

Safeguarding and MHWB Newsletter

I can't believe it is the end of another academic year!

Included within this term's newsletter is;

1. What we have achieved in a year
2. What are plans are for the next academic year in terms of MHWB support?
3. Parent & student surveys
4. Upstander email address
5. Chesterfield & Summer holiday support
6. Stay safe online this summer

We hope you all find this magazine useful

Miss Schulze and the Deep Support Team



Be Safe



Be Respectful



Be Responsible

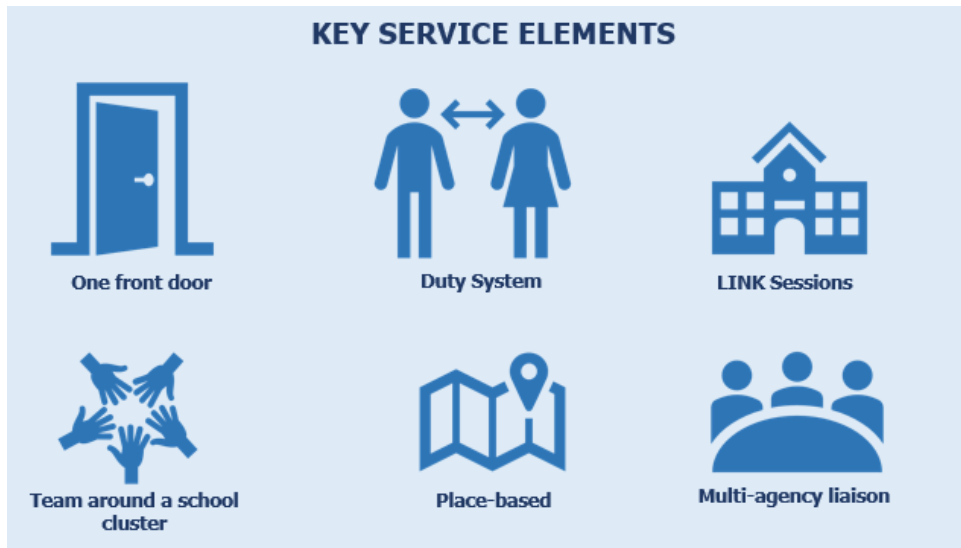
Volume 1, Issue 3

Part One – What we have achieved in a year?

It's been a busy year all round, but we are really proud of the achievements and developments made for our students.

Additional support for our Young People

Last July we were successful in a bid to become a Mental Health Hub for Chesterfield. This was in partnership with St Mary's and Whittington Green. Through procurement Compass (Changing Lives) were success



Compass

**Changing Lives
Derby & Derbyshire
MHST**

**Joined Up Care
Derbyshire**

✓Mental Health Support Teams are a **prevention and early intervention** mental health and emotional wellbeing service.

✓Commissioned by **NHSE & Dept for Education** following the 'Transforming Children and Young People's Mental Health Care Provision: a Green Paper' (2017).

✓MHSTs will increase the children and young people's mental health workforce and increase capacity to support pupils.

Compass will be working with our young people and our feeder primary schools to work with our young people. They have already supported Year 11 & 16 around exam stress, had drop in sessions for students as well as individual sessions for students who have been referred to them. They have also attended a variety of parent events and will continue to do this next year.

Introduction of the Wellbeing room

In September we open our wellbeing room. The aim was to give ALL students the opportunity to have an area which they could sit in over break and lunchtimes to support them if they didn't like the business of the canteen or veranda area. This is been hugely popular, however we have listened to student and parent feedback and will be making some changes and improvements for the next academic year.

Triple A Ambassadors (Awareness, Acceptance & Advocates)

We now have 32 student Ambassadors who have been trained to support student MHWB. Mr Scott has been looking after these ambassadors this year and they have completed lots of fundraising and activities to support student wellbeing. More to come from them next year!

Appointment of a staff Mental Health & Wellbeing Lead

In March we appointed a staff mental health lead who will be working closely with staff to ensure their wellbeing is also supported. I look forward to seeing the fantastic work Miss Hoose will be organising next year!

This is a snapshot of the major updates to improve and support the MHWB of our students. It doesn't cover the day to day work by support staff, the wrap around care of teachers in lessons, signage in toilets, the counselling already in place through CASY, the stress buster weeks including having a petting zoo for students and staff, the school nurse service we use, the use of social prescribing to support students, the tutor sessions, life lessons, assemblies, signposting, leaflets and MHWB celebration weeks...

Part Two – What are we hoping to do next year?

Below is a list of SOME of the things we are wanting to develop and improve next year

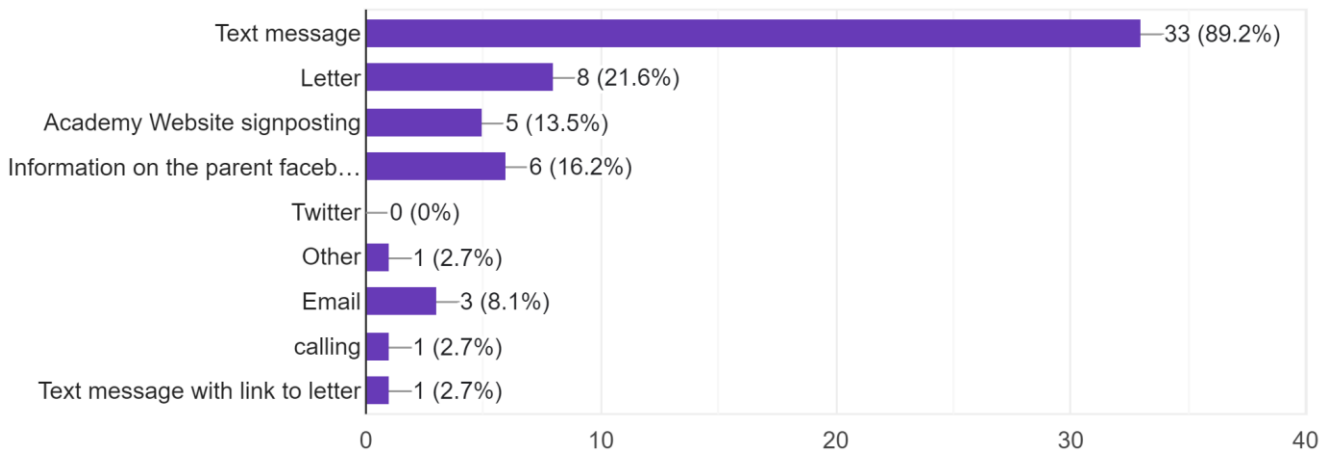
- 1. Triple A Ambassador work + running of the course for other interested students**
- 2. Development of the wellbeing room**
- 3. Peer mentoring to support MHWB**
- 4. MHWB suggestion box**
- 5. Dragons Den opportunity to support students around the stigma of access MHWB support**
- 6. We will be hosting a Chesterfield student voice conference on MHWB**
- 7. Wellbeing activities during enrichment and lunchtimes throughout the year**
- 8. Safeguarding and MHWB events/stalls during parents evening through the year**
- 9. Further work and development alongside Compass**

Part Three - Parent & student surveys

Over the course of the year we have asked both students and parents/carers to give us some feedback about MHWB. In the most recent parent survey it was requested that we share what students are saying. Below is a short overview of both the parent and the latest student surveys conducted about MHWB

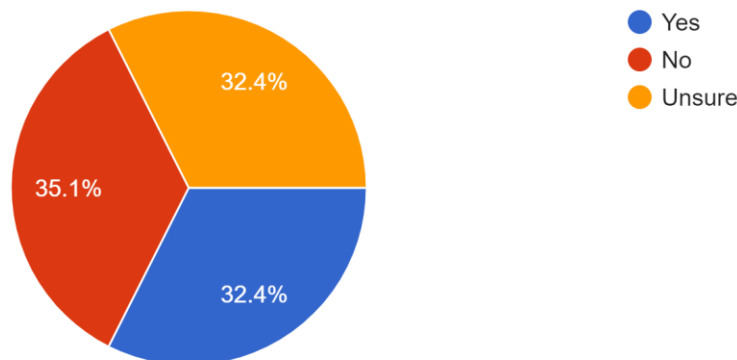
What is your preferred method(s) of communication from school?

37 responses



Have you received our termly MHWB and safeguarding parent newsletter? (Last sent in April, the next one is due to be sent out next week)

37 responses



Parents stated that 67.6% of you were not aware of the upstander@newbold.outwood.com email address to use to report unkind behaviour and bullying

Student Surveys – Anything highlighted in yellow means that we have responded to this and it is now in place

Year 7 – 9 – These are a snap shot of the main comments/suggestions given

Tutor time activities to calm your stress, breathing tips.

To be able to do activities outside at break time.

Support posters for people who need help.

Websites, Numbers, Apps.

Fidget toys for lessons with.

More opportunities to talk about mental health and wellbeing inside school.

Signup sheets for people to be a peer mentor.

Quiet activities in the wellbeing room.

Having 1-1 sessions with tutors.

Breathing exercises for anxiety, positive messages, example Depression.

Having more space to spread out at lunch and break.

Maybe more tables and chairs in the wellbeing room.

Assemblies on serious mental health topics.

Talking about passionate things, playing games, mental health calming down, enrichment ideas.

Making fun of mental breakdowns should not be allowed.

In summer, open the hill for people to eat on.

Being allowed to take a trip to the mental wellbeing room during lesson when you are distressed.

Dead naming LGBTQ+ individuals should be a consequence if heard about.

Meaningful wellbeing quotes around school.

Do a survey every week on student's mental health.

Listening to music using headphones if you're stressed.

Phone at break/lunch.

More safe spaces during lessons.

Write your feelings down if you don't want to speak.

More counselling.

Year 10 - 13 – These are a snap shot of the main comments/suggestions given

Go outside in the summer - vitamins and physical

Non-uniform day - self expression

Make food cheaper - has scientific benefits

More space at lunch and break

Improve the wellbeing room

Allow stress toys

Have a wellbeing room exit pass

To go on your phone

Go on field to play football at breaks

Exercise equipment

After school club to speak out about feelings

More capacity and sensory toys

More space to sit in the dining hall
A school pet to release stress
Routine hallway times so they aren't as crowded
More people to talk to about our mental health
Mental health days to educate people
Have a punch bag for when you get angry
Music in the wellbeing room
Better food
School councillor
More quiet spaces
More things to do at break and lunch
Options to read and listen to music
Mental health club
More teachers to specifically help with mental health
Re open the memorial garden

Students over the year rated MHWB an average as a 3 out of 5

To make our provision rated as a 5 out of 5 students wanted;
Go outside in the summer - vitamins and physical
Non-uniform day - self expression
Make food cheaper - has scientific benefits
Private conversations and one to one's with trusted teachers
We could do more to help people's mental health
Meetings with ambassadors
It is talked about but not in real life circumstances
Mention it more
Ask people if they're ok
Talk about it more and learn about wellbeing instead of numeracy in tutor time
Teachers should notice when students are having a down day and talk to them

Part Four – Upstander email address

upstander@newbold.outwood.com

Why upstander? - watch this <https://www.youtube.com/watch?v=eeqQCyQOCPg&t=98s>

This was launched last year as a way for parents/carers and students to report bullying and/or unkind behaviour. We have had lots of responses from parents and students using this, but I am aware that some parents did not know it existed. The address was shared via planners, an assembly and poster around school. Please do use this email address to report any concerns about bullying or unkind behaviour. Please note that this does not replace anything else in place. You or your son/daughter can still report bullying via their learning manager or tutor.

Part Five – Summer holiday & Chesterfield support

Keeping cool in summer

Advice about keeping cool in summer, especially for those people with certain medical conditions, the elderly and the very young. Includes a Public Health leaflet Beat the Heat and NHS Heatwave: how to cope in hot weather

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/keeping-cool/keeping-cool-in-summer.aspx>

Water Safety Advice from Derbyshire

During the school holidays, and in particular in the hot weather we have been experiencing, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK. Derbyshire Constabulary has been receiving an increase in reports recently of young people taking the opportunity to 'cool off' in a number of the open water bodies that are located in our community.

Water may look safe, but it can be dangerous.

It may contain hidden rubbish and debris such as shopping trolleys and broken glass which can cause injuries and drowning.

It's very cold and can quickly cause cramp and breathing difficulties.

Sometimes it can be polluted and makes them very ill.

The water is often far deeper than people think.

Please make sure your children are aware of these dangers and share this message with them to keep them safe.

Keeping yourself safe

Scams

Almost 21 million reports have been made to the Suspicious Email Reporting Service (SERS), resulting in the removal of over **235,000 malicious websites**.

SERS was launched by the National Cyber Security Centre (NCSC) and the City of London Police in April 2020 to enable the public to forward suspicious emails to an automated system that scans them for malicious links. Since its launch, almost 21 million reports have been made to the service.

Mobile phone providers also offer a service that allows customers to report suspicious text messages, by forwarding them to the number **7726**. The service is free of charge and enables providers to takedown malicious websites and block malicious texts from being sent across their network. As of 31 May 2023, **54,000 text message scams have been removed** as a result of suspicious texts forwarded to the 7726 service.

How to protect yourself from scam emails and texts

Received an email or text that seems suspicious? Report it. Your reports enable us to remove the emails and websites criminals use to commit fraud and cybercrime.

Creating a self-care plan

For young people in
secondary schools
or college



Self-care summer is back! In the lead up to this year's summer break, we want to get children, young people and education staff thinking about how to practise self-care during the holidays.

This was a tutor activity in school which students were encouraged to engage in. I thought it would be useful to have the link also as parents/carers

https://revealingreality.co.uk/wp-content/uploads/2023/06/Revealing-Reality_Anti-social-Media_06-06-23.pdf

Part Six – Stay Safe Online This Summer

