

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.

Online safety

It's October already and we are well into the first half of the Autumn term. Hello to all all new parents & carers reading this update. We are focusing on online safety tips for back to school, some new and some timely reminders for us all in an age where technology moves so quickly and are young people may know more than us!

- Be careful with profiles, limit personal details given.
- Don't put a photo of your child in school uniform on your social media.
- Always lock your device and turn password protection on.
- Be smart with screen time, especially just before bed.
- Report any cyber bullies and offensive language or comments.

Please click in the below links that give you more information around parental guides on mobile devices.

<https://nationalonlinesafety.com/hub/view/guide/parent-controls-for-apps-android>

<https://nationalonlinesafety.com/guides/parental-controls-for-iphone-apps>

A timely reminder: social media age restrictions:

12 years old +: Fortnite Battle Royale

13 years old +: Twitter, Instagram, Facebook, Snapchat, Pinterest, Google +, Tumblr, Twitch, Kik, Reddit, Tik Tok, You Tube...

14 years old +: LinkedIn

16 years old +: Whatsapp

18 years old +: Tinder



A good website to explore is 'National Online Safety' - which can be accessed by their website [here](#) or download their free app. They provide weekly online safety updates via 'Wake Up Wednesday' which is on platforms of Facebook, Instagram, Twitter & LinkedIn.

FORTHCOMING INFORMATION EVENING: The safeguarding team will be holding an online safety information evening, this will be scheduled and advertised in the next half term.

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Emotion Coaching

We have the pleasure of representatives from SHARE (School's health and resilience education) returning to school in November to complete work with our students. The SHARE project 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 and Year 8 students and completing a hour session around 'Understanding Emotions'. The session will support students to understand their normal emotional ups and downs and learn to recognise emotions and 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.

Prior to the start of the pandemic we were the first school in Somerset to have all year groups undertake these emotion coaching sessions. Due to the pandemic, now is the first time the SHARE team can return to school and continue their excellent work.

If you wish to read any further information on emotion coaching and the 'teenage brain' please click on the link below:

https://www.cypsomersethealth.org/?ks=1&page=supporting_parents_-_brain_3

All Year 7 & 8 Parents / Carers:

SHARE are holding a 'Parent Workshop: Building Emotional Resilience' on Monday 15th November between 6-7pm 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 being held on Monday 15th November between 6-7pm in the Upper School Hall please complete the google form below:

<https://docs.google.com/forms/d/1eJ284p-t0zWS3sjv-jF6B3paamG9KNJj4x-2dzjwyec/edit>

