



HOLDEN LANE PRIMARY

SAFEGUARDING NEWSLETTER



FEBRUARY 2023

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At Holden Lane Primary School, safeguarding and promoting the well-being of our children is everyone's responsibility and our top priority. Anyone who comes into contact with children and their families has a role to play.

WHAT IS THE ROLE OF THE SAFEGUARDING LEAD?

Miss Thomas is the Designated Safeguarding Lead (DSL) here at Holden Lane Primary School, she has a crucial role in taking the lead responsibility for child protection issues in the school.

Mrs Reece is the Deputy Safeguarding Lead (DSL) and Head of Pastoral Care. She is a member of the school's senior leadership team and is highly trained for this role.

Mrs Joanne Powell-Beckett is our Chair of Governors. She is the Safeguarding Governor for Holden Lane Primary School.

A DSL or a member of our safeguarding team is always available during school hours for staff to discuss any safeguarding concerns and we are always contactable by telephone or email outside of school hours.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

National Online Safety
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman, Anna is passionate about helping prevention at the heart of every school, integrating mental wellbeing into the curriculum, school culture and systems. She is also a regular of the adviser's group for the Department of Education, advising them on their mental health green paper.

1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what engagement this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during set times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- MindShift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0800 802222)
- Young Minds (0800 802 5544)

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STOP BULLYING

SEE IT - SAY IT - STOP IT

At Holden Lane, it is our aim that all children are able to come to school without the fear of being bullied and that parents are confident that they know who to approach about bullying so that it is dealt with effectively.

If you are being bullied, or feel you are being bullied, in or out of school or online, please head to the anti-bullying page of our school website and **click the button to report it.**

SAFEGUARDING PREVENT RADICALISATION & EXTREMISM

WRONG WAR LOVE
CHOICES RADICAL BELIEFS
WISE RELIGIOUS EMOTION
KNOWLEDGE EXTREMISM POWER
HARMFUL TERRORISM PAIN
COMMUNICATE DANGEROUS IDEOLOGY

If you need to report suspicious, harmful or illegal information you have seen on the internet, please head to the safeguarding page of our website and **click the button to report it anonymously.**

Five ways to wellbeing

1. Connect

Staying in touch with others enables you to share positive experiences and support each other

2. Move

Being active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!

3. Learn

Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

4. Give

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people

5. Focus

Being present and taking time for self-care is really important in the busy world we live in



100's Of Online Courses Available On Our New Website!

- Level 2's • Level 3's • Adult Apprenticeships
- Brand New Paid Courses!

www.theaimgroup.co.uk



AIM GROUP

Attention ALL- This will take just 30 seconds to read and is a fantastic opportunity!

We have been contacted by The AIM Group who deliver **Free Online Level 2 Accredited Courses** to help better understand some key issues around young people's mental health and wellbeing, along with a range of other qualifications that may help with developing your own careers.

Here are some of the most popular subjects available:

- Neuroscience in the Early Years
- Children and Young Peoples' Mental Health
- Understanding Autism
- Specific Learning Difficulties
- Nutrition and Health
- Behaviour That Challenges in Children
- Bullying in Children and Young People
- Adverse Childhood Experiences
- Mental Health Awareness
- Counselling
- Special Educational Needs and Disability
- Team Leading
- Business Administration
- Organisation Management
- Customer Service
- Functional Skills - Maths
- Functional Skills - English

These are just the popular qualifications, but they have over 30 available!

The qualifications are completed within a 6-10 week period in your own leisure. They are equivalent to a GCSE Grade C. You can do as many as you like, however, you can only do one at a time.

The criteria you must meet to be eligible are:

- Aged 19 or over on or before 31st August 2022
- Have lived in the UK/EU for 3+ years
- Not already on a Government funded course

If you are interested in undertaking one of these free online courses or would like further information, then please complete the following link **ASAP**. This will then allow The AIM Group to contact you to discuss and get you started on your chosen course:

<https://theaimgroup.co.uk/booking-form/0014J00000tXEKt>

If you have any questions prior to expressing interest, call **Shane Cooke** on 0203 900 3091 extension 249 or drop him an email at shane.cooke@theaimgroup.co.uk

ONLINE Safety



GROWTH MINDSET

SUCCESS BEGINS WITH BELIEVING YOU CAN



Wellbeing Working Group Members:

If you would like to join the team or find out more., please contact Mrs Reece for more information.

Mrs Reece - Head of Pastoral Care

Mrs Pellington - School Business Manager

Mrs Condcliffe - SENCO

Mrs Lovatt - Year 2 class teacher / PHSE Leader

Mrs Kent - Senior Teaching Assistant

Mr Edwards - LA Governor, Vice Chair of Governors

Mrs James - LA Governor

Mrs Lovatt - Parent Governor

Mrs Bradbury - Parent Governor

