



Sir Graham Balfour School

Member of Sir Graham Balfour Multi-Academy Trust

July 2020

Issue 10



SAFEGUARDING NEWSLETTER

During these past three months of uncertainty, nothing has remained more important than the ongoing welfare and support for each and every one of our students. Our staff via email, phone calls to home, and now by the added system of Microsoft Teams, have sought to engage, encourage and along with you as parents and carers, try to create some form of normality in a time of which none of us has seen before.

The safety and wellbeing of all of our students and staff is of upmost importance at Sir Graham Balfour School. We fully comprehend our responsibility to promote the welfare of all children and young people and to keep them safe. We believe that ensuring our students feel safe is fundamental in enabling them to achieve their potential both socially and academically. For you as parents and carers, during the school year we provide you with this termly Safeguarding newsletter informing you of some of both the local and national topics that may have an impact on our young peoples' lives.

The link below entitled **Advice to Parents and Carers on Keeping Children Safe** has been produced by the Department for Education with clear links to a number of support networks, advice on having those potentially difficult conversations with our sons/daughters on issues such as relationships, online safety and both criminal and sexual exploitation; and, what signs to look out for if you are concerned about your child being coerced into unwise or unhealthy relationships for a variety of reasons.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm>

The specific topics within the guidance include: Domestic Abuse and Teenage Relationship Abuse; Child Sexual Exploitation; Criminal Exploitation (County Lines, Violence and Gang culture); Radicalisation; On-Line Safety; and, Mental Health.

Our weekly Student Bulletin has sought to focus on promoting ways in which to support emotional well-being, as well as sign post our students to local and national advice lines. Both these Student Bulletins and this termly Safeguarding Newsletter will be given over to sharing with you and your children all necessary contacts to support you over the summer holiday period.

In the meantime, if you:

have got a serious concern about the safety of a child or young person up to the age of 18, you think a child or young person is being harmed or is at risk of being harmed or you are worried that a child is living in circumstances where they are treated badly and not cared for properly.....

Please do contact First Response on Tel: 0800 1313 126

Emergency out of hours: 0345 604 2886

YOUNGMINDS

A number of young people will still be finding it extremely hard to adjust to the current situation. Therefore, it's important to know that there is information and website out there to support young adults during this time.

Please visit the Young Minds website which has lots of information and tips on how to manage mental health and any concerns that you or your child may have.

[https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#what-else-can-i-do-to-look-after-my-mental-health?-](https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#what-else-can-i-do-to-look-after-my-mental-health?)

Mindfulness Techniques

- * Mindfulness techniques are useful for helping a child who feels emotionally overwhelmed.
- * Mindfulness helps bring them back into the present moment, and focuses on relaxation.
- * Some examples include meditation and breathing exercises.
- * Can set a relaxed mood by having reduced light or scented candles in the room.
- * Many resources available online of different techniques to try.
- * Can make it a 'special time' that occurs at the same time every day. Can become something that the children can rely on and have some certainty in such uncertain and scary times.

Control Jars

- * Set out three jars and label them with the following; 'Can Control', 'Can't Control' and 'Some Control'.
- * Have your child write out different things for each jar. The 'Can't Control' jar can contain things related to COVID-19, such as 'I can't control when I go back to school'.
- * However, the focus should be the things that they can control, e.g. 'I can control what I eat today', and 'I can control how much TV I watch today'. By focusing on things they can control, it gives them a sense calmness throughout the day, as they can focus on these things.
- * The 'Some Control' jar can also bring some positivity, e.g. 'I can't meet my friends in the park, but I can go for a walk in the park with my family'. This might help them feel more positive about the things they can do during this time.

There are other activities that use these same principles.

For example:

- * Making 'To Do Lists' so that your child has a sense of productivity and purpose.
- * Making a list every evening of three things that you have been grateful for that day.
- * 'Sensory lists' – write down nice things that you've smelt, tasted, seen and heard that day. It means that the children are looking for nice things throughout the day so they can make the list.

ONLINE RESOURCES:

- <https://www.childline.org.uk> Call 0800 1111
- <https://www.barnardos.org.uk/see-hear-respond> (for vulnerable children during COVID-19)
- <https://onespaceto.org>
- <https://www.themix.org.uk>
- <https://youngminds.org.uk>
- <https://www.giveusashout.org> Crisis support Text Shout to 85258

SCHOOL'S CAREERS ADVISER

Nikki Lambert - the school's Careers Adviser - is still available to talk via email or by phone to discuss options and choices for the future.

If you or your children would like to make contact with her, please email nikki.lambert@entrust-ed.co.uk detailing the name of the child at Balfour, their year group and a contact number if you would like her to ring you.



Chat Health: Advice for Teens in Staffordshire: Text: 07520 615 721

Staffordshire Families' Health and Wellbeing Service for Young people aged 11-19

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

TEXT: Shout to 85258

The Anna Freud organisation supports children and their families to effectively build on their strengths and to achieve their goals in life.



Anna Freud
National Centre for
Children and Families

The organisation's mission is to *transform* the experience of children, young people and their families with mental health.

Please visit annafreud.org for further information on this wonderful charity.

NSPCC

Please visit www.nspcc.org.uk for support and tips to help you keep children safe.

From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

