



Bedford High School Safeguarding Newsletter Spring 2021



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

Welcome to the Spring Edition of Bedford High School’s Safeguarding Newsletter. We hope you are all taking care and staying safe under the current national restrictions.

Although we are currently working differently, with the majority of students working from home, it is great to see so many young people positively engaging with their learning.



Mental Health and Wellbeing

If you follow the Bedford High School Facebook page, you’ll be aware that we have recently been promoting Children’s Mental Health week. The theme this year is ‘Express Yourself’. During these strange times, it’s so important for young people to look after their wellbeing. As parents and carers you play an important role in teaching your child how to understand and manage their feelings as they grow up.

What can you do at home?

- Find time to talk, just the two of you – ‘Check in’ with them while you’re doing things together, so they get used to talking about their feelings.
- Play or do activities together – Play helps them to be curious, learn new things, solve problems and express feelings without words.
- Be a role-model – Show how you cope with difficult feelings and look after yourself.

Does your child need mental health support?

It’s normal to feel angry, sad, worried or stressed sometimes. However, if they’re struggling to cope with those feelings, they might need support. Look out for:

- Sudden changes in behaviour
- Negative thoughts and low self-esteem
- Arguing and fighting
- Sleep problems
- Avoiding school work or staying with you all the time
- Aches and pains

Remember – everyone is different and these signs might not have anything to do with a mental health problem. Try talking to them first. If you're worried, speak to your child's PGO and have a look at the links below.

Looking for more information? Here's a list of really useful links:

Child mental health and wellbeing:

- [NHS](#)
- [Young Minds](#)
- [MindEd](#)
- [Place2Be's blog](#)

Big changes:

- [Bereavement and grief \(Child Bereavement UK\)](#)
- [Divorce and separation \(Young Minds\)](#)
- [Getting ready to start school \(Place2Be\)](#)
- [Adolescence and growing up \(The Mix\)](#)

Conditions and challenges:

- [Eating disorders \(Beat\)](#)
- [Addiction and drugs \(FRANK\)](#)
- [Abuse \(NSPCC\)](#)

Difference and diversity:

- [Special needs and disabilities \(Scope\)](#)
- [Autism \(National Autistic Society\)](#)
- [LGBTQ+ \(Strong Family Alliance\)](#)
- [Gender diversity and transgender \(Mermaids\)](#)
- [Race and ethnicity \(BAATN\)](#)

If your child is in Y7 or Y8, we facilitate a peer led **wellbeing group every Wednesday at 3pm on zoom**. Each session focuses on self-care and ways to improve wellbeing. If you would like more information on this, please email Mrs Ramsden or your child's PGO.



LGBT+ History Month

February is LGBT+ History Month. This is an opportunity to not only raise awareness but also to celebrate diversity and to educate without prejudice. Resources will be shared via social media and during the form time zoom sessions.

The Proud Trust is a Manchester based organisation and is offering a wealth of information and support to LGBT+ young people and their families. The Proud Trust do this through youth groups, coordinating national and regional LGBT+ youth work networks, managing the LGBT+ Centre for Manchester. To find out more about The Proud Trust and how they may be able to support your family, visit www.theproudtrust.org/.

Personal Development and Ethics (PDE)

In line with new national guidance, Personal Development and Ethics (PDE) is now a curriculum subject which incorporates the Personal Social Health Education (including Relationships and Sex Education), Citizenship, Careers and Religious Education. This term the following topics will be explored:



Y7	Online Safety, Judaism, Financial Capabilities, Relationships
Y8	Social Media & Body Image, Prejudice & Discrimination, Christianity and Health & Puberty
Y9	Mental Health & Wellbeing, Careers, Rights & Responsibilities
Y10	Safety in Society, Substance Abuse, Careers

If you would like more information regarding the PDE curriculum or advice on how to support your child, please email Mrs Ramsden or Mr Clarke.

Online Safety Advice

Keeping children safe online can be very challenging for parents and carers, due to the ever-evolving technologies, platforms and apps. Safer Internet Day 2021 was on the 9th February. To mark the event, form teachers have been exploring internet safety with their registration groups.



Thinkuknow is a fantastic website for parent and young people. The link below will take you directly to the parent advice page, where you can find a huge range of advice on how to keep children safe online, from cyber security to what to do if your child has been exposed to inappropriate content.

<https://www.thinkuknow.co.uk/parents/Listing/?cat=66,67,68,69,70,72&ref=4765#mMain>

If you would like to any further support with online safety, please speak to your child’s PGO.