



# SAFEGUARDING NEWSLETTER

SAFEGUARDING EVERYONE'S RESPONSIBILITY

## Designated safeguarding Leads

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## Useful numbers

Childline	0800 1111
Wigan Safeguarding Hub	01942 486262
Wigan Social care Referral and Assessment team	01942 828 300

# Coronavirus Advice and Guidance

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period for the virus is between 2 to 14 days. Therefore if someone who is in contact with someone who has the virus does not show any symptoms, they do not have the virus.

Symptoms include

- Cough
- Difficulty breathing
- Fever

The symptoms present more severely in people who have serious underlying conditions or the elderly.

How can the virus be spread?

The virus can be spread by two ways. The first way is by a person directly infecting someone through secretions either by sneezing on them or by touching surfaces that has secretions already on them and then rubbing their mouths, noses or eyes.

Advice to schools

If there is are any symptoms of Coronavirus, the school will liaise with a specialist team from Public Health England. However, there would be no requirement to close the school.

How to prevent the spread of Coronavirus.

There is no prevention for the spread of the virus. However, prevention from contracting the virus is down to good hygiene such as:

- Washing hands
- Using hand sanitiser before and after using the toilet
- Washing hands before preparing or eating food

Coronavirus has only been fatal amongst the elderly and people with underlying serious health conditions. Any advice can be gained from NHS direct or 111.

# Healthy and Unhealthy Relationships

Children form bonds with others at all stages of their development. Forming healthy, positive relationships helps children and young people feel safe and supported as they grow up.

But being in an unhealthy relationship negatively affects a young person's wellbeing. They may feel anxious and nervous or not free to make their own decisions. They may suffer from low self-esteem and depression, experience headaches or have other ongoing physical health symptoms (Women's Aid, 2015).

## Signs of healthy relationships

A healthy relationship is one where a young person is respected and feels valued for who they are. It's where they can openly share their thoughts and feelings and feel supported and encouraged.

Healthy relationships include:

- good communication
- mutual respect
- trust
- honesty
- equality
- being yourself.

In a healthy relationship a person is free to make choices about their own behaviour and is not controlled or coerced into doing anything.

## Signs of unhealthy relationships

An unhealthy relationship is one where a child is not being treated with respect. They may be forced or coerced into doing things they aren't comfortable with, be made to behave in a certain way, or be made to feel they aren't good enough. Because young people may not always realise when they are in an unhealthy relationship, it is important that adults are able to recognise the signs.

A young person may:

- lack close relationships other than with one particular person
- be isolated from friends and family
- be prevented from working or going to school/college/university
- have their money taken away or controlled
- have access to food, drinks and day-to-day items restricted
- have their time controlled or heavily monitored
- have their social media accounts controlled or heavily monitored
- be told what to wear
- feel pressured to do things they are not comfortable with
- be put down or criticised
- experience threats of violence if they don't behave a certain way
- experience threats to loved ones or pets
- be threatened with damage to their personal property