

Safer Newsletter

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Our Safeguarding Team

Safeguarding is everyone's responsibility at Peters Hill but we have staff with designated responsibilities for Safeguarding. We have a Designated Safeguarding Lead (DSL) and a group of deputies. We also have a dedicated Safeguarding Officer.

Meet the team below.

If you have any concerns you can contact any of the Safeguarding Team who will deal with your concern promptly, confidentially and without judgement.

Meet our Safeguarding Team					
					
Tracy Curnin DSL	Simon Duncan Deputy DSL	Hayley Owen Deputy DSL	Ellen Foxall Deputy DSL	Stephen Porter Deputy DSL	Karen Bridgwater Safeguarding Officer



HENRY supports families to build healthier habits and routines that support children's physical and emotional wellbeing, right from the start and as they grow.

A range of free, friendly and practical sessions are available to parents and carers in Dudley with children aged 0-12, as well as those expecting a baby. The Autumn term timetable has now been uploaded, scan the QR code above for more information!

Online wellbeing

Discover six tips to improve your family's online wellbeing.

For six tips on keeping your family safe online, follow the link to the NSPCC website.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/>

YOUNG MiMDS

Young Minds is a charity offering a wealth of resources for families on a huge range of Mental Health topics. They also offer a free helpline if you need to talk to someone.

Details in the pink box.

You can find out more on the following website;
<https://www.youngminds.org.uk/parent/>



Speak to us on the phone



Call our Parents Helpline for free on 0808 802 5544.

We're open Monday to Friday. You can call us:

- from 9.30am - 4pm on Mondays, Thursdays and Fridays
- from 9.30am - 6pm on Tuesdays and Wednesdays

kooth

Kooth.com is a free, safe and anonymous online mental wellbeing community for children and young people aged 11+.

They have a range of different features that support their service users, including:

Articles written by Kooth users (children and young people)

Discussion boards and live forums

Mini activity hub

My goals tracker

Personal journal

Chats (text based) with our friendly team of qualified professionals up to 10pm each night, 365 days per year.

Kooth is easily accessible and young people can sign up to the service at www.kooth.com



Reflexions is a mental health team working within the NHS.

It is designed to support children and families who may be waiting for support from CAMHS.

They can support individuals, groups or families in a number of ways and they also come into school and work with individual or groups of children.

One of their offers is to deliver parent workshops on a variety of topics.

At Peters Hill this Autumn Term we will be hosting the following parent workshops;

11 November 2pm – Introduction to Reflexions
25th November 2pm – Talking to my child about Mental Health
16th January 2pm – Importance of Sleep

Please call the school office to reserve your place at one of these workshops (01384 816740) If you would like to discuss the support Reflexions may offer your child or family, please contact Tracy Curnin or Karen Bridgwater for more information.

If you are concerned about the welfare of a child, you can contact Children's Services directly via the information below;

Children's Front Door

Telephone: 0300 555 0050 (select option 3)
Opening hours: 9am to 5pm, Monday to Friday

Emergency Duty Team

Telephone: 0300 555 8574 (Out of office)
Open 5pm to 9am, Monday to Friday, 24 hours at weekends and on bank holidays

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

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Every Wednesday the National College release a 'Wake Up Wednesday' parent guide.
Sign up via X, Facebook, Instagram or Tik Tok to get these each week.