

## Safeguarding Newsletter

### *Safeguarding, everyone's responsibility*

#### Useful Contacts:

**Designated Safeguarding Lead:** Mr Moorhouse. [s.moorhouse@fulwoodacademy.co.uk](mailto:s.moorhouse@fulwoodacademy.co.uk)

**Preston Safeguarding Hub:** 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)

**Food banks:** **Salvation Army** - 01772 555425, **Luv Preston** - 01772 298107 **Noor Food**

**Bank** - 07921 887383 or 07764 432643

## Autumn 2

### Mental Health Support Services

**The Mix** - The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social media and mobile

**Kooth** is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Log on to Kooth.com

**CAMHS** help children, young people and their families when they are feeling sad, worried or troubled. **Telephone:** 01772 773 415

**Childline** - Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online

**PAPYRUS** Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Call the HopeLine ON 08000684141 OR TEXT 07860039967

**Shout** offers confidential crisis support 24/7. Text SHOUT to 85258

**All the above information is displayed in all classrooms and on the TV screens**

## Healthy Relationships

Year 9, 10 and 11 have recently taken part in Sexual Health and Relationships workshops delivered by our partners in the NHS. It's natural for children and teenagers to be curious about sex and relationships as they grow older. For some parents and carers, their child starting a new relationship can also be a worrying time. The NSPCC provides some advice below:

#### How to talk to your child about relationships

Many parents or carers may feel awkward or uncomfortable talking to their child about relationships and sex. There are ways you can make the conversation easier:

Try to find a good time to start a conversation. Pick a time when your child's relaxed and when there aren't other people in your family around. You might want to have the conversation in a neutral place, such as on a walk or a bike ride, or even in the car, rather than somewhere at home where you might be interrupted.

It can help to make the conversation relevant to something that's happened recently. For example, if you've been watching a TV series or film where one of the characters is in a relationship. You could ask your child what they think about the character's relationship and if it's healthy or unhealthy. Or if your child's been learning about sex and relationships education in school, you could ask them how they're finding this or what everyone in the class thought about it.

Try not to rush the conversation and let your child talk to you in their own time. It can help to have several short conversations rather than trying to cover everything at once. If your child feels uncomfortable, let them know that you're there if they want to talk to you about relationships at a different time.

**Fire Safety**, we always encourage parents to know where their children are at night and what they are doing, even more so at this time of the year. Lancashire Fire and Rescue gives some advice for Bonfire Night.

- Only buy fireworks from a reputable shop and ensure they are CE marked. Keep them in a closed metal box and ensure you follow the instructions carefully.
- Place fireworks on a stable surface and light at arm's length using a taper, stand well back and never throw or go back to a lit firework.
- Do not burn household rubbish or white goods on a bonfire. Keep your bonfire within a cordon area away from fireworks, people, property and trees and never light using flammable liquid. Check for animals hiding before lighting.
- Keep pets indoors and ensure children are safe and a good distance away from the fireworks
- Pour water on bonfire embers to ensure it is fully extinguished before leaving or going to bed.
- If using sparklers ensure they are held in a gloved hand at arm's length and there is a bucket of water to put them in once the sparkler is out.