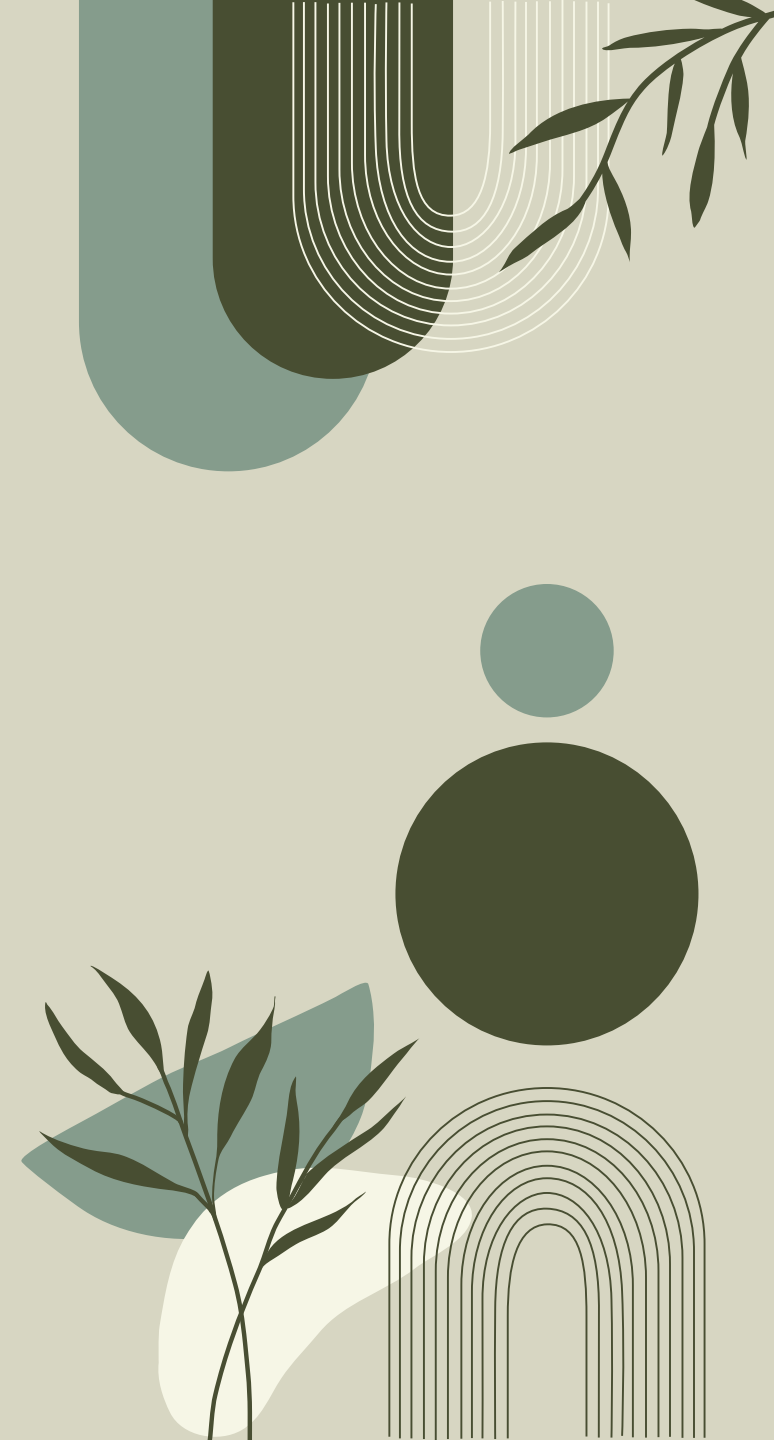


Safeguarding Newsletter 2 – Spring 24

- Who you can talk to...
- Children's Mental Health Week 24
- Online safety
- Young Carers





If you need to talk



Safeguarding Team:

Designated Safeguarding Lead – Mrs M Cork

Deputy Designated Safeguarding Leads – Mr J Fielder, Mrs E Howells, Mrs H Brennen

Head teacher – Mr Fielder

Deputy Head/SENCO/Mental Health Lead – Mrs Cork

Assistant Head teachers responsible for Curriculum – Mrs Howells, Mrs Brennen

Phase leads – EYFS Mrs Lloyd

KS1 Mrs Harden

Lower KS2 Mr Turver

Upper KS2 Mr Hassard



Children's Mental Health week 2024: Our Voice Matters

Talk together – the following questions could be used as prompts.

What makes you proud?

What happens that you think is wasteful?

What is the best gift you have ever been given?

What do you like about being you

Mindful Breathing

Day 1 - Basic Mindful Breathing Exercise

Sit in a comfortable position, keeping your back straight so that it is not touching the back of your chair. It may be helpful to move to the front of your seat so that you can feel your sitting bones.



1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.



2. Scan your body and notice how you feel.

3. Notice the sensations of each breath as it happens – don't try and control the breath, just notice it.

- Focus on the breath going into your nostrils and out through your mouth.
- Pay attention to the rise and fall of your chest.
- Notice the rise and fall of your belly as you breathe.
- Continue this for a few minutes.



4. If your mind wanders away from the breath notice this distraction and then gently bring your attention back to the feeling of the breath going in and out and your counting. Do not judge yourself, as the mind wandering is very natural.

5. After five minutes, take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you're ready, gently open your eyes.



Useful contacts

Young Minds – Mental health charity for children/ parents and young people
<https://www.youngminds.org.uk/>

The Youth Enquiry Service – counselling and mentoring -
<https://yesyouthenquiryservice.org/>

SET CAMHS – Providing specialist mental health support for young people in Essex -
<https://www.nelft.nhs.uk/set-camhs/>

SNAP – Supporting families of children with additional needs –
<https://www.snapcharity.org/>

Essex Young Carers – Support for children and young people under 18 who provide regular care to a family member –
<https://youth.essex.gov.uk/young-people/young-carers/>

NSPCC - Support with keeping children safe –
<https://www.nspcc.org.uk/keeping-children-safe/>

There For You Advisory Service – supporting individuals and families being investigated or involved with their local Authority Children's Services Department, as well as providing additional family support -
<https://there-for-you-advisory-service.com/>

Childline www.childline.org.uk

Samaritans www.samaritans.org



Online Safety

ONLINE SAFETY FOR KEY STAGE 1 CHILDREN

The infographic features four speech bubble icons hanging from a string, each with a letter and a corresponding text box below it. The letters are S, A, F, and E. The text boxes contain advice for each letter.

- S** Speak to somebody if you need help
- A** Ask an adult before going online
- F** Friends are real people we know
- E** Enjoy play, have fun and stay safe

e-safety adviser

ONLINE SAFETY FOR KEY STAGE 2 CHILDREN

The infographic features five speech bubble icons hanging from a string, each with a letter and a corresponding text box below it. The letters are S, M, A, R, and T. The text boxes contain advice for each letter.

- S** **SHARE RESPONSIBLY**
We all love to share photographs, fun things we're doing and much more.
Be careful what you share and always ask permission if somebody else is in the photo or video.
- M** **MANAGE YOUR PRIVACY**
If you're using apps that can communicate with others, turn on privacy.
Only let people you really know follow you unless you've asked permission from your parents.
- A** **ASK for HELP**
Don't ever be worried about asking for help from someone you trust.
You will NOT be judged.
- R** **RESPECT OTHERS**
Be kind.
Other people may have different opinions from you.
That's okay, but if they become abusive take screenshots, block and report and tell an adult.
- T** **THINK CRITICALLY**
TRUST YOUR INSTINCT
Is it true?
Does that person really know me?
Has that really happened?
Always question!

e-safety adviser

At Heathlands, we believe that it is essential that we prepare our pupils for life in the 21st Century. Pupils will be taught how to be safe online and how to use the internet in a safe way. We run workshops for parents on the theme of Online Safety.

We encourage parents to discuss this at home and ensure that children are supported in being safe users of the internet. Mr Hassard heads up our Online Safety work and any questions regarding online safety should be directed to him.

[Website link - Online Safety | Heathlands C of E Primary School \(secure-primariesite.net\).](https://secure-primariesite.net)

What is a Young Carer?

A Young Carer is someone under 18 who looks after someone in their family. They take on physical and emotional duties that adults usually handle. It can feel scary and isolating.

Young carers are entitled to a young carer's assessment.

This involves speaking to the young person, the person being cared for, and the rest of the immediate family, if relevant.

The kinds of support that may be offered could include:

- access to a young carers group with peer support, information, advice, and guidance from specialist staff
- opportunities to take a break
- support with issues at work, school or college

Other services may be provided depending on what is needed.

If you would like to know more. Or believe a young person is a Young Carer, please speak with Mrs Cork