



Safeguarding and Wellbeing Bulletin March 2021

We are continually working to support students in feeling well and safe at school, to enable them to “live life to the full”. Within school, Mrs Hughes, Mr Anderson and Miss Lambert make up the safeguarding team and are available, alongside the Year Leaders and Student Support, to offer support and guidance when needed. We have also developed our relationship with the NHS Wellbeing in Mind Team this year, to extend our wellbeing and mental health support offer. Students regularly see Jo, Kirsty and Denise in school, and they will also be joining in some PSHE sessions in the future.

Safety Awareness

The National Police Chiefs’ Council have recently developed a campaign to highlight how a silent 999 call can be made if someone is in danger. The steps can be seen below.

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.

#MakeYourselfHeard
#SilentSolution
www.policeconduct.gov.uk



Led by **IOPC** Independent Office for Police Conduct
Supported by **women's aid** and **NPCC** National Police Chiefs' Council

Online Safety

With children and adults spending extended periods of time online, online safety is always a hot topic.

Here are the **National Online Safety's** Top Tips:

- Monitor viewing habits
- Check online content
- Check age-ratings of apps to ensure that children have appropriate apps downloaded
- Change privacy settings, making accounts private and set content filters
- Let children know you're there, ensuring that there is support and advice should they need it
- Learn how to report and block on social media apps

Students are regularly reminded and taught about online safety, e.g. Year 9 have recently seen and discussed a clip from CEOP (<https://bbc.co.uk/programmes/p0110gpz>) which showed how simple information on a child's profile such as the name of their school can lead to a stranger being able to locate them.

Key Safeguarding Contacts:

Mrs Hughes (Designated Safeguarding Lead): z.hughes@bhs.hlt.academy
Mr Anderson (Deputy Designated Safeguarding Lead): r.anderson@bhs.hlt.academy
Miss Lambert (Deputy Designated Safeguarding Lead): s.lambert@bhs.hlt.academy

Further information can be found on the school website.

MISSING DAY OR NIGHT
Missing from home or education. Not knowing where they are or who they are with.

NEW PLACES
Discovering they have been going to new places where they have no obvious connections.

ONLINE USE
Spending more time online. Secretive activity, refusal to come offline. Have they distanced themselves from family, friends and usual activities?

INJURIES
Unexplained bruises, cuts, burns, marks. Reluctance to seek medical attention.

CHANGE IN APPEARANCE
Clothing, personal hygiene, talking differently, tired.

CHANGE IN BEHAVIOUR
Have they become unusually secretive, fearful or withdrawn, aggressive, distanced themselves from family and friends, involved in anti-social behaviour.

CHANGE IN FRIENDS
Sudden changes in who they are 'hanging out' with including meeting new people from social media.

COPIING MECHANISMS
Alcohol/drug use/self-harm – what they may be doing or using in order to cope.

POSSESSIONS
Unexplained items e.g. New clothing, money, phone, drugs.

EXPLOITATION AWARENESS DAY 18 MARCH

HELP US STOP EXPLOITATION

National CSE Awareness Day

It was National CSE (Child Sexual Exploitation) Awareness Day last week on 18th March. Here is some advice from the leading charity, NWG, surrounding keeping children safe from exploitation.

Whilst we hope that this is something that never happens to any of our students, family or friends, prevention is powerful. In order to prevent exploitation, we need to be aware of it and also the signs of it.

www.stop-cse.org

Wellbeing

We are using the 5 Ways to Wellbeing in school to promote positive wellbeing and mental health. A range of activities and initiatives are being utilised to encourage students to build great habits, e.g. the Race to the World (*be active*); thank you cards to staff, family and friends (*give and connect*) etc.

We hope that students take time to use these 5 ways in the Easter holidays too.

5 Ways to Wellbeing

There are 5 steps that you can take to improve your **mental health and wellbeing**. Trying these things could help you to feel more positive and to be to embrace *'living life to the full'*.



CONNECT	BE ACTIVE	TAKE NOTICE	KEEP LEARNING	Give
<p>Talk and listen. Be there for people. Feel connected, listening carefully.</p> <p>Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.</p>	<p>Move your mood. Find active things that you enjoy. Enjoy the endorphins.</p> <p>Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.</p>	<p>Remember the simple things that make you smile. Pay attention to the present moment.</p> <p>Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.</p>	<p>Embrace new experiences. Seek opportunities. Find out new information.</p> <p>Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.</p>	<p>Give your time. Give your words. Give your presence. Acts of kindness.</p> <p>Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.</p>

Support Available: Barlby Wellbeing Website

The school website has a wellbeing section, found on the main menu. Support for parents / carers as well as self-help guides created with the Wellbeing in Mind Team can be found on there. There is specific support for anxiety, stress, sleep, low mood, low self-esteem, self harm and body image (<http://www.barlbyhighschool.org/self-help/>) alongside information about our approach and contact details.