

Safeguarding your Children and Young People Information for Parents & Carers

Please check out our safeguarding page on our website:
<https://www.westfieldacademy.co.uk/about-us/safeguarding.htm>
There is a host of information, advice and links to excellent websites
to offer support and guidance.

If you need to contact the safeguarding team at Westfield Academy please use the reporting form on our website or use the following email address: safeguarding@westfieldacademy.co.uk This will be monitored by the Designated Safeguarding Lead and Deputy Safeguarding Lead only during normal school hours.
IF URGENT AND THE YOUNG PERSON IS AT RISK OF HARM PLEASE CALL the Police on 999 or Children's Social Care (Somerset Direct) on Tel:0300 123 2224. Out of hours service please call the Emergency Duty Team on Tel:0300 123 2327.

Anxiety Workshop / Information session

There will be an information session to help you support your child/ren around their 'Mental Health and Wellbeing' focussing on anxiety and worry. This session will take place on Thursday 9th June 2022 between 6-7pm in the upper school hall at Westfield Academy. This session will be delivered by the Mental Health Support Team in School and supported by the School Senior Mental Health Lead, Ms Broom and the Designated Safeguarding Lead, Mrs Coles.

This will be a really informative session and we welcome you to join us. There will be some fantastic resources to pick up afterwards. You, as parents & carers, are really important initial & ongoing consistent support.

To register your interest please add your name to the below google form:

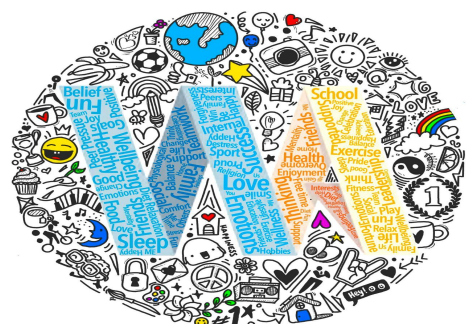
<https://docs.google.com/forms/d/1iTxX2OPmVfr-9nNVH1nogFG8t4QfgMhJpvfWu92wx3Y/edit>

Wellbeing@Westfield

The whole school were encouraged to take part in a competition to design a logo to represent 'Wellbeing@Westfield' - our whole school approach to mental health and wellbeing.

The very worthy winners were tutor group: 8E1! They, and three runners up, will be presented with a certificate, badges and prizes.

Each student in 8E1 tutor group came up with words and shapes that they thought associated and represented wellbeing. This logo will feature on all school literature promoting and advertising 'Wellbeing@Westfield'.



School Counsellor



Hello, my name is Claire Ryall, I have been a school counsellor for nearly 20 years. I currently support the students at Westfield Academy. School Counselling is brief counselling which can have really helpful outcomes. A maximum of 6 sessions offers the time to talk about emotions/feelings and develop new coping strategies. We may include some: goal oriented planning; mindfulness; walk and talk outside & relaxation techniques. Counselling support will vary so please do invite your child to discuss any suggestions that I may encourage them to share with you. This will include healthy eating habits, getting good sleep; self care; hobbies and interests which often need a parents/carers support.

For parents' and young people support resources have a look on: www.youngminds.org.uk - www.kooth.com - www.camhs-resources.co.uk / www.dove.com/selfesteem

Online Safety

For many of us we see our online lives and offline lives as different, but as young people are growing up with technology and the internet for them, there isn't any difference.

Technology can move at a very fast pace and it can be difficult to know how to start talking to your child about what they are doing online, who they are speaking to or discussing the potential risks and issues.

Top tips:

Stay calm, balanced and non judgemental, consider a subtle approach not head on, keeping listening & try not to interrupt, provide context (allow them to understand why some things are wrong, age inappropriate or unlawful), talk to them about consent & respect consistently, remind them of your own family values and be a good digital role model (follow the own advice you are giving them).

There is some great advice on the ThinkUKnow website around talking to them about online safety. [#asktheawkward](https://www.thinkuknow.co.uk/parents/ask-the-awkward/)

If you are worried about anything that your child/ren has done or seen online:

- Report it on the social media platform
- Report to CEOP [CEOP report](https://www.ceop.gov.uk/) and/or the Police
- Use the Report Remove tool [Report Remove Tool](https://www.thinkuknow.co.uk/parents/report-remove-tool/)
- Remember that everyone who is under 18 is classed in the eyes of the law as a 'child' and therefore any possession (& distributing / sharing / receiving, saving etc) of any photographs and/or images of any child who is naked (nude) or partially naked is a criminal arrestable offence. Even if it is a selfie or they are under 18 too!
- Please be aware that on apps like Snapchat - 'snaps' automatically disappear once the person you sent them to has seen them BUT they can still take screenshots and save them. This means there is a copy even though Snapchat deletes them.

There are some great websites to look at for further information, support and advice on all online safety matters for you and your child/ren:

[Childline - online mobile safety](https://www.childline.gov.uk/online-mobile-safety/)

[ThinkUKnow](https://www.thinkuknow.co.uk/)

[NSPCC online safety](https://www.nspcc.org.uk/online-safety/)

