel you need support, do visit the student support and wellbeing page on the website [here](#). There are people ready to listen, help and support you. Do not struggle alone.

