

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.

Children's Mental Health Week

It was Children's Mental Health week from Monday 7th - Friday 11th 2022. This year's theme was 'Growing Together'.

Growing Together is about growing emotionally and finding ways to help our children and young people do this. Challenges and setbacks can help them to grow and adapt and trying new things can help them to move beyond their comfort zone into a new realm of possibility and potential.

However, emotional growth is often a gradual process that happens over time, and sometimes our children and young people might feel a bit 'stuck'. This is the time to dig deep and try & try again until we allowed them to feel they've 'got it!' This is in order to promote resilience and 'bouncing forward'.

At Westfield Academy we celebrated and promoted the week by having an assembly for every tutor group and ran drop in lunchtime sessions for every year group to allow them to try something new like a guided relaxation session, breathing exercises and lots of other fun and helpful wellbeing activities.



Safeguarding your Children and Young People Information for Parents & Carers

'Stand up to Violence' Workshops & Assemblies

On Thursday 17th & Friday 18th February the charity, 'Stand up to Violence' will be attending Westfield Academy to provide workshops and assemblies for all Year 9 & Year 10 students.

Stand up to Violence's aim is to prevent violence and its long-term consequences and the grief of losing loved ones, by delivering anti-violence workshops throughout the country that equip and inform young people in an effective manner as to how to Stand Against Violence. In this way, research carried out on our work has shown a **94% positive change in attitude** amongst the young people who attended one of our workshops.

If you want further information on the charity: <https://standagainstviolence.co.uk/>



Senior Mental Health Lead in School

I am Ms Claire Broom, the Deputy Designated Safeguarding Lead at Westfield Academy. I am now also the Senior Mental Health Lead. I am incredibly passionate and enthusiastic about promoting the mental health and wellbeing of our students and ensuring we involve our students, school staff and you, as parents & carers, in our 'whole school approach' to mental health and wellbeing.

One of my first tasks was to form a 'Wellbeing Action Group' (WAG) of relevant School Staff, a Parent Governor, a Parent / Carer and our Education Mental Health Support Workers who will meet to develop & lead and support our school on it's journey to a whole school approach to wellbeing.

My next task is to send students a questionnaire to know how they feel about Mental Health & Wellbeing, what they do to help themselves and how they feel supported at school. We will look to see how we can improve our already extensive support and put further measures in place. Please let your child/ren know we are soon going to be recruiting student wellbeing champions!

I will keep you updated...



If there is any anything you would like included in this newsletter or any safeguarding topics you would like to learn more about please let us know by emailing:
safeguarding@westfieldacaemy.co.uk