

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 during normal school hours only.

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 to deal with the stress & worries of becoming a teenager and we do this in a number of ways, including PHSE lessons, Wider curriculum & assemblies etc.

On that note we have the pleasure of welcoming representatives from the Mental Health in School Team (MHST) returning to school in November to complete work with our 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'. 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.



The MHST are holding a Parent Workshop around building emotional resilience' on Wednesday 9 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 above please complete this google form: [YEAR 7 PARENT/CARER WORKSHOP](#)

Online Safety

Social networking is obviously hugely popular. Many young people are sophisticated in the way they use social media apps and websites (probably more than us!), tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles. But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.

Understand the risks involved: What they might see or do: Seeing or sharing of violent, sexual and pornographic content, Inaccurate or false information and extreme views, promotion of harmful behaviours including self-harm, anorexia and suicide, over-sharing of personal information & actively or unintentionally getting involved in bullying or hurtful behaviour.

Who they might meet: People who might bully, intimidate or frighten, people posing behind fake profiles for, mischief-making, sexual grooming and stalking, blackmail and extortion & identity theft and hacking.

How this could affect them: fear of missing out leading to excessive use or exaggeration, getting upset by things they have seen and being uncertain about what to do, engaging, or being pressured into engaging in more risky behaviour either by accident or by design, developing unrealistic, and perhaps depressing ideals of body image and gender, becoming subject to peer pressure or interactions that are intense or too difficult to handle & creating an online reputation that may create problems for them in the future.

Practical tips: ask them about the apps they use and get them to show you, explain privacy settings, check if apps have 'geo location' enabled, show them how to report offensive comments, talk about how they want to present themselves online, that although messages maybe private words & images can be captured and shared & encourage them to talk to you if anything upsets them.

Keep talking & stay involved!

There are some great resources to look at online:

[NSPCC - Online safety & managing wellbeing](#)

[Thinkuknow - parent/carers guides](#)

[National Online Safety - guides to what parents/carers need to know](#)

[Safer Internet - parent / carer resources](#)

