



Safeguarding and Wellbeing Bulletin July 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, Student Support and form tutors, 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 or students.

The summer holidays are nearly upon us, remember when school is not open there are a wide range of support and contact information that can be found on the Wellbeing page on the school website. This is currently being updated along with additional online safety information.

Students have also been given a ‘Wellbeing Card’ (wallet size) with lots of useful contact numbers and information to support their emotional wellbeing – if you would like one they are available at school reception – you could also pass it onto someone else who may need support.

SENDIASS North Yorkshire: Special Education Needs and Disabilities information, advice and support service. A confidential and impartial service that provides information and advice on SEND policy, process and law. We can help children, parents & young people take part in decisions that affect their lives.

Contact: 0808 808 35555. Website: sendiassnorthyorkshire.co.uk

Childline Free 0800 1111 childline.org.uk
Bereavement 0808 808 1677 cruse.org.uk
Young Minds Text YM free to 85258 youngminds.org.uk
SHOUT Text 85258 (24/7)
Buzz Us Mental Health Support 07520 631168
Samaritans Call free 116 123 samaritans.org
CAMHS Crisis 0800 0516 171
Selby Food Bank 01757703426
NHS 111 (24/7)
Police 999 or 101 non-emergency
BEAT - <https://www.beateatingdisorders.org.uk/> eating disorder support

Mobile Phone Apps for Mental Health

 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
 Mood diary liverpool.ac.uk/it/app-directory/catch-it	 Improve stress, anxiety & sleep calm.com
 Feel good, have a positive mind feelinggood.app	

We now have 9 staff trained in Mental Health First Aid – they will making up our Mental Health & Wellbeing Team (MH&WB)

In September we will be looking for Mental Wellbeing Ambassadors to support student wellbeing. If your son/daughter is interested please ask them to contact Mrs Denham.



Family First

Proudly supporting Public Health England in improving the physical & mental wellbeing of families living in England.

Helping millions of families stay bored-free this summer.

100% free to all parents – enjoy!

[Click here](#)

- Free Family Days Out ✓
- Family Travel ✓
- The Great Outdoors ✓
- What's On This Summer ✓
- Parenting Hacks ✓
- Children's Fashion ✓
- Healthy Recipes ✓
- Toys & Games ✓



Key Safeguarding Contacts:

Mrs Gardner (Principal):
a.gardner2@bhs.hslt.academy
 Mrs Denham (Designated Safeguarding Lead):
s.denham@bhs.hslt.academy
 Miss Lambert: (Deputy Designated Safeguarding Lead):
s.lambert@bhs.hslt.academy



Safeguarding

Water Safety

With the current warm weather, we are aware that some students have been visiting or may visit local sites of open water. Every year, on average, 420 people lose their lives to water related incidents – most of which could be avoidable. Did you know that 43% of people would jump into water to save somebody? A completely natural instinct, but without the correct knowledge and training this is often risky and life threatening.

The Royal National Lifesaving Society have a free online tool kit to discover skills to enjoy water safety – [click here](#) for the Lifechanger Toolkit.



Trespassing includes:



You vs. Train

What is trespassing? If you step on a railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. **This dangerous and illegal.**

When you step onto a track you face 25,000 volts of electricity, 400 tonnes of train, and the electrified third rail.

The British Transport Police have launched a new campaign – called 'You vs. Train' – which is targeted at teenagers to make them face the serious and devastating consequences for them and their loved ones when they make a potentially life-changing decision to ignore warnings and go onto the railway. [Click Here](#) – for further information on 'You vs. Train'

What is an e-scooter?

Electrical scooters (also known as e-scooters) come under the category of "powered transporters"; this covers a range of personal transport devices which are powered by a motor. E-scooters are classed as motor vehicles under the [Road Traffic Act 1988](#). Which means the rules that apply to motor vehicles, also apply to e-scooters including the need to have a licence, insurance and tax.

It's legal to use an e-scooter on private land with the permission of the land owner.

If you're using an e-scooter in public in an antisocial manner, you can also risk the e-scooter being seized under [section 59 of the Police Reform Act](#).

How to enjoy the sun safely



Find shade
Take a break under trees, umbrellas or head indoors



Cover up
Wear a loose, long-sleeved top with a hat and sunglasses



Use sunscreen
On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating

Together we will beat cancer



Online Safety – Stay Safe this summer from National Online Safety

National College have produced a range of resources including #WakeUpWednesday guide to provide tips to stay safe in the digital world this summer.

Top tips include:

- **Online friendships** – think of your online world as an extension to your offline friendships. Be careful how you word things – consider whether important conversations, such as resolving conflicts, might be better done face to face.
- **Be respectful** – Respect your friends on Social media – don't post pictures that they might find embarrassing without asking first. Be mindful how your posts make people feel.
- **Be aware of your digital footprint** – Remember that once an image or file is online it's likely to stay there forever.
- **Protect our identity** – never give out personal information – check your privacy settings and make sure only friends can see your posts.
- **Keep a healthy balance** – Don't spend too much time online – do fun 'real world' things!