

SAFE & Well



Gartree High School's Termly Safeguarding & Wellbeing Bulletin

Issue 5

Spring 2021

Welcome!

Welcome to the 5th issue of Safe & Well. We've had lots of interesting developments around Wellbeing at Gartree of late. As COVID restrictions decrease our Wellbeing Ambassadors have managed to begin some of their projects and they explain more in this issue. We have also launched a new whole-school approach towards Wellbeing known as Look-Listen-Link and we give details in here. Finally, we have promoted Mental Health Awareness week in May.

This year has shown, more than ever, the importance of wellbeing and looking out for each other and we are hopeful the changes we have introduced over the last 12 months mean that our school community is in a far better position than ever to do just that. We hope you enjoy this issue and find something that may be of interest to you or your young one(s).

Stay safe!

Social Media Guides

Police Digital Security Centre (PDSC), working with Child safe VPN, have created a set of useful infographics about cyber-safety aspects of the main apps and sites that young people may come across. These include generic advice around staying safe online as well as site-specific guidance to help you and your children stay safe when online.

The individual Social Media guides cover all of the current apps that are popular with young people including TikTok, Snapchat and Youtube. Finally, they give some sound advice around setting up and monitoring parental controls. See it all here:

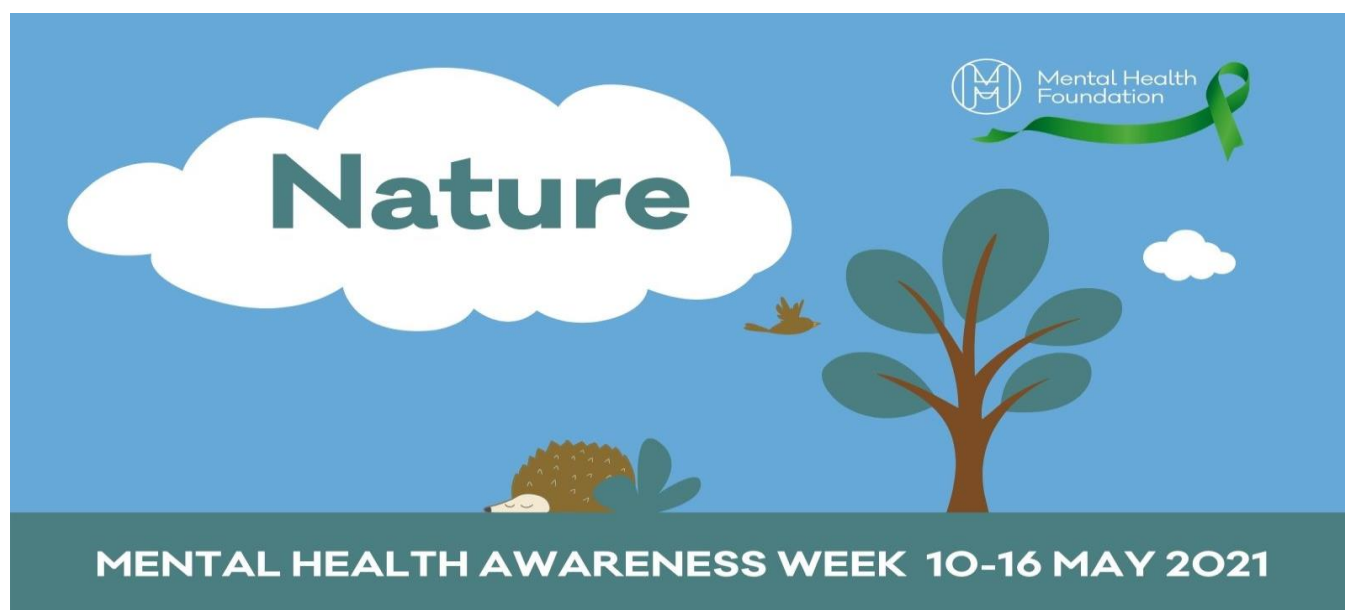
<https://www.policedsc.com/security-advice/safeguarding>



Mental Health Awareness Week

Back in May we celebrated Mental Health Awareness Week. This year's theme was around getting back to nature and students completed activities in tutorial and were shown the following clips around this theme. The clips were put together by the South Leicestershire School Sports Partnership and are well worth a watch.

Theme	Link to Video/Length
Introduction to Mental Health and Nature	https://youtu.be/05tJur5aMJ4 7.02
Anxiety and Nature	https://youtu.be/E0skgPerWEA 6.46
Physical Activity and Nature	https://youtu.be/tEBWNUW2OyY 5.06
Helping Nature	https://youtu.be/gzOrau3E-Uw 4.14
Internet Well-being	https://youtu.be/6Cl8GoFrM0 10.17




Tied in with mental Health Awareness week, Charlie Waller is a charity with a vision to educate people so that they can have a better understanding and be better prepared to cope with wellbeing and mental health issues. They offer bespoke training but also a fantastic range of free resources and guides covering topics such as, self-harm, anxiety and perfectionism. Take a look at the following link that shows of the range of guides available and explore the website for more information: [Free practical mental health resources | Charlie Waller Trust](#)





Look-Listen-Link

This term we have launched a new whole-school approach to wellbeing amongst our students and staff. Look-Listen-Link is a Psychological First Aid response to traumatic incidents or general wellbeing concerns in people.




STUDENT WELLBEING






Look

For signs of distress or struggling.



Listen

Be empathetic.
Build understanding.
Be kind.



Link

To sources of support.
Friends. Wellbeing Board.
Staff.

IT'S OK TO NOT BE OK...

At Gartree we encourage all students and staff to:

Look – Look out for each other, notice changes in mood, appearance and behavior. Is this a cause for concern?

Listen – Take time to talk but, more importantly, listen to that person with empathy – what are their concerns? How are they feeling? Listening is one of the most powerful things we can do to support each other.

Link – Link them to sources of support which could be general advice, websites, interventions or agencies.



Healthy Relationships

There's been quite a lot in the media recently around the importance of healthy relationships and positive behaviour between people. We broach these subjects at Gartree regularly through pastoral interventions, work in tutorial and our PSHE curriculum. The statutory changes to Relationships & Sex Education and Health Education have brought these themes to the forefront and we discuss areas such as commitment, respect, honesty, trust, boundaries and consent as we tackle Healthy Relationships in our PSHE offer.



It's really important that parents and staff can speak freely and regularly to their youngsters around these themes. Therefore, as part of our approach we felt it would be good to share with you the following links around Healthy Relationships.

- There is an abundance of information and resources on how to speak to your children about Consent here: <https://www.nsvrc.org/blogs/how-parents-can-talk-their-kids-about-consent>
- "Your Amazing Teen" has some excellent information about Healthy Relationships and how to try to support your children understand what these are and how to achieve them: <https://youramazingteen.com/teen-healthy-relationships/>
- "Think U Know" has resources and advice filtered by age: <https://www.thinkuknow.co.uk/>
- Finally, "Parents Protect" have produced an online training programme for parents around sexual abuse – spotting risks, identifying signs and seeking support. This can be found here: <https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.htm>

If you or your child have any concerns about this and want some support or advice please speak to us and we will do all we can to help.



Wellbeing Ambassadors

Wellbeing ambassadors are a relatively new initiative organised by the Learning South Leicestershire Sports Partnership. Last year the LSLSP took students from different schools in Leicestershire and spent a day training them on all things “wellbeing” with a vision that they could then go back to their schools and work on projects to promote wellbeing and health. Unfortunately, COVID-19 stifled most of these plans last year but, this year a new set of ambassadors from Gartree were able to be trained remotely and have been busy getting started with some key areas of development as they explain below.



“Hi! We are the Wellbeing Ambassadors, a group of people who are trying our best to help students improve their mental health and to become happier. Due to the current Lockdown students may feel a bit down and not as happy as they used to, we would like to change that! So far, we have created a box where people can anonymously share their concerns and worries with us so we can give them advice. We have also created a weekly podcast where we talk about ways to stay safe and mentally healthy. In the future we hope to do some charity work too, not only does it help people in need, but it makes you feel good for helping other people too!”

We really value these roles and hope that as “normality” gets closer we can establish and embed this role further at Gartree.

*Thanks to Miss Brookes and Miss Baker for organising the students from Gartree.



Notices:

Urgent Mental Health Help

Central Access Point is an emergency contact within the NHS available for anyone who needs urgent support with their mental health. They can be contacted on 0800 800 3302 24 hours a day, 7 days a week. More details can be found here: [Urgent mental health help \(Central Access Point\) - Leicestershire Partnership NHS Trust \(leicspart.nhs.uk\)](https://leicspart.nhs.uk/urgent-mental-health-help)



MeToo



The MeToo App is a new app which allows you to talk anonymously about difficult things with other people of a similar age or experience. You can get help with your problems or use your experiences to help others. The app is a safe space where all posts and replies are checked before going live so there is no harassment, bullying or grooming.

More info available here:
<https://www.meetoo.help/>

Young Minds

YoungMinds have created a free Crisis Messenger text service that provides 24/7 crisis support across the UK. If your child is experiencing a mental health crisis and need support, you can text YM to 85258. More details available here: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>



Student Details

The usual reminder that as always, as part of our Safeguarding responsibilities, it is important that we have the correct details regarding students' contact details, medical information etc. Please remember to update these by contacting us: admin@gartree.leics.sch.uk or 0116 2717421



Useful Websites/Contacts:

- www.itai.info/ - PREVENT information and advice
- www.anti-bullyingalliance.org.uk – Anti-Bullying information and advice
- www.bullying.co.uk – Anti-Bullying information and advice
- www.nspcc.org.uk – Support for many areas around child welfare & wellbeing
- www.childrenssociety.org.uk/ - Charity supporting vulnerable children
- www.childline.org.uk/ - Information and advice in lots of areas
- www.youngminds.org.uk – Information and advice for young peoples' Mental Health, including a great section for Parents
- www.net-aware.org.uk/ - Parent guides to Apps and gaming
- www.bbc.co.uk/webwise/topics/safety-and-privacy/ - Online safety
- www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider - How to set Parental controls on your internet
- <https://lrsb.org.uk/> - Leicestershire & Rutland Safeguarding Board
- www.firstcontactplus.org.uk/ - Leicestershire advice and support
- www.fearless.org/en/campaigns/county-lines - Information on “County Lines”
- www.kooth.com – Free online counselling for young people
- <https://www.camhs-resources.co.uk/> - Resources from CAMHS
- www.annafreud.org/ - Excellent advice and support for families on wellbeing/mental health
- safeguarding@gartree.leics.sch.uk – Gartree safeguarding email address

