

SAFE & Well



Gartree High School's Termly Safeguarding & Wellbeing Bulletin

Issue 2

Summer 2020

Welcome!

Welcome to the second issue of "Safe & Well", our Termly Safeguarding and Wellbeing Bulletin. It goes without saying that we are all dealing with very difficult and uncertain times at the moment. Despite this it has been great to see the many acts, both nationally and locally, of people pulling together to support one another.

With things changing so rapidly, it's difficult to produce a Bulletin that accurately addresses some of the concerns that we all have, but hopefully you will find some of the information contained here to be useful.

Stay safe!

The importance of sleep

An often overlooked part of positive Wellbeing is sleep. We all need it and it can have a huge impact on our mood, decision-making and ability to work. Here are some top tips:

Tips for Better Sleep

Sleep is increasingly being recognized as an important determinant of health, and an integral component of healthy living for children.

Follow Routine

Help develop sleep strategies and routines. Children aged 5 to 13 years need 9 to 11 hours of uninterrupted sleep per night, and teens aged 14 to 17 years need 8 to 10 hours of uninterrupted sleep per night.



Stay Consistent

Encourage your child to keep bed and wake-up times as consistent as possible.



Avoid Electronics

Turn off all electronics (e.g., computers, televisions, tablets, and cellphones) at least one hour before bed. Have a "no electronics in bed" policy.




Keep Calm and Sleep On

Encourage a calm environment around bedtime. Decrease noise, turn down lights, read, or listen to relaxing music.



Get Enough

Don't make sleep a battleground. Talk to your child about the importance of sleep and encourage them to get enough.



Catch Up

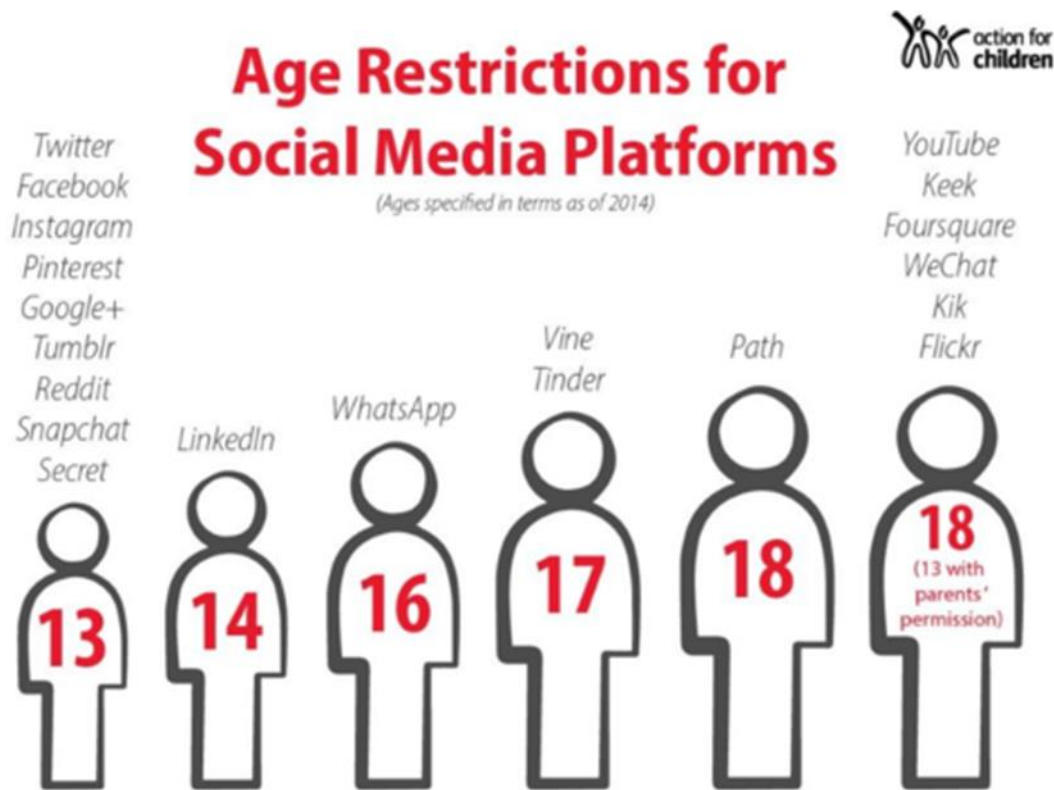
Your child can catch up on their sleep on the weekends. Let them sleep longer when possible but encourage them to get up before noon to avoid insomnia or trouble sleeping at night.





Online Safety

With the current events meaning more time is being spent on phones, tablets and computers, this issue, we thought it would be timely to give out some general tips about using Social Media.










Whilst the above ages provide clear information, sensible and safe use is just as important, if not more so:

- Create a set of rules with Internet and App use – e.g. time limits, site restrictions, profiles kept “private”, breaks scheduled in etc.
- Encourage internet use in “Family rooms” at home.
- Keep a copy of your child’s log in and password for apps – make this part of the rules you have when allowing them access.
- Contact your Internet Provider to discuss security settings around internet use and regularly check security settings on each App (these can change without informing you).
- Lead by example and role model good Internet/App use.
- Talk regularly with your child about safe Internet/App use – do they actually *know* their “friends” on these sites?

Finally, see the back page for some useful websites with great information on Internet safety.



Gartree High School's 25 ways to wellbeing during Self-Isolation...

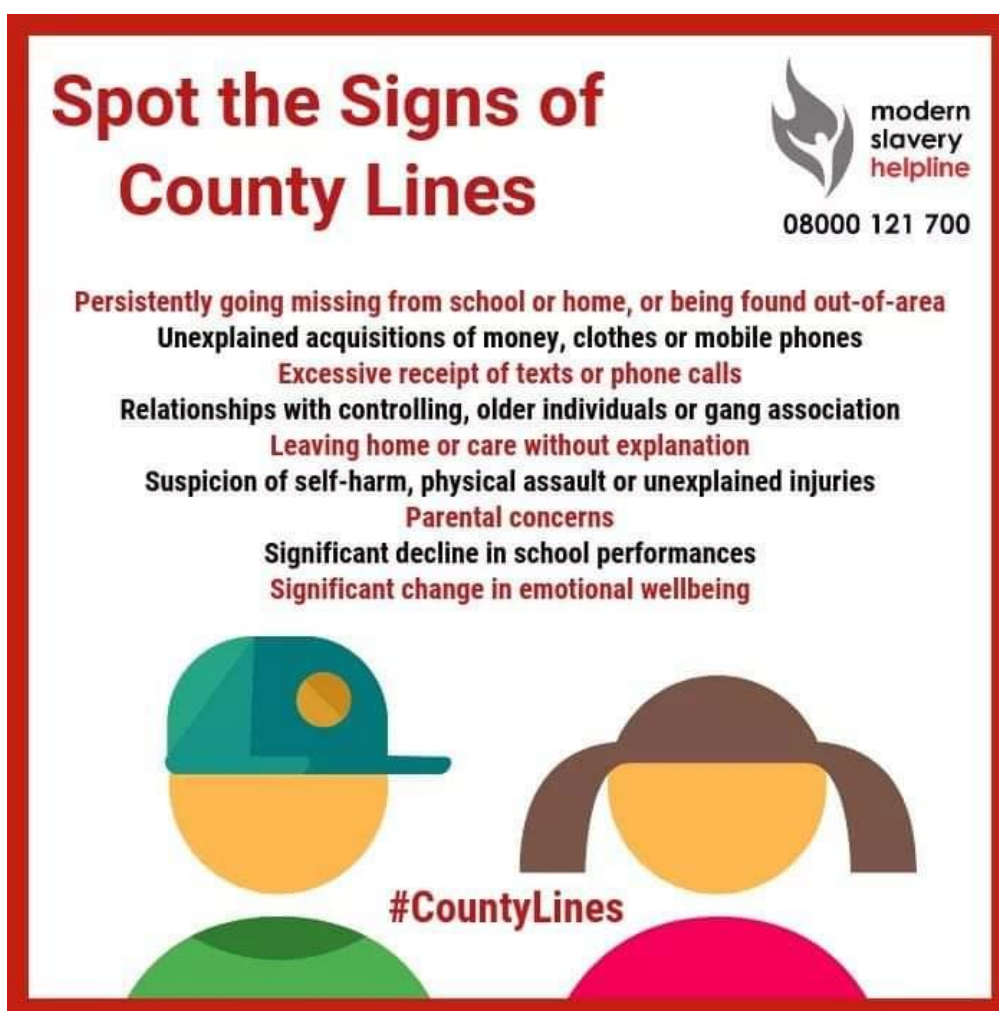
<p>Get Moving!</p> <p>Try to incorporate exercise into your daily routine.</p> 	<p>Ready, Steady, Cook!</p> <p>Cook a meal or bake a cake. There are some fantastic & easy recipes online.</p>	<p>Stay Connected!</p> <p>Make sure you keep in touch with your family & friends. Phone, e-mail, message etc.</p>	<p>Rainbows!</p> <p>Draw or paint a rainbow and display it for others to see.</p> 	<p>The Sound of Music!</p> <p>Use this time to listen to some music – Google “Classic albums” & work your way through the list.</p>
<p>Happy Snapping!</p> <p>Experiment with your mobile phone and take some interesting photos; adjust the angle, distance, colours and exposure for some great results.</p>	<p>Invent!</p> <p>Try to invent something the World needs. Identify a problem then try to create the solution.</p> 	<p>Green Fingers!</p> <p>Help your parents in the garden, cut the lawn, paint the fence or try to grow something – it can be very therapeutic.</p>	<p>Create a Story!</p> <p>Or a movie, or poem or song. Spend some time with a pen, some paper and your imagination.</p>	<p>Help Others!</p> <p>Is there anyone local in need you can help? It might just be a phone call or adding some items to your parents’ shopping list (ask your parents first though!).</p>
<p>Research!</p> <p>Always had something you didn’t fully understand? Henry VIII, Global Warming or Space? Take the time to look into it.</p>	<p>RAK!</p> <p>Perform a random act of kindness for someone. This may need some imagination due to social isolation, but there are some great ideas online.</p>	<p>Learn a New Skill!</p> <p>Learn another language, a musical instrument, magic tricks or sign language.</p> 	<p>Mindfulness!</p> <p>Have a go at Mindfulness, download an app and start to live in the moment today.</p>	<p>ZZZZZZZZZZZZZZ!</p> <p>Get plenty of sleep, but try to stick to your regular sleeping times.</p> 
<p>Eat Healthy!</p> <p>Eat plenty of fruit and Veg and drink lots of water.</p> 	<p>Get Outside!</p> <p>Obviously we are limited where we go, but don’t underestimate the importance of getting some natural light.</p>	<p>Keep Clean!</p> <p>Take regular showers and stay clean. Remember to keep washing your hands too.</p>	<p>Mind Map!</p> <p>Map out all of the things you are grateful for; family, friends, hobbies etc. We are all luckier than we often realise.</p>	<p>All by Myself!</p> <p>Take some time to be alone. No music, no tech, nothing. Just you and your mind. Where will your mind take you?</p>
<p>Mail Incoming!</p> <p>Write a letter to an elderly relative – so much more personal than an e-mail.</p>	<p>Clean & Sort!</p> <p>Tidy and consider re-organising your room. Clean up the mess, throw out the junk and clear your mind in the process.</p>	<p>Say Thanks!</p> <p>Thank someone in your life for all they do for you. It will make you both feel great.</p>	<p>Read a book!</p> <p>An actual book, that you chose and enjoy being swept away for a few hours.</p>	<p>Think Positive!</p> <p>There is an end to this and it’s important to look towards that.</p> 



County Lines

In March we were lucky to have the brilliant “AlterEgo” Theatre Company come in and perform to our Year 9s. Their focus was on raising awareness around “County Lines” and the effect it has on individuals and families. More information on AlterEgo and their work can be found here: <http://www.alteregocreativesolutions.co.uk/countylines/>.

County Lines is a form of Child Criminal Exploitation (CCE). It is a term used to describe when gangs illegally export drugs from cities and large towns to rural areas. Vulnerable young people are targeted to move and store these drugs through intimidation, befriending, deception and violence. Whilst everybody is different, there are some signs that might indicate that a young person is being groomed to be part of this process:



Leicestershire Police have put together some excellent information on County Lines and how you can raise any concerns you may have here: <https://www.leics.police.uk/police-forces/leicestershire-police/areas/leicestershire-force->



Self-Isolation Websites/Contacts:

With everything going on, we thought it would be good to include some specific websites links that have been set up to help with homeschooling and wellbeing during this period of Lockdown. We have shared many of these already on Social Media but felt it would be good to put them together in one handy place:

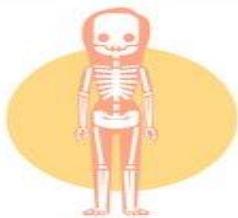
- The NSPCC have produced some excellent advice for young people and families around this difficult time. <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- Kooth is an online platform supporting young people with their mental health. They offer online counselling and can be an excellent resource for young people who are going through difficult times. <https://www.kooth.com/>
- The brilliant Anna Freud centre who do fantastic work around Mental Health and Wellbeing have put together some excellent resources for young people, parents/carers and schools. <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- The Education Endowment Fund have produced some different resources to support parents with homeschooling at this time, including how to establish and maintain routines. They can be found here: <https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>
- StarLine is a resource put together by teachers and Education and Parenting experts. It offers support and reassurance around learning and wellbeing. Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit www.starline.org.uk
- BBC Bitesize is always a great resource, but they're doing even more including daily lessons for all year groups: <https://www.bbc.co.uk/bitesize>
- The Government have produced a series of links to support your child, including their wellbeing. <https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>
- Child Mind Institute have a whole range of topics covered with their comprehensive set of resources, including Mental Health, Behaviour & Discipline and Bereavement. <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Get Safe Online have a huge array of information for keeping yourself and your family safe online during this pandemic, including information on scams. <https://www.getsafeonline.org/coronavirus/>



Mental Health Awareness Week

Monday 18 May – Sunday 24 May is Mental Health Awareness Week. The aim of this week is to reduce the stigma attached to mental health, understand mental health illness and educate people of the importance of looking after their own mental health. More information can be found here: <https://www.rethink.org/>

10 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH



Mind and Body

Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern



Exercise

Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety



Organisation

Manage your time effectively. Stay organised and on top of things. This will help to reduce pressure

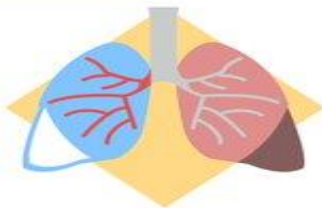


Self Care

Practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy

Talk to someone

Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.



Breathing

Learn how to breathe effectively. Practice a number of techniques and find what works for you: ratio breathing, deep breathing, progressive muscle relaxation



Write down

Write down how you feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body



Challenge

Try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought



Check in

Regularly check in with yourself. Monitor your emotions and mood

Problem solve

Learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.



Notices:

Bullying

At Gartree we take a firm stance on bullying. Students are encouraged to report all forms of bullying to staff. We also have a dedicated email address that they can use too (see below). We will focus on this area in a future issue of Safe & Well.



New E-mail Address



In an effort to make it easier for parents and carers to contact us regarding any concerns they may have around safeguarding or welfare we have introduced a new e-mail address. You can contact us at anytime by emailing: safeguarding@gartree.leics.sch.uk

We would still prefer contact to be made in person or over the phone so we can discuss and gather more information, but we also hope that this provides another avenue of support.

Wellbeing Club

In January a new Wellbeing club was launched by Miss Brookes and her Wellbeing Ambassadors. It aims to give students a calm place to talk, relax and discuss any concerns. It also allows those students who want to help a chance to do that safely. This has been taking place on Thursday lunchtimes in HU1 and is currently open to KS3.



Student Details

A 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 – 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
- safeguarding@gartree.leics.sch.uk – Gartree safeguarding email address

