

# Safeguarding Bulletin

## Message from the Trust Safeguarding Lead

This is my first Safeguarding Bulletin as Trust Safeguarding Lead and even though we find ourselves in another 'lockdown' all the schools have engaged fully, in making sure we meet the needs of each and every student within the Trust. I would like to share the various support options that are available to you as students and parents and carers within the Seckford Education Trust.

Everyone will feel differently about the coronavirus pandemic, and the changes to lockdown restrictions, which can in turn cause an increase in anxiety and other mental health issues.

This week is Children's Mental Health Week, and the theme this year is 'express yourself'. We have set 6C Challenges based around this theme to allow students to focus on their wellbeing and build self-esteem. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way for young people to show who they are, and how they see the world, to help them feel good about themselves.

As parents and carers, you play an important role in your child's mental health. If you're worried about your child's mental health, you can talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice on the following website: <https://www.place2be.org.uk/help>

### For parents and carers / student self-referral support:

<https://www.wellbeingnands.co.uk/suffolk/get-support/>

<https://www.suffolkmind.org.uk/>

<https://www.teenagementalhealth.co.uk/>

We recognise that being isolated within the home for long periods of time can feel overwhelming for some students and families, and we would therefore like the opportunity to share with you the support available to students during this period of online learning. There are staff in school each day who are contactable by phone, or via the following emails.

### The Pastoral team at SET Saxmundham is:

[spower@seckfordeducation.org.uk](mailto:spower@seckfordeducation.org.uk) (Assistant Headteacher and DSL)

[lbevan@seckfordeducation.org.uk](mailto:lbevan@seckfordeducation.org.uk) (Year 7)

[shicks@seckfordeducation.org.uk](mailto:shicks@seckfordeducation.org.uk) (Years 8 and 9)

[hcoles@seckfordeducation.org.uk](mailto:hcoles@seckfordeducation.org.uk) (Year 10)

[ahume@seckfordeducation.org.uk](mailto:ahume@seckfordeducation.org.uk) (Year 11)

At SET Saxmundham we are offering the following support to all students:

### Year group Classrooms:

Registration every morning, wellbeing activities, assemblies, 6C enrichment challenges and the



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opportunity to do something different on a Wednesday afternoon.

### **Tutor Contact:**

Three live tutor sessions a week in their tutor group classroom. These sessions take place at 8:30am on Monday, 3:30 pm on Wednesday and 8:30am or 3:30pm on Friday (tutor's choice).

This is the students' dedicated Google Classroom for any questions via their tutor.

Tutor emails are the first point of contact for parents and students.

### **Pastoral classroom - Classroom Code is jr7qpj6**

This is populated regularly with advice, websites and apps to support our community with their wellbeing during this challenging and emotional time.

The classroom also allows students to post comments to members of the Pastoral Team, if they wish, for further support, guidance or to ask questions, with this being monitored throughout the school day.

Live Google Meet intervention groups such as small group well-being support and individual conversations.

### **Careers support classroom for year 10 and 11. Classroom Code is ga67xs**

- Mentoring offered through Springboard.
- Meetings with Jenny Stockman to discuss Careers and Post 16.
- Apprenticeship meetings to support with the application process.
- Support with CV writing.
- Advice and information for work experience, virtual visits of colleges, links to support transition from high school.

### **Additional support available:**

As a school we are providing the following support in addition to the above for students and parents during this period of uncertainty. If you feel your child needs any additional support listed below, please contact us.

- Year group support rooms – for students and parents to make contact.
- Live weekly meets for students that need extra support.
- Regular phone calls/emails home with parents and students.
- Weekly home visits and delivering ICT or resources.
- ICT drop-in support at school if required.
- Virtual appointments with the School Nurse for individual support for students.
- CAF completions.
- CISS support.
- Thrive assessments and screening.
- Suffolk family carers support if needed.
- School nurse interventions and 1:1 meetings.

### **Online Safety:**

With children spending more time online, now is also a good time for us to remind you of the risk's certain websites, apps and social media can pose, so that you are aware of the steps you can take to protect your child. The Key (education support) has created a safeguarding hub that allows parents to access interactive guidance on setting up parental controls on their child's devices, as well as guidance on apps like TikTok, YouTube and Instagram and more.

Click <https://parenthub.thekeysupport.com/>

We wish you and your families all the best during this challenging time. Please do not hesitate to contact either your child's form tutor or our Pastoral team, if you require any further support.

**Shona Power, Trust Safeguarding Lead**