

SAFE & Well



Gartree High School's Termly Safeguarding & Wellbeing Bulletin

Issue 4

Spring 2021

Welcome!

It has been a turbulent start to 2021 with the changing circumstances and the recent national lockdown. Students have shown great resilience during this time, but now it is more important than ever that we pay close attention to them and monitor for changes that could indicate they are struggling. We've tried to include a few more bits of information around local help this issue for you to use.

The start of February also saw us recognise Children's Mental Health Week (1st-7th Feb) and Safer Internet Day (9th Feb) – students received input on these topics in virtual tutorials and we touch on them again here.

Looking out for each other has never been more important than the last 12 months, so please keep doing so and sharing that message with our youngsters.

Stay safe!

The Social Dilemma

"The Social Dilemma" is a documentary currently airing on Netflix. It explores the meteoric rise of social media and the potential dangers that are inherent in its use.



In it we see how social media apps can tailor their content to the individual and how this can affect your choices, opinions and increase addiction. Social media can be a great tool, but the dangers are real. If you get chance to take a look at the documentary please do so – it's well worth the watch.



Online Safety

It was “Safer Internet Day” on Tuesday 9 February. Students received an input in tutorial on this topic and an annotated PowerPoint was sent home to parents with some, hopefully, useful information. This seems a good time to reiterate some basic guidance around online safety:

1. Think before you post – it’s an obvious one, but students are always surprised to hear when something they have posted has been shared with others (even when they think they deleted it). Once something is posted you lose control of it and it can end up anywhere.
2. Keep it private – most people understand not to post personal information online, yet still do. User names, photos of home or vehicles, school uniform can all help someone discover your identity. Keep user names general and photos infrequent and neutral.
3. Know your settings – ensure that you know how to adjust your privacy settings and filters and check them regularly. Most platforms will let you “see” how your profiles appear to strangers – this is well worth checking.
4. Don’t get involved – the online world can be a fantastic place; a hub of learning, discovery and interaction. Unfortunately, it can also be an easy place to be the victim of abuse, harassment and bullying. The “Block” and “Report” buttons are there to be used – use them.
5. Be sceptical – when striking up conversations with strangers on forums or apps be guarded and remember the rules above. Talk to your children about the dangers of meeting up with people they have only met online.

For more information visit: [Internet Safety Advice: Top 10 Tips for Parents \(webwise.ie\)](https://www.webwise.ie) and www.saferinternet.org.uk and for a video by our Head of Computer Science see here: <https://www.youtube.com/watch?v=GjFHwFwICIQ>



UK SAYS NO MORE


UK SAYS NO MORE is a national campaign aiming to raise awareness and end domestic abuse and sexual violence across the UK. The campaign provides resources to help organisations take action and work to make a difference.

Amongst the resources is a specific toolkit written by young people and designed to help parents speak to teenagers about healthy relationships and topics such as sex, consent and abuse.


You can find the resources here: <https://uksaysnomore.org/resources>

Are you concerned that someone you know is experiencing **domestic abuse**?

Download the free **Bright Sky** app, which provides support and information to anyone who is concerned that a friend, family member, colleague or neighbour is experiencing domestic abuse.



Bright Sky



Features include:

- ▶ Directory of UK specialist domestic abuse support services and helplines
- ▶ Questionnaires to assess the safety of a relationship
- ▶ Other resources and information on domestic abuse, sexual violence, stalking and harassment

Hestia.org/BrightSky

Download Bright Sky onto a device you feel safe using, and that only you have access to

Download on the App Store

GET IT ON Google Play

If you are in immediate danger, always call 999



Centre for Fun & Families



The Centre for fun and families is a charity that has been working with families in Leicestershire for over 30 years. They put families at the heart of everything they do and even offer free workshops and courses on themes such as the following:

- Helping my anxious child
- Managing my mind
- Overcoming anxiety
- Positive minds living with teenagers
- Parenting in a pandemic

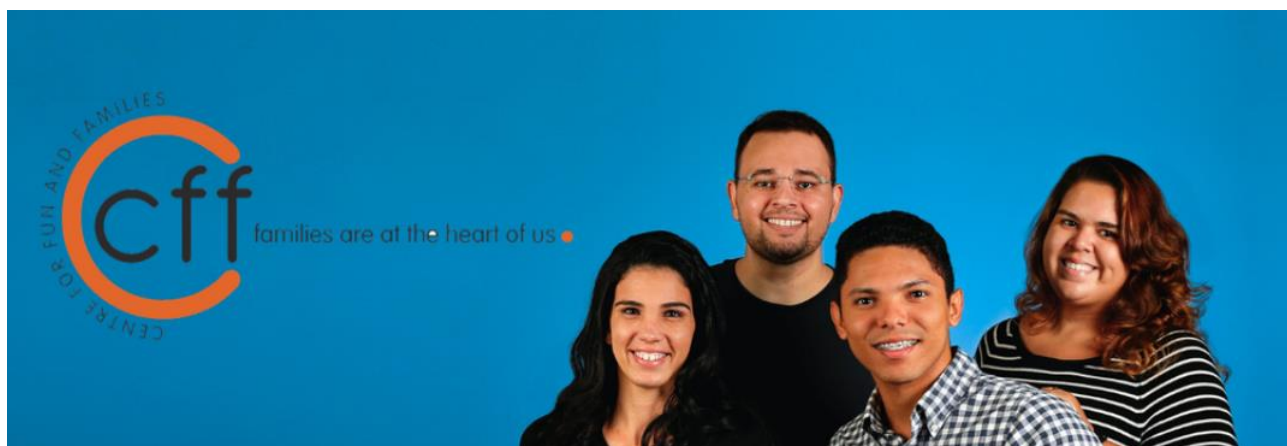
“We can help with young people and their parents/ carers with challenging behaviour, conflict, mental ill-health, anxiety and/or social, emotional or behavioural difficulties.”

The courses are designed for young people as well as their parents and can be accessed by completing a referral on their website.

For more information please see the following link:

[CFF \(Centre for Fun and Families Ltd\) - Home \(cffcharity.org.uk\)](http://cffcharity.org.uk)

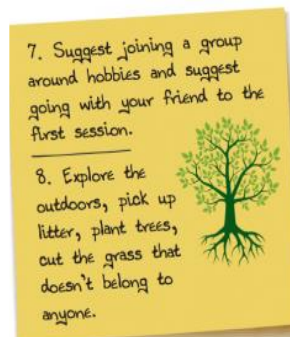
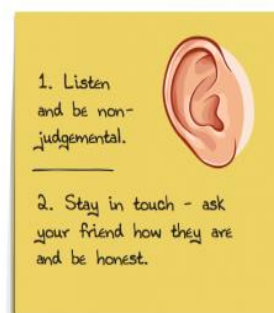
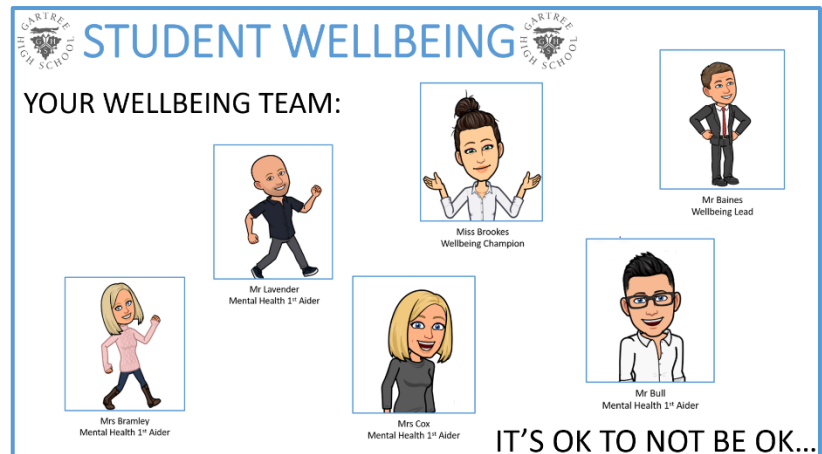
So we have a clear view of our students we ask that if you take up any of these offers you please inform us so we can best support your child.



Children's Mental Health Week

Children's Mental Health Week took place 1st- 7th February. These weeks are great to bring attention to matters like this, however we hope you would agree that Mental Health and wellbeing are important for all of us all of the time. We work hard at Gartree to ensure that students understand what Mental Health & Wellbeing are, strategies to maintain positive mental health and how to get support when they (or a friend) needs it.

Take a look through the usual links at the back of this edition for sources of further advice. However, for some quick tips on how to support friends or children struggling with their mental health take a look at the tips opposite.



Sources of Local Help

We recently wrote to parents with a directory of local and national agencies that the South Leicestershire Sports Partnership had compiled. The Local Authority have also produced a smaller version of this which we include below. As always, we include our normal list of useful contacts/websites at the end of this edition – there is always help and advice out there somewhere.



Well-being resource list for parents/carers during lockdown

Resource	Produced by	Internet Link
Practical guidance to support own well being	NHS	https://www.nhs.uk/oneyou/every-mind-matters/
Supporting families during lockdown	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/
5 ways to manage parents well being	BBC	https://www.bbc.co.uk/bitesize/articles/zrmhscw
Resources to help parent well being	BBC Bitesize	https://www.bbc.co.uk/bitesize/articles/zkyr47h
Parent/carer self-help advice	Anna Freud Centre	https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/
Top tips for parent/carer during lockdown	Anna Freud Centre	https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/
Parent/Carer support for pupils with SEND	BBC	https://www.bbc.co.uk/bitesize/articles/zh9v382
Parent survival guide	Young minds	https://youngminds.org.uk/find-help/for-parents/parents-survival-guide



Notices:

Let's Talk Wellbeing

We included this last time, but felt it worth mentioning it again. If you are aged 16 or over and suffering with anxiety or depression "Let's Talk Wellbeing" may be able to help you. Referrals can be completed by your GP or yourself. If successful, you will meet regularly with a therapist and discuss a programme of support and activities going forward. For more details please see:

<https://www.leicestercityccg.nhs.uk/my-health/leicesters->



Young Minds

With times being tough at the moment, mental health charity Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

YOUNG MINDS

Alter Ego

In the absence of in-school productions, our Y9-11 students had the opportunity to watch a powerful video put together by Alter Ego – a theatre company that visited us last year. The video focused on counter terrorism and how young and vulnerable people can be exploited by others – all part of the PREVENT programme. For more information please see here:

[AlterEgo CreativeSolutions](#)



Student Details

The usual reminder that as always, as part of our Safeguarding responsibilities, it is important that we have the correct details regarding students' contact details, medical information etc. Please remember to update these by contacting us:

admin@gartree.leics.sch.uk or 0116 2717421



Useful Websites/Contacts:

- www.itai.info/ - PREVENT information and advice
- www.anti-bullyingalliance.org.uk – Anti-Bullying information and advice
- www.bullying.co.uk – Anti-Bullying information and advice
- www.nspcc.org.uk – Support for many areas around child welfare & wellbeing
- www.childrenssociety.org.uk/ - Charity supporting vulnerable children
- www.childline.org.uk/ - Information and advice in lots of areas
- www.youngminds.org – Information and advice for young peoples' Mental Health, including a great section for Parents
- www.net-aware.org.uk/ - Parent guides to Apps and gaming
- www.bbc.co.uk/webwise/topics/safety-and-privacy/ - Online safety
- www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider - How to set Parental controls on your internet
- <https://lrsb.org.uk/> - Leicestershire & Rutland Safeguarding Board
- www.firstcontactplus.org.uk/ - Leicestershire advice and support
- www.fearless.org/en/campaigns/county-lines - Information on “County Lines”
- www.kooth.com – Free online counselling for young people
- <https://www.camhs-resources.co.uk/> - Resources from CAMHS
- safeguarding@gartree.leics.sch.uk – Gartree safeguarding email address

