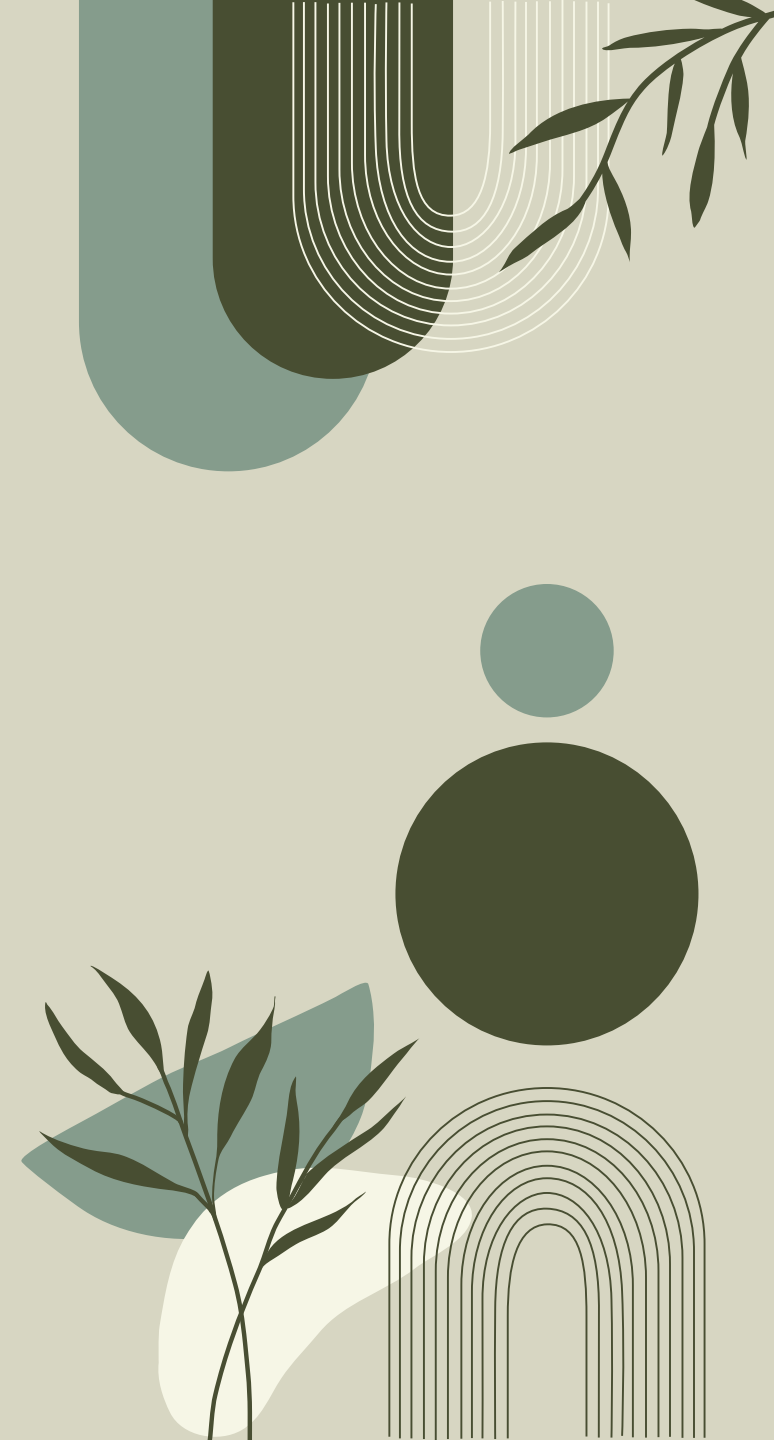


# Safeguarding Newsletter 2 – Spring 24

- Who you can talk to...
- Pupil voice January 2024
- Bullying
- Mental Health





# 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





# Pupil Voice January 2024

**91% of children said there was an adult at school they can talk to if something was worrying them.**

**97% of children said they felt safe  
most of the time in school.**

Following this, we spent time talking this  
through in assemblies and classes.

Children were able to share this was often  
connected to friendship issues and feeling  
lonely at times.

We have put a lunch time club rota together  
so the children know where they can go.

**We asked - Is bullying a problem at your school?**

***49% of children said it doesn't happen here.***

***33% said it happens and teachers are really good  
at resolving it, 12% said it happens and teachers  
do nothing about it, 8% said it happens and  
teachers are not good at resolving it.***

We shared an assembly to review what bullying is,  
and what it looks like. Staff then had open discussions  
with children around bullying, and experiences  
within school. We will continue to work on this.



# Bullying

Heathlands' is committed to tackling and dealing with negative behaviour and incidents (or possible/ alleged incidents) of bullying. We take all incidents of bullying very seriously. Pupils must be able to approach any member of staff to report an incident (or incidents), knowing that their concerns will be dealt with promptly and effectively.

Bullying is not acceptable in our school. Our approach follows DFE guidelines and the law as stated in 'The Education and Inspections Act 2006' and 'The Equality Act 2010'.

Through a clear definition of bullying, our procedures should be transparent and give support and guidance to all members of the school community, including all staff, pupils, and families. Heathlands' definition of bullying should be the key statement whereby all reported incidents of bullying are measured and evaluated. As such, it should be known and used by all members of the school community. Our definition is the NSPCC definition:

**Definition - Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.**

# Supporting Mental Health



The 5 Ways to Wellbeing offer simple steps to support well being and mental health.  
5 Ways to Wellbeing | Mind - Mind

## Mindfulness

### Thoughts in the Sky

- Focus on your breathing
- Imagine any distracting thoughts or feelings as clouds in the sky, floating away gently.
- Breathe in and out for a few minutes.



### Bubbles

- Focus on your breathing and pay attention to any feelings
- Now pay attention to any thoughts
- Do you have any sensations in your body?
  - Notice all three.
- If there is anything you would like to let go of, put them into bubbles and blow them away



**We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.**  
**Mother Teresa**

# 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](http://www.childline.org.uk)

Samaritans [www.samaritans.org](http://www.samaritans.org)

