



Welcome to our third Safeguarding Bulletin. Last half term we explored **COUNTY LINES** and **ATTENDANCE**. In this addition we will be focusing on **CHILDRENS MENTAL HEALTH** and **SAFER USE OF THE INTERNET**.

## **Children's Mental health**

Children and young people's mental health has never been more important, particularly following the coronavirus pandemic. After almost two years of school disruption during lockdown, children have been getting used to returning to their classrooms. Recent statistics show that 1 in 6 children and young people in Halton now have a diagnosable [#mentalhealth](#) condition. We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.

## **HELP AVAILABLE**

If you are concerned about your child's mental health there are a variety of services you can speak to for advice. Before you seek help you might want to think about whether your child is getting everything they need to be healthy such as; a healthy balanced diet including plenty of water, enough sleep, plenty of physical activity, a home they feel safe in, friends, hobbies and interests. Is there something in particular that is bothering them that they need help resolving?

## **Helplines and online support**

Young Minds FREE Parents helpline providing confidential expert advice Young Minds Parents Helpline

## **Need to speak to someone in person?**

GP-You can discuss your concerns with your GP. Before you book an appointment, you might want to read about how to talk to your GP about Mental health [How to talk to your GP about mental health](#)

School or College- Your child spends a lot of their time at school or college so chances are if something is worrying them staff members may have noticed a change in their mood or behaviour. Talk to your child's school or college to discuss your concerns and what support they can offer. If you have a concern please contact your progress tutor in the first instance or speak to a member of the safeguarding team

## **Support if you live in Halton**

HeadzUp Halton mental health drop in-If you have any concerns about your child's mental health and wellbeing and they are under 18 you can get advice from Child and Adolescent Mental Health Services weekly drop in sessions where you can speak to a mental health professional Headz Up Halton Drop in



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**If you or your child have a non-emergency concern, please contact [safeguarding@saintspeterandpaul.halton.sch.uk](mailto:safeguarding@saintspeterandpaul.halton.sch.uk) for advice and support. For emergencies please call 999.**



## Children's Mental Health Week 7th - 14th February



The theme of this year's Mental Health week was Growing together. We encouraged all members of our school community to consider how they have grown and how they can help others to grow. The week was full of activities to help students raise awareness, reflect, and support their mental health. Students have planted bulbs, written letters, worn yellow and taken part in boom box bingo!

## Internet safety day 8<sup>th</sup> February 2022

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. In school we celebrated this in our Computer science lessons by exploring how young people can stay safe on line. If you would like further support on how to keep your child safe on line, visit <https://saferinternet.org.uk/>

**Safer Internet Day 2022** | **Tuesday**  
8 February

**ALL FUN AND GAMES** ?

Exploring respect and relationships online

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## A guideline for parents and carers

Be aware, your child may be a target of cyber bullying or even a cyber bully. Be alert to your child seeming upset after using the Internet or their mobile phone. This might involve subtle comments or changes in relationships with friends. They might be unwilling to talk or be secretive about their online activities and mobile phone use.

Talk with your children and understand the ways in which they are using the Internet and their mobile phone.

Use the tools on the service and turn on in-built Internet safety features.

Remind your child not to retaliate but to report.

Save the evidence - learn how to keep records of offending messages.

Report cyber bullying, contact us at college if it involves another student, so we can take the appropriate action.

Always respect others - be careful what you say online.

Think before you send - whatever you send cannot be called back.

Block the bully - learn how to block someone who is behaving badly.

## The Safeguarding Team



Mr Forber

Deputy Designated Safeguarding Lead



Mrs Forber

Designated Safeguarding Lead



Mrs Nightingale

Deputy Designated Safeguarding Lead



Mrs Woan



Mrs Cunningham



Mrs Scott



Mrs Downing

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