



Safeguarding and Wellbeing Bulletin March 2023

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 Gardner, Mrs Denham and Miss Lambert make up the safeguarding team and are available, alongside the Head of Houses, Mr Cartmail and Student Support, to offer support and guidance when needed. We also continue to grow our relationship with the NHS Wellbeing in Mind Team, who provide weekly support for our students.

Mental Health and Wellbeing support

If you visit the Barlby High School webpage - <https://bhs.hslt.academy/self-help/> - and click on self-help, there are a range of apps to help support your mental health (these are only a few suggestions as there are many more):



Manage fear, anxiety & stress
mypossibleself.com



Play your way to a calmer day!
chillpanda.co.uk



Google: Stress & Anxiety Companion



Google: eQuoo Emotional Fitness Game



Create a mood diary and track your mood
liverpool.ac.uk/it/app-directory/catch-it



Feel good & help you have a positive mind
feelinggood.app



Improve stress, sleep and reduce anxiety
calm.com

Additional online support can also be found below:

- **Yorkshire County Council** <https://www.northyorks.gov.uk/mental-health>
- The **GO-TO** <https://www.thegoto.org.uk/> The home of wellbeing and mental health for young people in North Yorkshire. They're there to help young people find the right help and support for them, to help them stay well, whatever is going on in their lives.
- **Battlescars** charity which provides information on self-harm [Battle Scars – Home \(Battle Scars Self-Harm.org.uk\)](https://www.battle-scars.org.uk/)
- **Be Aware** information on Exploitation [NYSCP \(safeguardingchildren.co.uk\)](https://www.nyscp.org.uk/)

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

Exam season is nearly upon us. Young Minds have produced a range of resources to support students through this busy period- <https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams/>

YOUNGMINDS

Well-being Award for Schools (WAS)

Letters went out to parents in February. Students who have not opted out will be completing the students survey over the next two weeks.

If you have not already done so, could you please complete the parent survey-

<https://forms.gle/NeGpe9wAa41nTd5z6>

The information collected will enable the school to write an action plan to improve the mental health of all our pupils, parents and staff.



Safeguarding

OPERATION
ENCOMPASS

Charity no. 1169147

For more information please contact
info@operationencompass.org

Barlby High School is an Operation Encompass School

Children are now recognised as victims of domestic abuse in their own right in the new Domestic Abuse Act 2021.

There are estimates that between 830,00010 and over a million11 children live in homes where there is Domestic Abuse.

Operation Encompass is a police and education early information safeguarding partnership enabling schools to offer immediate support to children experiencing **domestic abuse**.

What happens:

- Operation Encompass will ensure that ALL incidents of Domestic Abuse are shared with schools, not just those where an offence can be identified.
- The school is notified PRIOR to the start of the school day in order to plan for timely support.
- **The school will not ask the child about the incident – we are here to ensure they are safe.**

TikTok Challenge – Please be aware.

The Blackout Challenge

It is referred to as the choking or passing out challenge.

The challenge asks users to film themselves holding their breath for as long as possible in a completely dark room. The goal is to see how long they can last without passing out. The lack of oxygen eventually leads to them passing out and this may cause brain damage or even death.

This has happened in some local schools.



How are they taken?

Inhalants are breathed in through....



Sniffing
or snorting
fumes from
containers



Spraying
aerosols
directly
into the
nose or
mouth



Bagging
—sniffing
substances
sprayed
inside a bag



Huffing
from an
inhalant-
soaked rag
stuffed in
the mouth



Inhaling
from
balloons
filled with
nitrous
oxide

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Other worrying trends in teenagers – inhaling deodorants.

This is done to get a 'high'. Immediate side effects include:

- dizziness drowsiness
- slurred speech lethargy
- Nausea
- vomiting
- hoarse or croaky voice
- to name but a few.

BUT it can be fatal.

If you are worried or need support and advice talk to FRANK -
<https://www.talktofrank.com/>

Key Safeguarding Contacts:

Mrs Denham (Designated Safeguarding Lead): s.denham@bhs.hlt.academy

Miss Lambert: (Deputy Designated Safeguarding Lead): s.lambert@bhs.hlt.academy