



# Bedford High School Safeguarding Newsletter Summer 2020



Safeguarding Team	Useful Numbers / Websites
<p>Rebecca Ramsden Designated Safeguarding Lead</p> <p>Helen Phillips Deputy DSL</p> <p>Bridget Moss Deputy DSL</p> <p>Paul McCaffery Deputy DSL</p> <p>Sue Critchley Safeguarding Mentor</p>	<p>NHS: 111/999 or <a href="http://www.nhs.uk">www.nhs.uk</a></p> <p>Foodbank: <a href="http://www.athertonleigh.foodbank.org.uk">www.athertonleigh.foodbank.org.uk</a></p> <p>Childline: 0800 1111 or <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p>Wigan Safeguard Hub: 01942 486262</p> <p>Dias (DV support): 07519911902 or <a href="http://www.diasdvc.org">www.diasdvc.org</a></p> <p>Think U Know: <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></p> <p>Kooth: <a href="http://www.kooth.com">www.kooth.com</a></p> <p>Young Minds: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p>Papyrus: 0800 068 4141 or <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>



Welcome to the Summer Edition of Bedford High School's Safeguarding Newsletter. I hope you are all taking care and staying safe during the school closure.

The school remains closed for the majority of students. However, we continue to offer places to students in the following groups:

- Children who currently have social workers
- Children with EHCPs
- Children of key workers

If your child fulfills the above criteria and you need to arrange a school place, please email [accessstoschool@bedford.wigan.sch.uk](mailto:accessstoschool@bedford.wigan.sch.uk).

During the school closure, teachers will continue to set work for your child on Frog. Please encourage your child to spend their time completing the work set. This will not only help them to continue their learning journey, but will also help to alleviate any anxieties about their school work. Our pastoral team will also be keeping in touch with you and your child to 'check-in' and support with any welfare concerns. In addition to this, we will continue to work with social care and other agencies to best support our vulnerable families during this particularly difficult time.

### Personal Wellbeing & Mental Health

Last week, Public Health published their guidance on supporting children and young people's mental health and wellbeing alongside wider guidance to the public on the mental health and wellbeing aspects of coronavirus (COVID-19). This can be found by clicking on the following link:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-guardians-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

The current pandemic means that life has changed for all of us for a while. It may cause you and your child to feel anxious, stressed, worried, sad, bored, lonely or frustrated. This is totally understandable and everyone will react differently. It is important to remember, this situation is temporary and for most of us, these difficult feelings will pass.

There are some simple things you and your child can do to look after your mental health and wellbeing during times of uncertainty. Here are 5 ways you can support your child's wellbeing if they are worried or anxious about the Coronavirus outbreak:

 <p><b>Maintaining healthy relationships</b> with people we trust is important - so think about how your child can safely stay in touch with friends and family while needing to stay at home. They could try phone calls, video calls or social media instead of meeting in person. Please check the settings on the apps they are using to stay connected and apply appropriate parental controls where necessary.</p>	<p><b>Encourage your child to keep physically fit.</b> Fitness celebrities such as Joe Wicks are offering free online fitness sessions on YouTube. Your child could also set up their own remote challenges with their friends?</p>  <p><b>Challenge a friend remotely</b> Who can do the most keepie-uppies? Who can hula hoop the longest? Post your attempt to social media.</p> <hr/>  <p><b>Lots of exercises can be done at home</b> Search for a video online and learn some new moves.</p>
 <p><b>Talk with your child about their worries.</b> You may also choose to signpost your child to websites such as Kooth where they can talk to trained professionals about their concerns: <a href="http://www.kooth.com">www.kooth.com</a></p> 	 <p><b>Support others.</b> Many elderly people who live in care homes in our area may not be getting the regular visits they are used to from friends and family. Wish FM have launched the 'Care Mail' initiative, inviting local children to write a letter to elderly residents to help support them and spread a little cheer. If you would like to know more, just follow the link: <a href="https://www.wishfm.net/on-air/chris-milow/care-mail/">https://www.wishfm.net/on-air/chris-milow/care-mail/</a></p>
 <p>"YESTERDAY IS HISTORY, TOMORROW IS A MYSTERY, BUT TODAY IS A GIFT. THAT IS WHY IT'S CALLED THE PRESENT." -Master Oogway</p>	<p><b>Focus on the present</b> rather than worrying about the future. This can help with difficult emotions and improve our wellbeing. Relaxation techniques can also help some people deal with feelings of anxiety. Your child has access to a great mindfulness resource from MISP. By following the link, they can continue to use the guided mindfulness practices they have learned whilst in school. <a href="http://www.dotbe.org">www.dotbe.org</a> Password: Fofboc</p>

## Online Safety Advice

As our online activity increases during the current government guidelines to stay home, the National Crime Agency (NCA) are urging parents and guardians to ensure they know how to keep their children safe online.

The NCA have launched a new #OnlineSafetyAtHome campaign through its education team at CEOP. Education packs aimed at children of all ages are available through the agency's Thinkuknow website. Many of these activities are easily incorporated into home schooling and will be set as additional PSHE activities on Frog for your child during the school closure.

- If you have a concern about your child's safety online or would you just like to find out more about online safety? Go to the **ThinkUKnow** website ([www.thinkuknow.co.uk](http://www.thinkuknow.co.uk))
- If your child has been inappropriately approached online, you should report this directly to **CEOP** (<https://www.ceop.police.uk/safety-centre>).
- If you are concerned that your child is in immediate danger, call **999**.
- If you want to discuss your concerns with someone first, call the NSPCC on **0800 800 5000**.

The NSPCC website also offer great advice with how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, the website can help you to understand the risks and keep your child safe (<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>).