



Norton Canes High School
Safeguarding Newsletter 2
February 2020
"A vigilant school is a safer school."

Welcome to our second safeguarding newsletter. Each half term, we will provide advice, information and guidance on a variety of safeguarding matters and inform you of the exciting events we have taken part in. This half term we have continued the safeguarding education and training for both staff and students, with several staff completing specialist safeguarding training. There has also been education for students in a variety of safeguarding themes including, on-line identity, how to create a positive digital footprint and mental health and wellbeing. We have also supported two national awareness days with Children's Mental Health Week and National Internet Safety Week.

Parents/Carers Section

Mental health and wellbeing is an extremely important topic and ever more relevant with the sad news of the death of TV presenter Caroline Flack. It is important we all understand mental health and how we can support ourselves and each other.

We all have mental health, just as we all have physical health. Mental health means we feel good about ourselves, able to make and keep positive relationships with others and can feel and manage the full range of our emotions. The problem is that physical health can be easier to identify than mental health (e.g. having a broken bone), which means it is more difficult to support ourselves or other people.

There are ways you can support your child's mental health. Below is a list of ideas from various organisations that you may wish to consider:

-  **Talk openly about mental health** – Just as you encourage your child to eat fruit and vegetables to keep their body's healthy, talk openly about staying connected to others or being physically active in order to take care of our minds.
-  **Model good habits** – Child often learn from copying what they see around them. Taking good care of your mental health can allow your child to model good habits.
-  **Think about phone usage (theirs and yours)** – We don't fully understand the impact of social media on our mental health, but there are increasing concerns raised by mental health professionals. What we do know is using phones and laptops can impact on our sleep, which is important to our mental health.
-  **Notice any changes in your child's behaviour** - Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change and if this might be a sign that they are struggling.



- 🦉 **Let your child know that you're concerned** - Explain why you feel that way, for example if you've noticed they haven't been interested in activities they usually enjoy.
- 🦉 **Use activities that you do together to have conversations about how they are doing** - Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.
- 🦉 **Let them know that struggling sometimes is normal and nothing to be ashamed of** - Tell them about the mental health spectrum and that we all, including you, go up and down the scale throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.
- 🦉 **Listen and empathise** - Often the first step to feeling better is feeling connected and knowing that someone is alongside you - Empathy helps young people (and adults) connect. Empathy involves acknowledging what your child is feeling, trying to understand things from their point of view and avoiding judgement. Empathy is usually more helpful than giving advice or trying to 'fix' their problem.

If you're still worried, talk to a trusted member of school staff or your GP who can point you towards sources of help. There are also several websites, such as Young Minds and the NSPCC, you can access that have further information and guidance.

Can I take this opportunity to wish you a safe and restful half term. If you have any questions, concerns or safeguarding topics you would like us to consider, please contact me at school on 01543 622600 or through our email, office@nortoncanes-high.staffs.sch.uk.

Kind regards,
Mr Stokes
Assistant Headteacher (inclusion)