

Safeguarding Christmas Newsletter



Christmas Safeguarding Newsletter

Welcome to the very first edition of the safeguarding and well-being Newsletter. This newsletter is the first edition of what we hope to be a strong line of communication between school and home. We want to share regular safeguarding and well-being related information to help support our students and keep them as safe as they can possibly be. Each edition of the newsletter will have a “Hot Topic” where we hope to share current thinking from professionals of how you as parents and carers can support your children at home. We hope you find this newsletter a useful support tool and that it benefits our young people.

All that remains is for us to wish you a Merry Christmas and Happy New Year but above all please stay safe and return to us in January full of New Year joy and aspirations for your wonderful futures.

HOT TOPIC MENTAL HEALTH

We know that many of our young people will be struggling with their mental health which has only been exacerbated by the pandemic. We know that anxiety is at an all-time high and whilst the holidays will be a welcome break for many it can bring its own stresses and worries for young people. Below you will find links to assist you supporting your children with specific mental health needs:



YOUNGMINDS



CAMHS

Your guide to Child and Adolescent
Mental Health Services

<https://youngminds.org.uk/media/3519/young-minds-camhs.pdf>

YOUNGMINDS



Depression

Your guide to depression
and finding the help and
support you need

<https://youngminds.org.uk/media/3516/young-minds-depression.pdf>

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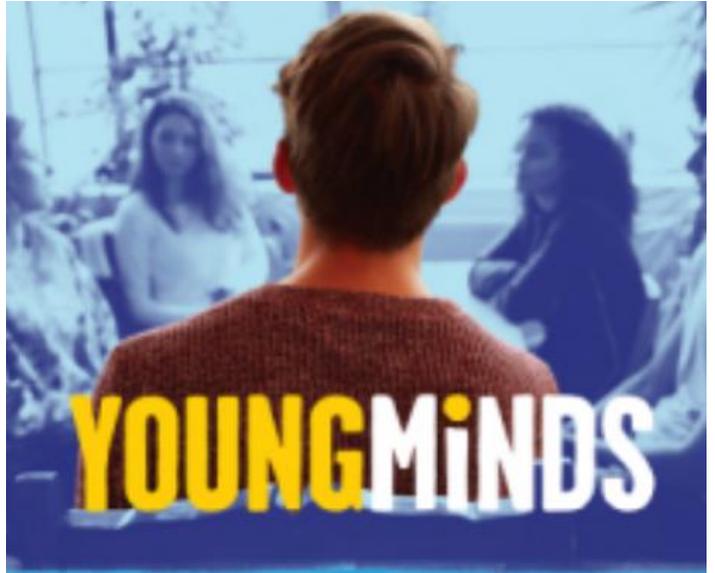


Self-Harm

Your guide to self-harm and
getting the help you need

<https://youngminds.org.uk/media/3556/youngminds-self-harm.pdf>

YOUNGMINDS

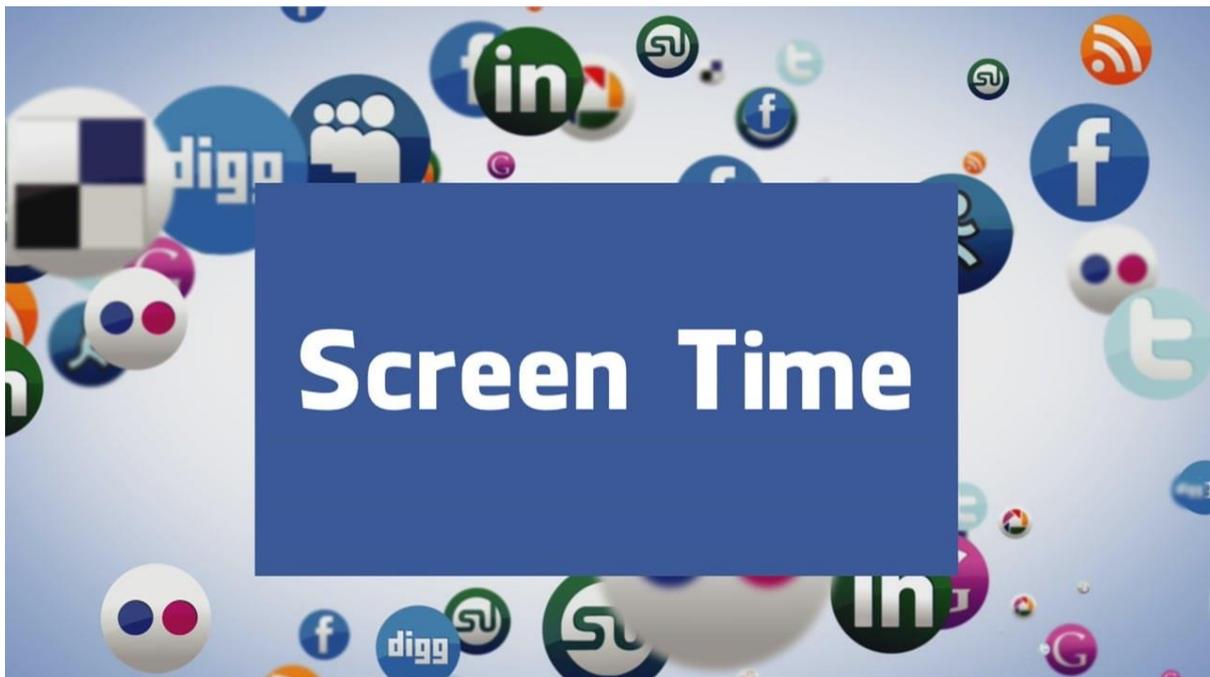


Anger Issues

Your guide to dealing
with anger

<https://youngminds.org.uk/media/3514/young-minds-anger-issues.pdf>

Screen time



Hot Topic - Screen Time How long is too long? - Advice from Webwise Unfortunately – there is no magic number; children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear boundaries on screen time and set a good example. ‘Screen time’ is an obsolete concept. As digital media becomes integrated into all aspects of daily life, it is more important to think about what your child is doing online and who they are doing it with than to consider arbitrary rules about time. Parents should find out whether their child is being productive versus passive online. Is your child learning online, doing homework or are they spending their time scrolling through social media? The internet can be a wonderful resource for children and teens, allowing them to learn, create and grow – but only if they are using it productively. Passive use of the internet, such as scrolling through social media can have negative effects on well-being. Video link: <https://bit.ly/3heWTRI>

1. Agree on a clear set of rules with your child on screen time in the home. . Do as you say.
2. Restrict the use of computers/devices in the bedroom.
3. Buy an alarm clock for your child’s bedroom and charge their phones in your room at night time.
4. Pick one evening a week where you do a family activity together
5. Join in –take an interest in their gaming/ online lives.
6. Try not to rely on screens too much to keep the kids amused.
7. Don’t have screens always on in the background.
8. Talk to your child about what they do online. Additional parental guides on security settings on devices and apps can be found at <https://nationalonlinesafety.com/guides>