

Autumn Term Safeguarding Newsletter 2024

Safeguarding, everyone's responsibility

Useful Contacts:

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Welcome

Welcome to second Safeguarding newsletter of the academic year. In the newsletter you will find safeguarding updates for this half term, as well other useful information. Working together in partnership to safeguard our children will ensure that all pupils have the best possible outcomes.

After half-term, pupils will begin their AP1 assessments, which we know can be a stressful time. We want to support pupils through these assessments and help them achieve their best possible outcomes. On the back of this newsletter you will find some top tips for helping beat exam stress. If you have any questions, or would like more information, please drop me an email, or speak to your child's head of year.

And finally, it is Halloween this week, which can be one of the most thrilling times of the year for teens. The opportunity to dress up, have fun with friends, and maybe even pull off a few pranks can be a blast. However, having a good time doesn't mean you should disregard safety. Below are some tips and advice for your children on how to enjoy Halloween while staying safe.

Halloween Safety

Costume Safety

Make sure costumes fit well, don't drag on the ground, and allows for good visibility. You don't want your child to trip or not see where they're going. You could also stick some reflective tape or stickers on costumes for better visibility when it's dark.

Supervision and Groups

While they're not little children anymore, it's still smart to stick together. Encourage Always go out with a group of friends or at least one responsible adult, even if you feel you're old enough to go on your own. Keep in touch with your group via smartphones or channel your inner stranger things with walkie-talkies so you can find each other if you get separated.

Trick-or-Treating Safety

Talk to your children about choosing well-lit streets and neighbourhoods they're familiar with. Encourage them to only trick or treat at houses that are decorated for the occasion and respect "no entry" signs on some houses. Tell them to never enter a stranger's home. Advise them not to eat sweets until they're back home, so that their treats can be checked over by you first. and your parents/ carers have had a chance to check it over. Check their hauls and if something looks strange, or the packaging is damaged, play it safe and throw it away.

Home Safety

If they're staying at home to hand out sweets or hosting a party, make sure pathways to your house well-lit and clear of any trip hazards. Swap out real candles in pumpkins for battery-operated ones to avoid fire risks. Secure your pets – Halloween can be overwhelming for them, and you don't want any escapes.

Road Safety

Encourage your child to be smart around the streets. If you're driving, take it slow through residential areas, especially on Halloween night. Watch out for kids who might dart out from between parked cars.

Halloween is a great time for teens to have a blast. By staying safe and following these tips, you can make sure the fun doesn't turn into fright.

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We are proud to be working in partnership with The Preston North End Community Education Trust on their new programme, Game Changer.

Game Changer is a new, **early intervention** project focused on empowering young people aged 11-14 years who are facing challenges with their mental and emotional wellbeing to develop the **skills, confidence, and resilience** to thrive and live their best lives. The programme will offer accessible community-based provision that compliments CAMHS at a time when more young people are reaching out for support with their mental wellbeing than ever before in Preston and surrounding communities.

The programme is delivered to those who are **at risk of accessing CAMHS** and often struggle to find support. To support with this, we have strong partnerships with multiple agencies including Lancashire and South Cumbria NHS Foundation Trust, Preston City Council, Lancashire Mind, Secondary Schools, Preston Youth Zone and Lancashire Police / Violence Reduction Network (VRN).

Game Changer will deliver activities through four strands that aim to support personalised outcomes related to improved mental wellbeing, reduce loneliness and social isolation, acquisition of new skills and community connectivity. To achieve this, interventions will have a **child led approach** and, at times, blend one to one interventions with group activities to tackle vastly experienced topics such as bullying and relationships. We will also empower young people to access training and development opportunities that inspire them to use their lived experiences to support peers facing similar challenges with their mental wellbeing.

If you want further information, or would like your child referred into the programme, please speak to their Head of Year.

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!