

Safeguarding & Wellbeing Update Information for Parents & Carers

Please check out the Safeguarding and Wellbeing pages 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.

Welcome to Parents/Carers: Emotion Coaching

Welcome to all parents & carers, including our new parents & carers of our Year 7 students. We have been really impressed with how your children have settled in school. We always 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 practitioners from the Mental Health Support Team (MHST) to school on Monday 4 November to complete workshops 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 completing a hour session around 'Understanding Emotions & Resilience' with all Year 7 students. The session will support students to understand their normal emotional ups & 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.

The MHST are holding a Parent Workshop around 'Building Emotional Resilience' on Monday 4 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 form: [Google Form](#)



***Ms Broom & Mrs Bates are also running a Tuning into Teens parenting programme in the Conference Room at Westfield Academy starting on Wednesday 6 November from 9:15-11:15am and for 5 further weekly sessions.

Please see the attached flyer on page 3 for further information and to book a limited space***

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How to report any safeguarding concerns

If a child is in immediate danger and risk of harm then always call the Police on 999 - non emergency number 101 website: [Avon and Somerset Police](#) where you can also report incidents online.

Report to Crimestoppers call: 0800 555 111 - [Crimestoppers online form](#) you are able to provide information anonymously.

Report to Somerset Direct (Children's Social Care) 0300 123 2224 or emergency duty team (out of hours Children's Social care): 0300 123 2327 website: [Somerset Council - Children's Social Care](#) you are able to provide information anonymously.

Report to NSPCC online: [NSPCC - reporting abuse](#) or call 0808 800 5000 or email: help@nspcc.org.uk - you are able to provide information anonymously.

Safeguarding team at Westfield Academy - email safeguarding@westfieldacademy.co.uk website: [Safeguarding - Westfield Academy](#) - these methods of contact will be monitored by the Designated Safeguarding Lead and Deputy Safeguarding Lead during school hours only.



Pastoral Support in School

To all new parents/carers (and a reminder to all parents/carers);

We are really proud of our pastoral care at Westfield Academy. Students have the support of a non teaching Head of Year team in every year group, together with their tutors who see them on a daily basis.

Year 7 - Mrs Hooper & Mrs Miller

Year 8 - Mrs Ryan & Mrs Burton

Year 9 - Mrs Rose & Miss Mylan

Year 10 - Mr Bromham & Miss Bishop

Year 11 - Mr Mahoney supported by Academic Head of Year - Mrs Poole

The team is led by Mr Burles who is Head of Pastoral Care & Ms Broom is our Senior Mental Health Lead.

We are always keen to develop resilience in our students and encourage & support them to problem solve and seek out help & support as required.

Here are examples of the kind of support available within school; Tutor, Head of Year team, Safeguarding team, School nurse (by appointment), Mental Health Support Team, School counsellor, Youth Support Worker, Student Support Base...

All students have access to the safeguarding & wellbeing icon on their student desktop which has a wealth of information and resources. There is parental support on our website.



Westfield Academy

Seeing the qualities in every child

TUNING INTO TEENS



'ABSOLUTELY AMAZING COURSE! HELPS TO BOND WITH YOUR CHILD AND UNDERSTAND EMOTIONS BETTER.' (PARENT FEEDBACK)

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

You are invited to take part in a free program that aims to help you and your teen (or almost teen!) manage the many emotional challenges of this stage of life. Tuning into Teens is a six-week parenting program run by Ms Broom, one Wednesday a week for two hours at Westfield Academy. The program will teach you how to manage your own and your teen's emotions in ways that help you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face.

DATE

Wednesdays 6th, 13th, 20th, 27th November
Wednesdays 4th, 11th December



TIME

9.15am - 11.15am



STRIVE



HAVE A QUESTION OR WANT TO REGISTER? EMAIL:

claire.broom@westfieldacademy.co.uk