

RMGS Safeguarding Bulletin 2026/27 Term 1

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, parent s 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?d=uk.co.nationaleducationgroup.ns

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 Concer n

Social Media & Messaging
What Parents Need to Know

Messages, photos and videos can be hidden, archived and even disappear on many apps. Here's a quick guide to the features your child might be using – and what they mean, including how to find hidden photo galleries on iPhone and Android.

Different apps. Different features. Same risks.

Stay informed
- Have conversations
- Keep them safer

WhatsApp

Chats, photos and videos can disappear or be hidden.



- **Disappearing messages** – set to disappear after 24 hours, 7 days or 90 days.
- **View once** – photos and videos can only be viewed one time.
- **Archived chats** – can hide conversations from the main chat list.

Disappearing and view-once messages aren't deleted. They can be saved, screenshotted or recorded.

TikTok

Content can be private, hidden or deleted.



- **Private messages** – can disappear or be set to auto-delete.
- **Videos** – can be hidden from your profile or made private.
- **Drafts** – saved but not visible to others.
- **Deleted content** – can't usually be recovered once removed.

Hidden or deleted content isn't gone – it's just not visible. It can often be found in settings, archive or drafts.

Snapchat

Messages and photos can disappear – but not always.



- **Snaps** can be set to disappear after 1–10 seconds (or longer).
- **Chats can be saved** (the other person can choose to save them).
- **My Eyes Only** – hides photos and videos behind a PIN.
- **Memories** – stores Snaps in the cloud (until you delete them).

Disappearing Snaps aren't deleted. They can be saved, screenshotted or recorded before they disappear.

Instagram

Photos, stories and messages can be hidden or archived.



- **Vanishing messages** – disappear after being viewed.
- **Stories** – disappear after 24 hours (or longer if saved).
- **Archived posts and stories** – can be hidden from your feed.
- **Hidden/restricted content** – allows quiet blocking of certain accounts.

Hidden content isn't deleted – it's just not visible to you. It can usually be found in settings or the archive.

Messenger

Chats can disappear and be archived.



- **Vanishing messages** – disappear after being seen.
- **Archived chats** – hide conversations from the main list.
- **Message requests** – from people who aren't your child's friends.

Disappearing messages and archived chats aren't deleted. They can be retrieved or viewed in your child's settings.

YouTube

Some content can be hidden or saved privately.

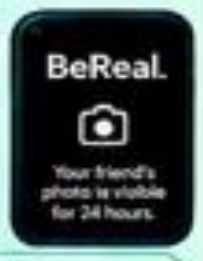


- **Unlisted videos** – can be shared without appearing on your channel.
- **Private videos** – only visible to selected people.
- **Watch later / playlists** – can hide what they're watching.

Hidden or private videos aren't deleted – they're just not visible to others.

BeReal

Photos are shared once a day – but can still be saved.



- **One photo per day** – disappears from the feed after 24 hours.
- **Screenshots** – can be taken before it disappears.
- **Private accounts** – limit who can see content.

Even though the photo disappears from the app, it can be saved or shared by others.

Discord

Messages and content can be hidden or deleted.

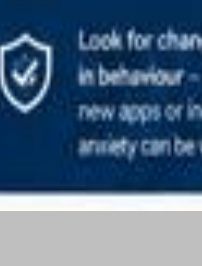


- **Direct messages** – can be set to disappear (auto-delete).
- **Hidden channels** – can be private or restricted.
- **Deleted messages** – can be removed (for everyone or just you).

Deleted or hidden messages aren't gone – they can often be seen by others or recovered by the app.

Telegram

Focuses on privacy, with extra hidden features.



- **Secret chats** – end-to-end encrypted and can be set to self-destruct.
- **Hidden chats** – only be archived or removed from the list.
- **Cloud storage** – messages can be saved and accessed from any device.

Disappearing messages and hidden chats aren't deleted – they can often be accessed in the cloud or device settings.

Other apps to be aware of

Features vary by app, but many offer some form of hidden, archived or disappearing content.

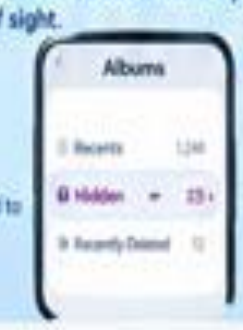
- **Signal** – disappearing messages
- **Snapchat** (already covered)
- **WhatsApp** (already covered)
- **Bunch** – temporary sharing
- **Some gaming apps** – private messages and hidden content

Always check the app's settings and privacy features – they can be different for every app and device.

iPhone – Hidden Photo Galleries

iPhones have a hidden album called 'Hidden' where photos and videos can be stored out of sight.

How to find them:
1. Open the Photos app.
2. Scroll down to the Albums tab.
3. Look for the 'Hidden' album (you may need to enter your passcode or use Face ID).



Photos in the Hidden album aren't deleted – they're just not visible in your main photo gallery.

You can also check 'Recently Deleted', where photos are kept for 30 days before being permanently removed.

Android – Hidden Photo Galleries

Many Android phones have a hidden photo gallery, often called 'Secure Folder', 'Private Album' or similar.

How to find them:
1. Open the Gallery or Photos app.
2. Look for 'Secure Folder', 'Hidden' or 'Private Album' (name varies by brand and model).
3. You may need a PIN, password or fingerprint to access it.



Photos in these folders aren't deleted – they're just hidden from the main gallery.

You can also check 'Recently Deleted' (often kept for 30–60 days) and your file manager (such as 'Files' or 'My Files').

What parents can do

Keep the conversation going – ask what apps they use and what features they like.

Check privacy settings – together and make sure they understand how to keep their information safer.

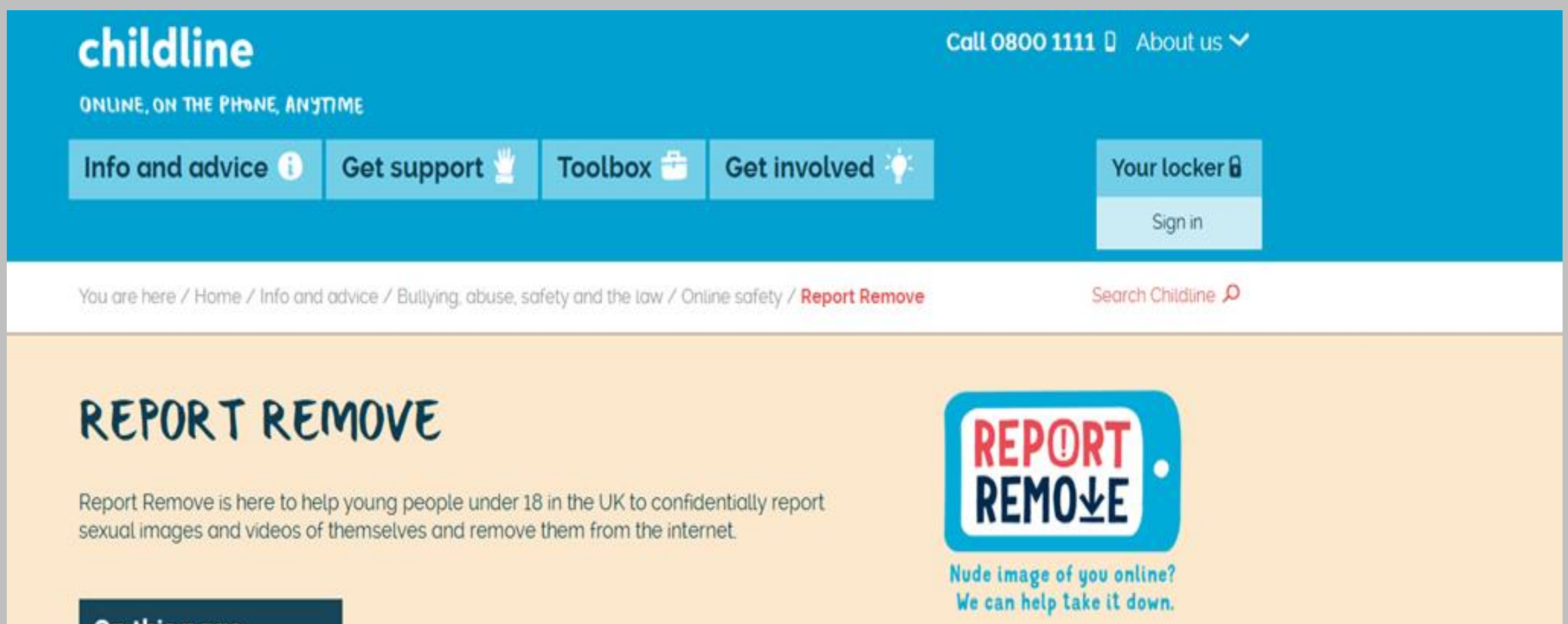
Encourage them to think before they share – once it's out there, it's hard to take back.

Look for changes in behaviour – secrecy, new apps or increased anxiety can be warning signs.

Trusted advice & support

Scan the QR code for free, up-to-date guidance from UK Safer Internet Centre, NSPCC and other trusted sources.

www.saferinternet.org.uk/parents



Despite educating them, we know that young people sometimes do not realise the dangers of sending semi-nude or nude images or videos to each other.

The **NSPCC** has some helpful pages for parents. Advising them of how to support their young people if they have sent such an image .

Go to NSPCC Report Remove for more information



Better Health Let's do this

NHS

Lose weight | Quit smoking | Get active | Drink less

Home > Quit smoking > Help others quit

Young people and vaping

Vaping is not for children and young people. Their developing lungs and brains mean they are more sensitive to its effects. Nicotine vaping is less harmful than smoking, but it is not risk-free.

That's why there's a minimum age of sale for vaping products in the UK. It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.

If you find a retailer selling either nicotine vapes or tobacco products to under-18s, you can report a retailer to local authority Trading Standards via the Citizens Advice online portal.

NHS advice on advising teenagers against vaping

Let's Do This!

KEEPING SAFE ON DARKER EVENINGS

Days are shorter, nights are longer. Here are some simple ways to stay safe when it's dark.

Be aware
Be prepared
Be safe



Choose well-lit routes

Stick to familiar, well-lit paths and avoid shortcuts through dark or isolated areas where possible.

Be visible

Wear bright or reflective clothing and use a torch or phone light if needed. This helps others see you and keeps you safer.

Travel with trusted people

Go with friends or family when possible. Look out for each other and stick to your plans.

Keep your phone charged

Make sure your phone is charged and has enough credit or data in case you need to call for help.

Let someone know your plans

Tell a parent or carer where you're going, who you're with and when you expect to be back.

Trust your instincts

If a situation feels uncomfortable or unsafe, leave the area, get help and tell a trusted adult.

Need to talk?

If you're worried about your safety, mental health or a friend, you can speak to a trusted adult at school, or contact the following services:

Childline
0800 1111
(free, 24/7)

NSPCC Helpline
0808 800 5000
(for adults concerned about a child)

In an emergency
Call 999

Your safety matters

Together we can keep you safe, supported and connected.

SAFE CHOICES • SUPPORT • A BRIGHTER TOMORROW

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

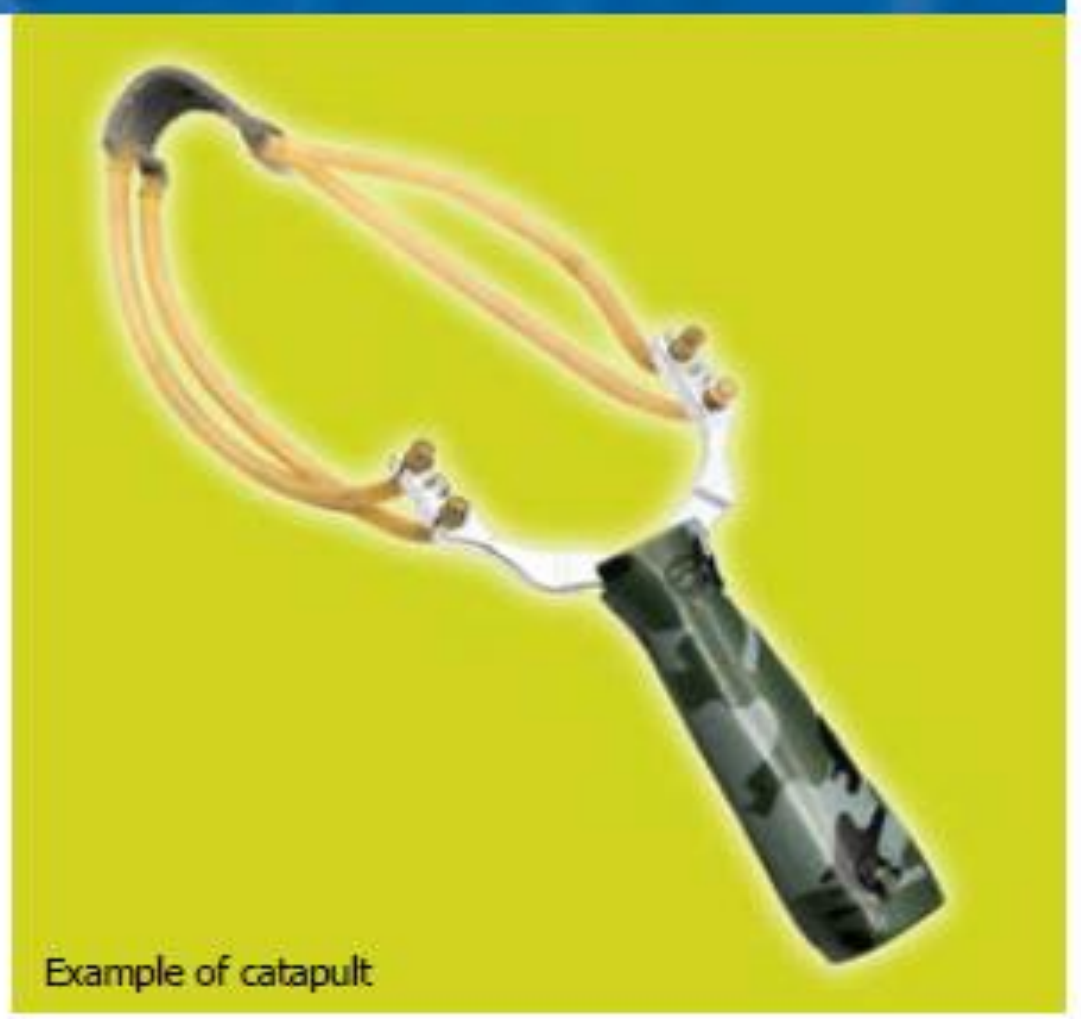
We provide **ongoing care** to ensure every student feels safe and happy.

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

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.

tes magazine

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



Mrs Mayes
Deputy DSL

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