



SAFEGUARDING BULLETIN



Ms Harwood



Mr Partridge



Mrs Cumberbatch

If you have a safeguarding concern about a child or adult, please follow the instructions below for reporting your concern;

During Schools Hours-Contact the designated safeguarding lead, Ms Harwood, to share your concerns.

harwood.cl@stowevalley.com or
Deputy designated safeguarding lead Tom Partridge
partridge.t@stowevalley.com
tel 01926 812560

Out of hours contact Children and Families Front door on 01926 414144 or contact 101.

It is important to share concerns you have, no matter how small you think they may be. It is always better to say something, than nothing. We will treat all concerns shared with professionalism, confidentiality and respect.



Happy Easter first and foremost! As a safeguarding team we wanted to keep you updated on what has been happening this term and remind you of the support out there for our young people.

WARWICKSHIRE POLICE



We have been in contact with the police and as of 27th February 2023 the Marriage and Civil Partnership act 2022

has been enforced which will extend the ambit of the criminal law relating to forced marriage by creating a new offence which makes it illegal to carry out any conduct whose purpose is to cause a child (aged under 18) to enter into a marriage before their eighteenth birthday, whether or not that conduct involves violence, threats or any other form of coercion or deception. In essence, it will now always be illegal to cause a child to marry, whatever the method used, and whether or not the child lacks capacity to consent to marriage. Marriage' includes religious, civil and cultural ceremonies. This will also cover marriages here or abroad so if a child is a UK national or 'habitually' resident in England and Wales and is taken abroad the offence will still stand.

SAFELINE

Parent Workshops online via Zoom. These workshops consisted of 3 evening sessions on Monday 6th March 2023, Monday 13th March 2023 and Monday 20th March 2023.

The first session was based on Internet Safety providing knowledge around social media apps/privacy settings, knowledge around online grooming. The second session was about Mental Health and Welfare issues, which provided an understanding of what Mental Health is, to gain a better knowledge of what can affect children's mental health.

The final session was based on Bullying and Sexual Harassment in Schools. This session discussed how to recognise the signs of bullying/sexual harassment.



MARCH 2023



here for you 24/7

If you are feeling stressed and are struggling to cope, text STUDENT to 85258 for free, confidential support, 24/7.



GiveUsAShout



GiveUsAShout

Feeling low?

Anxious?

Struggling to cope?

**Text
SHOUT
to 85258**

**for free,
confidential
support, 24/7**

DANGERS OF NICPODS

We are hearing from other schools and our students that a new product is becoming a trend with young people. These are very high nicotine (70mg+) lozenge / sweet / packet sold in tins or plastic boxes which give a child a lightheaded feeling. They are only legal to purchase at 18+ year olds. They are highly addictive and have rumoured on occasions to have had other illegal drugs such as spice mixed in them. Please see below for images.

Please be vigilant as they can be mistaken for sweets and confiscate when seen.

The Easter holidays can be a wonderful time to relax and recharge, but for many students this time off can be spent working towards exams or coursework assignments. With the added pressures of studying online and the uncertainties of the pandemic, it can be easy for feelings of stress to build up over time, sometimes without us realising.

Our Top tips to help you manage this:

Set clear boundaries for work and relaxation time.

If you're revising for exams or working on a piece of coursework, try setting clear start and end times and adding in regular breaks every twenty minutes. Having this structure will allow you to enjoy your time spent outside of studying, and not carry stress throughout the day.

Stay connected.

Spending time with friends or family can help reduce feelings of stress. If you are not able to meet in person, consider scheduling in times for video or phone calls with friends or family.

Spark Joy.

Consider listening to music while you study, or to help you unwind. A new study from the British Academy of Sound Therapy found that 9 minutes of music is all you need to inspire joy, and 13 minutes is the dose to relax and release sadness. Try it and take note of how different music impacts your mood.

Movement.

If you're feeling stressed, consider moving your body. Exercise is great for the mind as well as the body. Starting an online workout regime or getting outside for runs, walks or cycling is great but if that's not for you starting small can still have a positive impact. Consider stretching for 5 minutes, doing 5 star jumps every time you finish a chapter, walking around the flat if you're feeling overwhelmed, or taking 2 minute dance breaks throughout your day. No matter how small movement can positively impact your mental well-being.

Practice mindfulness.

If you notice your mind wandering to the past or future simply acknowledge these feelings and re-focus your energy on the present moment. What can you do right now to build joy or relaxation?

While the holidays are a useful time to study, giving yourself a mental health holiday is a positive act of self-care that can help reduce feelings of stress and keep you feeling refreshed for next term.

Courses available online – via Zoom

Understanding Emotional Regulation in School Aged Children – 1 session – Saturday 4 th February 2023, 2:30pm to 4:30pm (Saturday course)
Understanding Self-esteem in Children and Young People – 1 session – Thursday 9 th February 2023, 10am to 12pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Monday 13 th February 2023, 12:30pm to 2:30pm
Understanding Sensory Needs in School Aged Children – 1 session – Thursday 16 th March 2023, 12:30pm to 2:30pm
Understanding Low Mood in Children and Young People – 1 session – Thursday 30 th March 2023, 10am to 12pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Monday 8 th May 2023, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Saturday 13 th May 2023, 9am to 11pm (Saturday course)
Understanding Low Mood in Children and Young People – 1 session – Saturday 13 th May 2023, 12pm to 2pm (Saturday course)
Understanding Self-esteem in Children and Young People – 1 session – Saturday 13 th May 2023, 2:30pm to 4:30pm (Saturday course)
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Thursday 18 th May 2023, 12:30pm to 2:30pm
Understanding Emotional Regulation in School Aged Children – 1 session – Wednesday 24 th May 2023, 12:30pm to 2:30pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Friday 9 th June 2023, 10am to 12pm
Understanding Self-esteem in Children and Young People – 1 session – Monday 12 th June 2023, 12:30pm to 2:30pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Thursday 22 nd June 2023, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Friday 30 th June 2023, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Monday 3 rd July 2023, 12:30pm to 2:30pm

Our Academy is not a School, College or Academy in the traditional sense of the word, you don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy delivers a learning approach to personal recovery and wellbeing that is offered by a partnership of organisations across Coventry and Warwickshire. We offer a wide range of FREE courses and workshops designed to empower you to become an expert in your own recovery and wellbeing.

For course descriptions and to enrol, please see website below:

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626





Mental Health in Schools Team (MHST) Tips For Wellness:

BE ACTIVE

Being active is all about moving our body, in any way at all!

Physical activity has lots of benefits for our body but it is also great for our mind too. When we move our body, it releases chemicals in our brain that make us feel good and boosts our self-esteem. It also helps to improve our sleep, concentration and reduces stress!

Being active may be new to you or you may already exercise regularly, try to find an activity that you want to do and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for staying active below?

Our tips for being active:

- 1- Dance to your favourite music and create a playlist to help get your body moving!
- 2- Walk or cycle whenever you can (e.g., park the car one street further away and walk the rest!)
- 3- Practice hula hooping (you could even try this whilst you are watching TV!)
- 4- Joining a sports club is a great way to improve your physical ability but is also an opportunity to make new friends and be part of a team.
- 5- Get outdoors and stay active in the fresh air. If it's raining, why not try a dance or Zumba video on YouTube?



Scan for more
ideas!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.