

Safeguarding your Children and Young People Information for Parents & Carers

Please check out the 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.

For everything wellbeing please follow our dedicated instagram page: **@wellbeingatwestfield**



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.

Welcome to new parents/carers: Emotion Coaching

Welcome to new parents & carers of our Year 7 students. We have been really impressed with how they have settled in to 'big school'. We want to work with parents & carers to help our students deal with the stress & worries of becoming a teenager, and we do this in a number of ways, including PSHE lessons, Wider Curriculum Time & assemblies etc.

On that note we have the pleasure of welcoming representatives from the Mental Health Support Team (MHST) to school on 28 November to complete work with Year 7 students. The MHST was commissioned to improve the mental health and emotional wellbeing of children and young people in Somerset. They will be speaking to all of our Year 7 students and completing a hour session around 'Understanding Emotions & Resilience'. The session will support students to understand their normal emotional ups & downs and learn to recognise emotions & the resulting physical sensations. They will begin to understand the role of the brain and start to build a toolbox of strategies to support emotional regulation, wellbeing and mental health.



The MHST are holding a Parent Workshop around 'Building Emotional Resilience' on Tuesday 28 November between 5:30pm & 6:30pm in the Upper School Hall. Mrs Coles and Ms Broom, our Safeguarding Team, will also be present.

- Do you want to know more about supporting your teen or pre-teen's BIG emotions?
- In this workshop we will look at your child's emotional development, and explore tools to support their emotional resilience and mental wellbeing especially as they move through the teen years.

To register your interest in the parent information evening above please complete this [Google Form](#):



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Anti Bullying Week

National Anti-bullying week is 13-17 November 2023

To coincide with this week we have invited 'Stand Against Violence' to attend school and provide workshops & assemblies to all students in Year 8, 9 & 10. '[Stand Against Violence](#)' is a charity focusing on violence prevention across England & Wales with a unique and impacting approach to educate pupils about violence and its consequences.

The powerful sessions details a true story of bullying and explore what is bullying, the different types of bullying, primary & secondary victims, the bystander effect and how to safely deal with bullying.



Useful resources for parents and carers.

[Anti-Bullying Alliance](#)

[Beyond Bullying](#)

[Young Minds](#)

Road Safety

As you can imagine, the school gates are very busy places at the start and the end of the school day. Yellow zig-zag lines outside of schools indicate the length of the road where stopping or waiting is strictly prohibited. Dropping off at the school entrances should also be avoided.

Parking / Dropping off in these areas around our school gates greatly restricts the view for staff and residents using the entrance / exit of the road. These restrictions are in place to make the crossing in and out of school safer for our students.

Conditions are worsened with the dark and gloomy weather conditions at this time of year.

It is **imperative** that these safety measures are strictly adhered to for the safety of all our students.

Please remind your child/ren of safety tips when crossing the road and using public footpaths;

- wearing of fluorescence clothing for younger children
- wearing headphones/airpods not only prevent them hearing traffic approaching but also ensures their focus is not on road safety
- being mindful of other pedestrians using the pavements, etc.

Road Safety week this year is 19-25 November 2023.

Here are some useful resources:

[Think Road Safety](#)

[Brake.Uk](#)



Scholarship - Teamwork - Resilience

Integrity - Versatility - Empathy