



RMGS Safeguarding Bulletin 2025/26 Term 6

Once a term we will share the RMGS safeguarding bulletin with all members of our school community, to refresh our knowledge and understanding of key safeguarding information that reflects the needs of the RMGS community. It is our aim to keep students, parents and staff up to date with the information they need to support the school community.

Main Contact Points

General Enquiries
rmgs-office@rmet.org

Safeguarding Concerns
rmgssafeguarding@rmet.org

Website
<https://www.rainhammark.com/>

Take a moment to refresh your knowledge on how RMGS keeps you safe. Please click the link [How RMGS Keeps You Safe](#)

National Online Safety App

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.ncs>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store

Report a Safeguarding Concern

If you have a safeguarding concern and you have not been able to speak to a member of staff whilst at school, please report your concern online using our button located on the school website [here](#) and a member of the safeguarding team will contact you.

Or please click on the link below or scan the QR code

[Report a Concern](#)



Ray-Ban Meta Glasses

Ray-Ban Meta Glasses look like regular spectacles but they have a built-in camera, mic, speaker and AI companion. Therefore they are a banned item at RMGS for the following reasons:

- **Surreptitious Recording:** Smart glasses can discreetly capture photos, record video, or live-stream without subjects noticing, raising major privacy and consent concerns.
- **Safeguarding:** The ability to record in sensitive areas such as toilets and changing areas poses severe child safety risks.
- **Academic Dishonesty:** Features like built-in AI, internet access, and cameras can be utilized by students to cheat during tests, translate text, or scan documents for answers.
- **Distraction:** Similar to standard phones, the heads-up audio and notification capabilities distract students from instruction.

This short video shows their capacity <https://www.youtube.com/shorts/weoPWyqq-b8>



Road Safety Reminder – Heads Up, Phones Down

As many of our students walk to and from school each day, we would like to remind everyone about the importance of staying alert when crossing roads.

There is an increasing number of young people crossing roads while looking at their mobile phones. Whether they are texting, scrolling or listening to music, being distracted by a device can prevent them from seeing or hearing approaching traffic.

Please take a few moments to speak with your child about safe road-crossing habits:

Put your phone away before crossing any road.

Stop, look, listen and think before stepping into the road.

Use designated crossing points whenever possible.

Remove headphones or lower the volume so you can hear traffic.

Stay aware of your surroundings, even on familiar routes.

A simple reminder to look up and pay attention can make a significant difference. By working together, we can help ensure that all our students travel to and from school safely.

Thank you for your continued support in reinforcing these important safety messages at home.



HEADS UP PHONES DOWN

**Stay alert. Stay safe.
Look up. Look out.**

-  **PUT YOUR PHONE AWAY**
before crossing any road.
-  **STOP, LOOK, LISTEN, THINK**
before you step into the road.
-  **REMOVE HEADPHONES**
or lower the volume so you can hear traffic.
-  **USE DESIGNATED CROSSING POINTS**
wherever possible.
-  **STAY AWARE**
of your surroundings, even on familiar routes.

 **A MOMENT'S DISTRACTION CAN CHANGE EVERYTHING.**

 **Let's look out for ourselves and each other.
THANK YOU FOR HELPING KEEP OUR SCHOOL COMMUNITY SAFE.**



DISTRACTION CAN BE DANGEROUS

Family First

EDITION FAMILY FIRST - ISSUE 3 2026



**Please click either of the links below to access
Family First Magazine**

<https://familyfirst.co.uk/magazines/family-first-issue-3-2026/>

https://e.issuu.com/embed.html?d=family_first_-_issue_3_2026&u=sevenstarmedia

Free Activities in Medway over the summer

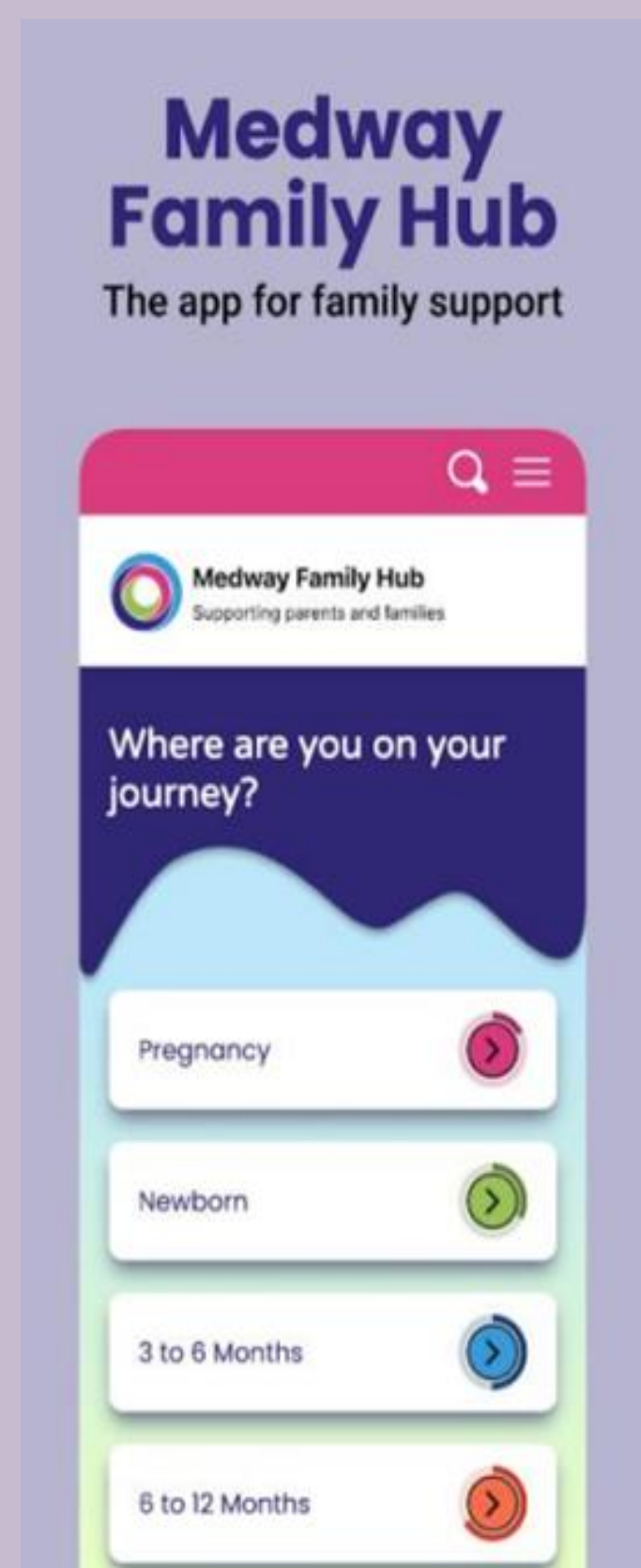
Go here <https://www.medway.gov.uk/summer> for ideas for things to do as a family and here <https://go.medway.gov.uk/> for details of the summer club for students aged 5-15 years.

Medway Family Hub

Have you heard of the Medway Family Hub App? It's a free mobile phone app to provide support and advice for families across Medway. The app brings together a wealth of resources and information into one place to make it easier for families living in Medway to access help, support, and advice. The app allows residents to find out about local events and activities as well as allow families to connect with each and build their support networks so a great resource for the summer holidays!

Go here to download the app

<https://go.focusgov.co.uk/go/Ryo39>



Other useful information



Medway Foodbank

We provide emergency food and practical support to people in their hardest moments. We also work with partners and local communities to ensure everyone gets the right help long before they need a food bank.

<https://medway.foodbank.org.uk/>



Child Friendly Medway offer a variety of activities and events for children, young people and families in Medway. Details can be found on the website.

https://www.medway.gov.uk/info/200540/child-friendly_medway_activities



Water Safety

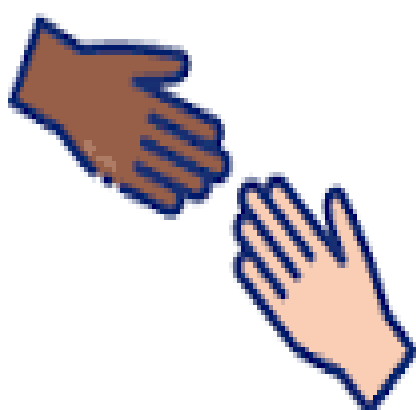
Summer

WATER SAFETY

To enjoy the water safely and make the right call...



ENTER SLOWLY
AND CAREFULLY



STAY WITHIN
REACH



ALWAYS BE
SUPERVISED

With the summer holidays here and the lovely warm weather, there is an increase in people wanting to cool down in the sea, lakes and rivers. The RLSS tells us that warm weather directly increases the risk of accidental drownings and they have provided excellent resources to support safety. They urge people to follow the Water Safety Code.

STOP AND THINK –
take time to assess the surroundings, look for the dangers and always research local areas and signs.

STAY TOGETHER –
when around water, always go with friends and family, swim at a lifeguard venue.

In an emergency...



CALL
999



IF YOU'RE IN
TROUBLE FLOAT AND
CALL FOR HELP



Need to Talk?

If you're concerned about **yourself, a friend, or another student**, or if you've **witnessed unkindness**, please know that we are here to support you. You don't have to deal with it alone.

Who Can You Talk To?

There are many people in school ready to listen and help:



In Your Classroom

- **Any Member of Staff:** Someone you trust
- **Your Teacher:** During or after class
- **Form Tutor:** Your first point of contact



Year Leadership

- **Head of Year:** For year-group concerns
- **AHT:** Assistant Headteacher for your Key Stage
- **Safe Guarding Team:** Pink Lanyards/Board at the bottom of D block stairs.



Specialist Support

- **Pastoral Support Assistant:** Dedicated help
- **Report Button:** Available on the school website
- **Student Services:** Visit us anytime

Speaking up is the first step to making things better for everyone. It is how we build a safer school together.

How We Support You



Taking Action

Speaking up is the first step to making things better for everyone. Here is how we build a safer school together:

Listen



You will have the **opportunity to have your voice heard**. We want to understand exactly what happened from your perspective.

Act



1. **The school's consequence ladder will be adhered to.** This ensures everyone is treated fairly.
2. **Parents will be contacted** to ensure we are all working together.
3. **Interventions such as mediation** to ensure problems don't persist.
4. Our aim is to be **restorative and encourage respect**.
5. **The escalation process** will be made clear, including what happens if concerns continue.

Prevent



Support



We provide **ongoing care** to ensure every student feels safe and happy.

- PSA meetings
- Meetings with your trusted adult
- Access to Student Services - A safe space to talk
- Mentoring
- Check-ins



The following are a list of well-being services and contact numbers, in case you need help or support over the summer holidays:

NELFT (North East London Foundation Trust - Kent and Medway) - Kent Children and Young People's Mental Health Service (CYPMHS) previously known as CAMHS, provided by NELFT, provides emotional wellbeing and mental health advice and support for young people and their families across Kent. The service is open to young people between the ages of 0-18, or up to 25 in some instances, for example those with special educational needs. CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours.

NELFT also provide support for neurodevelopmental difficulties such as ADHD or ASC. NELFT have specific support for Eating Disorders.

<https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health>

Online Form: <https://apps.nelft.nhs.uk/SPA-KentMedway-Support>

Tel: Medway - 0300 300 1989

NHS KENT & MEDWAY CYPMHS URGENT MENTAL HEALTH HELPLINE - For children/YP in a Mental Health Crisis or who require out of hours support, please call on **0800 011 3474** to be directed to appropriate support or call NHS 111.

KOOTH IN MEDWAY - Ages 11 - 17 years: Kooth.com is a free service commissioned by Medway Council to provide anonymous and personalised mental health support for Children and Young People. Kooth is an anonymous site, which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Kooth. com is an online application removing the need for Apple/Android accounts, data requirements and the stigma of mental health apps on your devices.

The live counselling functionality allows children; young people to receive professional support through either booked or drop-in sessions as, and when a session is required. The qualified practitioners are real people, not bots, with significant experience in working with children and young people. They have a robust risk profiling system across all parts of the platform that allows them to prioritise and to reach out. They know when to signpost and refer on and how to psychologically hold people and keep them safe during crisis. Access to Kooth is immediate. There is no need for a referral, no waiting lists and the service is available 24/7.

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



BETTER YOU APP – Provides a supportive platform in which the user can manage their well-being, focus on a positive mental outlook, reflect upon their emotional resilience and access various types of support, enabling the user to find something that works for them.

CHATHEALTH - A confidential texting service for young people aged 11-19. It is run by the school health service and you can message about anything related to your physical and mental health. You don't have to be in school to use this service.
Text 07520 618850.

MIND - information for children & YP 11-18 who are going through a difficult time
<https://www.mind.org.uk/for-young-people/#youngperson>

MOOD SPARK - A place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough.
www.moodspark.org.uk

SHOUT - Free expert advice from trained counsellors is available for every mental health concern, including; anxiety, depression, low self-esteem, money worries, relationship troubles, stress, suicidal thoughts. Text the word 'Kent' to **85258**

THE MIX - The Mix is the UK's leading support service for young people up to the age of 25. Whether you need a quick chat or more focused support, our trained team provides help for young people aged 11-25. Talk to us about your mental health, relationships, work life, school life, depression and any other issues all year round. Call us, email us or chat one-to-one online 4pm-11pm Monday to Friday, sign up for free counselling online or text our 24/7 crisis line.
<https://www.themix.org.uk/> Tel: 0808 808 4994

TOGETHERALL - An online service providing confidential support and access for people with anxiety, depression and other common mental health issues.
<https://togetherall.com/en-gb/>

YOUNG MINDS - UK's leading charity fighting for children and young people's mental health. We offer three different services; Parents Helpline, Webchat and Email service, to parents and carers who are concerned about their child's mental health, up to the age of 25. As well as Guides and advice for children and young people on mental health and accessing support.
www.youngminds.org.uk

Parents Helpline on 0808 802 5544

Medway Public Health has created a new video for Parents and Carers.

It's designed to help parents and caregivers to have confident conversations with their children about vaping. The content has been shaped by feedback that we've had from Medway young people and adults on what vaping information they would find most useful.

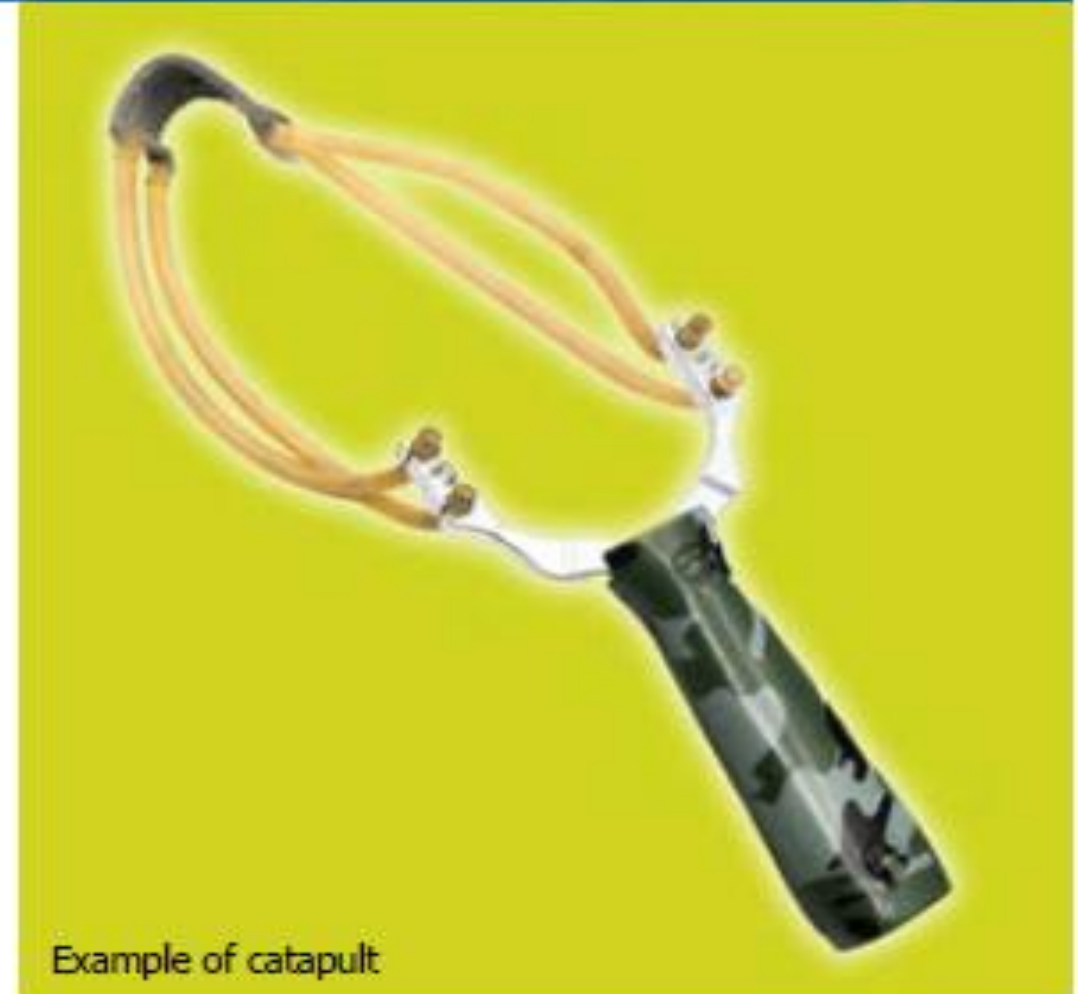


Watch the Video **HERE:** <https://youtu.be/3lk7WjcSXR0>

Catapults – Know the law

Catapults can be classed as offensive weapons.

If you **carry one in public** without a reasonable excuse, you could face up to **four years in prison**.



Example of catapult

If you use it to **threaten** or **injure someone**, or **damage property**, the penalties could be even higher.

Is it worth it?

Remember – A criminal record can change your life.

- You may not be offered a college or university place.
- Getting a job will be more difficult.
- It can even prevent you from travelling to some countries.



**Kent
Police**

Report a non-urgent crime online www.kent.police.uk/report

Talk to us on LiveChat – available 24/7 www.kent.police.uk/contact

In an emergency, if crime is in progress or life is in danger call **999**

If you have a hearing or speech impairment, use our textphone service **18000**.

Or text us on 999 if you've pre-registered with the emergency SMS service.

www.kent.police.uk   



What is 'affluent neglect'?

Affluent neglect refers to the neglect experienced by children in wealthy families. Often, neglect in wealthier families can be more difficult to spot, as the type of neglect experienced by children and young people in these circumstances is often emotional.



E-scooters – are you breaking the law?



Can I ride my e-scooter to school or work?

No, it's Illegal...

E-scooters are classed as motor vehicles and are required to be taxed and insured. It's not possible to get insurance for privately owned e-scooters, which means it's illegal to use them.

Can I ride my e-scooter on the pavement?

No, it's Illegal...

You cannot use e-scooters on public footpaths, cycle lanes or roads.

What happens if I'm caught using my e-scooter in public spaces?

The scooter may be seized and as a result, destroyed.

If stopped by an officer, you may be asked to complete a breath and drugs test. You also risk a £300 fine and six penalty points on your licence for no insurance.



**Kent
Police**

Think before you buy:

The number of electrical scooters being used on our streets has risen, as well as reports of serious injury and fatalities.

For more information and advice on the use of e-scooters visit www.kent.police.uk/road-safety



Do you need to talk?



FAMILY

Are you concerned about anything happening in your family?

FRIENDSHIPS

Are you concerned about one of your friends?

WORRIES

Is anything worrying you at school or outside school?

BULLYING

Are you concerned about the way someone is treating you?

Rainham Mark Grammar School Designated Safeguarding Leads



Mrs Horstrup (DSL)
Designated Safeguarding Lead



Mrs Hart
Deputy DSL



Mr Smith
Deputy DSL



Mr Brown
Deputy DSL



Ms Gooding
Deputy DSL



Mrs Robbins Deputy DSL



Mrs Curtis Deputy DSL



Mrs Buckland Deputy DSL

Worried about bullying?
Your HoY, form tutor, PSA or prefect can help too.

To report a concern online please visit the school website