

SAFEGUARDING NEWSLETTER

Welcome!



Bishop Alexander L.E.A.D. Academy
A L.E.A.D. Academy

What is Safeguarding?

Is defined as:

- Protecting children from harm.
- Preventing impairment of children's health and development.
- Enabling safe and effective parenting.
- Giving children equal opportunities in life.

Safeguarding children is the term used to cover all aspects of promoting a child's welfare, including all the things listed in the definition above, such as protecting a child from maltreatment, aiding their development, keeping them safe and ensuring they have the best outcome in life.

Child protection is the single aspect of safeguarding children that is focussed on protecting a child who is suffering from, or has the potential to suffer from, significant harm.

Significant harm can include maltreatment, abuse and neglect, pre-meditated abuse, a single traumatic event or an accumulation of events that damage the child's physical and/or psychological development.

Safeguarding



Children

What does that mean in School?

Safeguarding covers a wide range of things in school. Just a few areas are listed:

- The procedures we follow to ensure we have suitable staff in post
- Staff training on all aspects of keeping children safe
- The curriculum we provide to ensure children know about risk taking, diversity, bullying, healthy eating, healthy lifestyle, managing relationships, e-safety etc.
- Attendance monitoring -ensuring children receive their entitlement to education
- Health and Safety of the site
- Behaviour of children in school (as set out in the behaviour policy)
- *PLEASE SEE OUR CHILD PROTECTION AND SAFEGUARDING POLICY WHICH IS AVAILABLE ON OUR WEBSITE*

E-safety

You will by now have received your first e-safety newsletter.

We are keen to ensure you are able to support your children to keep safe online. It really is a minefield and an ever-changing landscape.

Please let us know what you think of the newsletter and if there is anything you would like us to cover.

Mr Thomas is responsible for this, so feel free to contact him for further advice

Who Can Help?

Each School has a Designated Safeguarding Lead (DSL). At Bishop Alexander LEAD Academy, this is Mrs Spencelayh. Other staff trained in this role are Mr Ward, Mrs Lax, and Miss Tyers.

Shelly Fitzpatrick is our family worker and she can support families during times of need or signpost them to agencies for support

Rob Jones is our attendance officer and he can support with all issues regarding attendance

Focus on: Bereavement

- This can be a very difficult subject to approach with children and young people. There is no right or wrong answer of how to deal with bereavement and how children react to it will vary too. The careful balance of how much to talk about it, and what to say can be confusing.
- See below for some helpful websites:
- <https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>
- <https://childbereavementuk.org/>
- https://www.winstonswish.org/wp-content/uploads/2017/12/ww-0112-guideforpar.pdf?mc_cid=0ff06df95c&mc_eid=a978afb2a7

Focus on: Low Mood

Associate Professor of Child and Adolescent Psychiatry at the University of Oxford, Mina Fazel, has developed this free infographic to help young people recognise and improve the symptoms of low mood.

Useful Phone Numbers

Multi Agency Safeguarding Hub (MASH)

0300 500 8090

(ANYONE can make a referral -don't wait for someone else to do it!)

Nottinghamshire Prevent Team

101 ext 2962/2963

NSPCC Whistle Blowing Helpline

0808 800 5000

Childline

0800 1111

FGM Helpline

0800 028 3550

In partnership with **bank workers charity** **Coping with your low mood** **UNIVERSITY OF OXFORD MEDICAL SCHOOL**

9 Common Causes of Low Mood

- Bullying
- Falling behind with school work
- Family problems and arguments
- Loneliness
- Traumatic events
- Physical health problems
- Family history of depression
- Moving school or home
- Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological

- Frightened, worried or anxious
- Upsetting thoughts
- Guilt
- Lack of interest and motivation
- Isolating yourself
- Sad and tearful

Physical

- Aches and pains
- Self-harm
- Disturbed sleep
- Changes in appetite
- Tired

8 Ways To Help Yourself Feel Better

- Spend time with a friend
- Keep active
- Sleep well every night
- Eat healthily and regularly
- Avoid drugs and alcohol
- Listen to music, draw, read or write a diary
- Speak to an adult (parent, teacher or health worker)
- Plan something to do each day

Places where you can get more help

- Charities**
Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk: 0800 1111
Samartans.org: 116123
- Books**
For a list of helpful books:
Reading-well.org.uk
- Contact a parent, teacher or:**

Produced by The Bank Workers Charity in collaboration with Mina Fazel and Tamsin Ford
www.bwcharity.org.uk