



## Safeguarding and Well-Being Newsletter

WELCOME TO OUR FIRST EDITION DESIGNED ESPECIALLY FOR OUR  
PARENTS AND CARERS

The purpose of this newsletter is to keep you up to date with current and emerging issues so we can continue working together to protect and keep our young people safe.

The Department for Education (DFE) document 'Keeping Children Safe in Education 2020 (KCSIE)' provides the statutory safeguarding guidance for secondary schools. According to that document, safeguarding is defined as:

- Protecting children from maltreatment
- Preventing impairment of children's health or development
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- Taking action to enable all children to have the best outcomes.

KCSIE makes a clear and strong link between mental health and safeguarding and stresses the role that schools play in detecting possible issues and promoting and supporting good mental well-being.

At Newquay Tretherras we have robust procedures in place that promotes and responds to the needs and interests of all children. All staff are aware of their responsibilities and how we work together in partnership with families and external agencies to ensure children and their families receive the right help at the right time. We work with social care, the police, health services and other agencies to promote the welfare of children and protect them from harm. This includes providing a coordinated offer of early help.



### Key Contacts

Ms. Jane Hurley

Designated Safeguarding Lead

Ms. Jacqui McGlynn

Designated Safeguarding Lead

Miss. Laura Thomas

Operational Safeguarding Lead

Mr. Andy Booth

Deputy Designated Safeguarding  
Lead

Mrs. Lindsay Barber

Well-being Manger and  
Mental Health Lead

Miss. Kitty Summer

Well-being Practitioner

Mrs. Julie Cartwright

Well-being Practitioner

Ms. Hayley Coombes

SENDCo

## Free well-being support for you and your child



We are lucky enough to have been given access to FREE e-learning resources for Newquay Tretherras parents/carers via Creative Education and funded by Headstart Kernow. The online sessions last between 30 mins to 1hr and cover a wide range of topics including supporting your child with their low mood, anxiety, self-harm and sleep to name a few.

Take a look below for more information and how to sign up.

### FREE Wellbeing support for you and your child

**HeadStart Kernow** working in partnership with **Creative Education** are offering parents and carers across Cornwall and the Isles of Scilly **FREE** access to an online, on demand library of resources to support wellbeing both for you and your child(ren) in these challenging times.

Currently there are **over 100** resources available and the platform is growing all the time. The content includes a mix of webinars, short online courses and bite-size information for **primary / secondary ages** and covering topics such as:

- *Self-care for parents and carers*
- *Supporting your child when they start a new school*
- *What to do when your child is being bullied*
- *Parental awareness of self harm*
- *Worries and anxiety (including simple coping strategies)*
- *Helping children with friendship issues*
- *Laugh your way to stronger connections*
- *Understanding the teenage brain*
- *10 ideas to boost family wellbeing*
- *Top tips to help improve children's sleep*



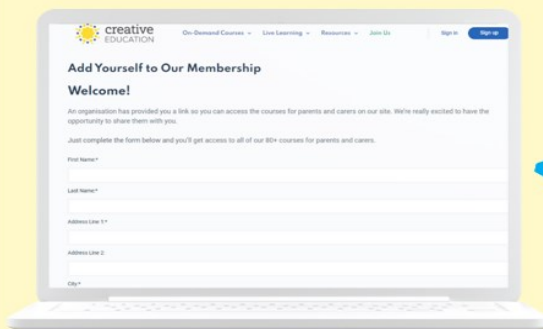
and many more...

### How can I sign up?

To get your **full and free access** (lasting until 31st August 2022) follow this link:

<https://bit.ly/CornwallParentsHSK>

or scan the **QR Code**



The link will take you to the **Creative Education Website** and a page where you can sign up to the **existing Headstart Kernow Membership page**.

Once signed up you can access all of the parent / carer resources for free on any device / anywhere / anytime.

For more information visit:

[www.headstartkernow.org.uk/parents--carers/online-wb-courses/](http://www.headstartkernow.org.uk/parents--carers/online-wb-courses/)

or e mail: [headstartyouth@cornwall.gov.uk](mailto:headstartyouth@cornwall.gov.uk)

Find more resources for Children & Young People at our YP website

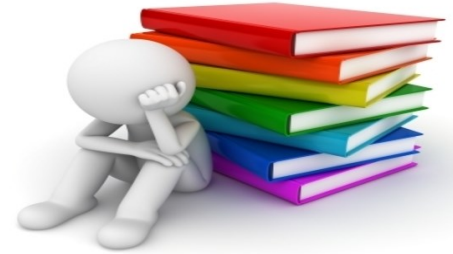
[www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)

## Exam Stress

We all know exams are important but can also be stressful!

During these times its important to encourage your child to take care of their mental health and well-being.

Here are a few tips on how young people can manage their feelings around exams.



# DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you.  
Stay in control with these top tips.



**gcsepod**  
education on demand



### BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



### GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



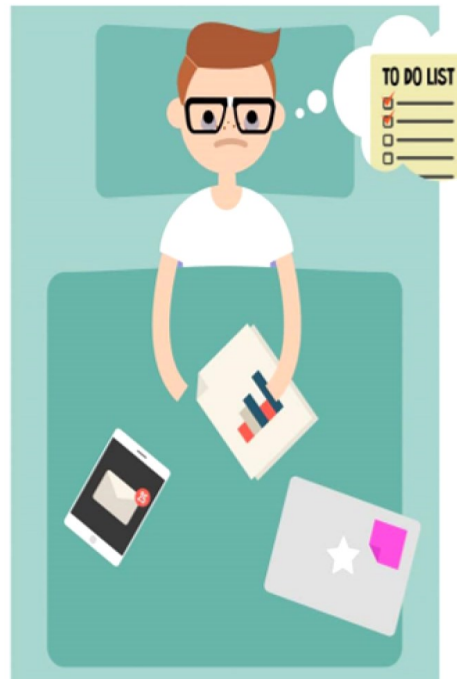
### MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



### OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.



### EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



### EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



### TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worry they may be experiencing.



### KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!



[gcsepod.com](http://gcsepod.com)



[info@gcsepod.com](mailto:info@gcsepod.com)



0191 338 7830

## Where to get additional help

**BBBC Bitesize:** How to deal with exams stress

<https://www.bbc.co.uk/bitesize/articles>

**NHS:** Help your child beat exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child->

## Talking to Young People about war

### Where to get more information

#### BBC Bitesize:

##### How to talk to your teenager about the invasion of Ukraine

<https://www.bbc.co.uk/bitesize/articles/zbrdjsg>

#### Newsround:

##### Advice if you are upset about the news

<https://www.bbc.co.uk/newsround/13865002>

#### Childline:

##### Worrying about Russia and Ukraine

<https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>

#### Parentzone:

##### Helping our child cope with media coverage of traumatic events

<https://www.parents.parentzone.org.uk/morearticles/helping-your-child-cope-with-media-coverage-of-traumatic-events>

#### SHOUT:

##### Ways to cope with upsetting events in the news

<https://www.giveusashout.org/latest/ways-cope-upsetting-events-news/>

## Talking to Children About War

With news of the war in Ukraine dominating headlines, social media platforms and conversations across the country, many children in early learning and care and school age childcare settings will have been exposed to information about the conflict.

Children do not always talk about what is worrying them but they may be trying to make sense of this information by themselves and, in the absence of factual information, imagining situations to be far worse than they are. Every child is different, however, and while some might be feeling scared, others may not be worried at all.

Below are some strategies for talking to children about the current situation that will help to ease their concerns.

**Keep calm.** Check in with yourself and how are you currently feeling. When you are feeling anxious, children can notice this and begin to feel stressed too. If needed, take some time to calm.

**Talk to children.** We instinctively want to protect children from things that might frighten them; however not talking about something can make children more scared. If children are already talking about the war, encourage them to tell you what they have heard and ask them how they are feeling. If children are showing no interest, leave them be.

**Answer questions.** Answer children's questions in language they will understand with a level of information appropriate to their age. Avoid sharing too much information as this can be overwhelming. If you do not have all the answers, that is ok. Tell the child you will let them know when you know.

**Create a safe environment.** Children need to feel safe and secure. Limit children's exposure to news reports and discuss your own worries outside of children's earshot.

**Reassure them.** Young children often personalise situations and may perceive the danger to be closer to home. Let them know that although war is very serious, they do not need to worry about it happening in their neighbourhood. Tell them you understand how they are feeling and reassure them that they are safe and that you are there to take care of them. It is important, however, to be realistic and not to promise that no one will get hurt.

**Help children find ways to express themselves.** Some children may not be able to talk about their thoughts or feelings but can be supported to make sense of the world through play.

**Do something positive.** Encourage children to engage in activities where they can feel helpful such as drawing pictures to send to children who are living in affected areas.

**Avoid stereotyping** groups of people by nationality and challenge hateful talk.

**Partner with parents.** Share information on the discussions children are having at home and in the setting or any fears or concerns the child may have.

Children who have experienced trauma or loss may be particularly vulnerable to news of war and conflict and may need extra support. Children with relatives in the regions impacted by conflict will also need special attention.



An Roinn Leanaí, Coimhionannais,  
Míchúinnis, Líonpháirtíochta agus Óige  
Department of Children, Equality,  
Disability, Integration and Youth



## Young Carers

A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older young carers are also known as young adult carers and they may have different support needs to younger carers.

one in five school children are young carers (University of Nottingham 2018), with this number increasing during the COVID-19 pandemic.

### What might a young carer do?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.



### What to do If you feel your child may be a young carer

Please contact the school and let us know via [enquires@tretherras.net](mailto:enquires@tretherras.net) or call 01637 872080

Miss Kitty Summers is our designated young carers co-ordinator that can offer your child support at school.

We run termly drop ins, day trips out and activities which your child can be part of.

Most importantly we offer space and time and peer support which can be invaluable.

## Key Contacts

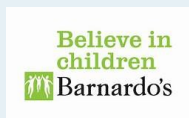
### Kernow Young Carers

Website:

[www.barnardos.org.uk/what-we-do/services/kernow-young-carers](http://www.barnardos.org.uk/what-we-do/services/kernow-young-carers)

Tel: 01736 756655

Email: [kernowyoungcarers@banardos.org.uk](mailto:kernowyoungcarers@banardos.org.uk)



### Cornwall Carers Service

Website:

[www.cornwallcarers.org.uk/](http://www.cornwallcarers.org.uk/)



### Carers Trust

Website: [carers.org](http://carers.org)





## The Well-being Hub



At Newquay Tretherras we are lucky to have a dedicated team of well-being practitioners linked to each year group.

Our Well-being Practitioner are here to help support your child to access their learning. This may include referrals to external services for any specialist support when required.. If you are ever concerned about your child's mental health please speak with your GP in the first instance. Any school related issues can be discussed with your child's head of year who may refer your child to speak with the year groups linked Well-being Practitioner.



For more information and support please take a look at the websites below which offer lots of useful Information and advice.

### NHS

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health>

### Young Minds

Support for parents/carers and young people  
<https://www.youngminds.org.uk>



### Shout

24/7 text line for young people and adults mental health support



### The Mix

Online support for young people  
[www.themix.org.uk](http://www.themix.org.uk)

