



Safeguarding Newsletter

Issue 6 – 23.10.23

Nothing is more important to us than the safety and welfare of our pupils.

We are fully committed to safeguarding and promoting the welfare of our children and young people within our school. We work closely with families and a range of professional external agencies to secure this and follow Dudley Safeguarding policies and procedures within our school.

We hope you find this Safeguarding Newsletter useful and aim to send at least one each half term.

Reflexions

Who are they?

Reflexions is an NHS Mental Health Support Team that has been set up to work at the tier above the school nurse and below CAMHS. It is a service dedicated to increasing access to Mental Health support for school age young people. We have a dedicated worker who works with Peters Hill staff and families for the equivalent of one day a week.



What do they offer?

- ✓ One to one Low/High Intensity CBT for pupils who may be struggling with exam stress, low mood, sleep problems, low self-esteem, or anxiety.
- ✓ Small group work for pupils on shared concerns such as transitions, managing friendships, anxiety, and exam stress.
- ✓ Parent workshops on issues such as social media and mental health, anxiety, managing transitions.

If you think your child would benefit from this service, school can make a referral for an assessment or you can contact them directly on **01384 324689** or email bchft.reflexions@nhs.net to find out more.

Our Reflexions worker will be hosting a drop in session for parents who want to find out more or discuss an area of concern during parents evening on **November 16th 3.30 – 5pm** in the meeting room by the main front door. We also have some focussed workshops for parents in the Spring term.



Parent Workshops

All parent workshops will take place at 2pm, we will write nearer the time but some advance warning for some dates for your diaries.

- 19.1.24 – Social Media and Mental Health – aimed at parents in Y3, 4, 5 and 6
- 2.2.24 – What is Anxiety – aimed at parents in Y2, 3 and 4
- 7.6.24 – Transitions and moving to Secondary School – aimed at parents in Y6.

You can email into reserve@petershillprimary.org anytime to reserve your place at the workshops.

Peters Hill Primary School

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Happier Minds

www.happierminds.org is a website with a wealth of information related to Mental Health. It is devised by specialists within Dudley and aimed at Dudley schools and families. You can 'enter' the site as a parent or a child and find support and research on a number of issues including anxiety, well-being, transitions to secondary school and exam stress to name a few.

Other Helpful Sites Include:

- www.youngminds.org.uk
- www.mind.org.uk
- www.annafreud.org
- www.place2be.org.uk

NSPCC

Over 105,000 ChildLine counselling sessions in the past year were for children struggling with mental health issues. Of these, 30,000 were specifically related to stress and anxiety.

The top 5 issues children and young people raised when speaking to Childline about their mental health were:

- Anxiety and stress - 31,143 counselling sessions
- Low mood and unhappiness - 14,253 counselling sessions
- Depression - 6,389 counselling sessions
- Loneliness - 5,109 counselling sessions
- Accessing support and services for mental health - 6,397 counselling sessions

It can be hard for parents to accept that their child may be struggling with mental health issues, such as depression or anxiety. However, it is crucial that young people feel supported, reassured, and not judged by the adults in their lives.

Adults can support young people's wellbeing in a range of ways, including:

- letting them know you're there for them and are on their side
- being patient and staying calm and approachable, even if their behaviour upsets you
- recognising that their feelings are valid and letting them know it's okay for them to be open and honest about their emotions
- thinking of healthy ways to cope together, like yoga, breathing exercises or mindfulness

If you have any concerns, or want more information and advice, you can contact the Helpline.

We have information pages on children's mental health, including depression, anxiety, suicidal thoughts and self-harm. We also have support for parents who are struggling with their own mental health.

All children can speak to a trained counsellor on Childline, over the phone on **0800 1111**, via email, or 1-2-1 chat. Children can also visit the Childline website for more information and advice on mental health and how to cope.

Meet our Safeguarding Team

Tracy Curnin



DSL

Simon Duncan



Deputy DSL

Hayley Owen



Deputy DSL

Ellen Foxall



Deputy DSL

Karen Bridgwater



Safeguarding Officer

Peters Hill Primary School

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