

In addition to the useful resources on a variety of matters concerning your child's well-being, this edition focuses on spring wellness and provides resources you may find helpful to support you and your child.

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Spring Wellness

On behalf of the safeguarding team at Bilton School, we wish you all a Happy Easter. Stay safe and enjoy the spring break!

Warwickshire services are working together to help people find the information they need to manage increased household costs. This is a difficult time for many people and finding direct support can be hard.

National and local links to services are listed on the below link as well as information on related topics.

[Cost of Living \(costoflivingwarwickshire.co.uk\)](https://www.costoflivingwarwickshire.co.uk) ID

Cost of Living support line: [0800 408 1449](tel:08004081449)



Stowe Valley
MULTI ACADEMY TRUST
SAFEGUARDING & CHILD PROTECTION

Be the best you can be!

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

20th March - International
Day of Happiness

SELF-CARE

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself, thinking "how do I feel?" and understanding "what do I need?".

Self-care looks different for everybody, so it is important to try out different methods to find what works for you!

Our tips for practicing self-care:

1- Ask yourself "how do I feel?" If you feel sad, worried or angry, talk to a trusted adult and choose an activity that you enjoy, e.g., listening to music, drawing, playing a game, reading a book, or going for a walk.



Try out this
breathing exercise!

2- Make time for a relaxation activity, why not try out the breathing and meditation exercises by following the QR codes?



Scan to practice
meditation.

3- Try to look after yourself by eating and sleeping well!

4- If you notice yourself feeling overwhelmed, take some time out and ask yourself "what do I need?" Is there anything you can do to help yourself to feel better? Or do you need to take a break to recharge?



More self-care
tips!

5- To learn more about self-care and how we can look after ourselves better, scan the QR code!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars 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.



RISE MHST

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

POSITIVITY

It can be easy to focus on the things that have gone wrong in our day, which may lead to feeling overwhelmed, stressed, worried or sad. By thinking in a positive way and engaging in positive behaviours, we can feel more positive about life too.

Positivity is great for our happiness and wellbeing, and should be practiced every day, not only when we are finding things difficult! You might find it tricky at first but the more you think positively, the easier it becomes.

Our tips for increasing positivity:

1- At the end of the day, list 3 things that went well for you (no matter how big or small!) Sharing positive moments with others can also increase our happiness, so why not do this activity with a friend or family member?

2- Ask yourself, "**what am I good at?**" Think about what strengths and skills you have that help to make you good at this. Share these with a partner and celebrate your successes!

3- Our mood can be influenced by many things, e.g., music, images and words. Choose your favourite uplifting songs and create a '**positivity playlist!**'

You might also want to create a poster of positive quotes, song lyrics or photos that make you feel happy (remember to store this somewhere you can access easily).



*Scan to learn about optimism and creating balanced thoughts!
(This 3 part video is suitable for younger ages)*

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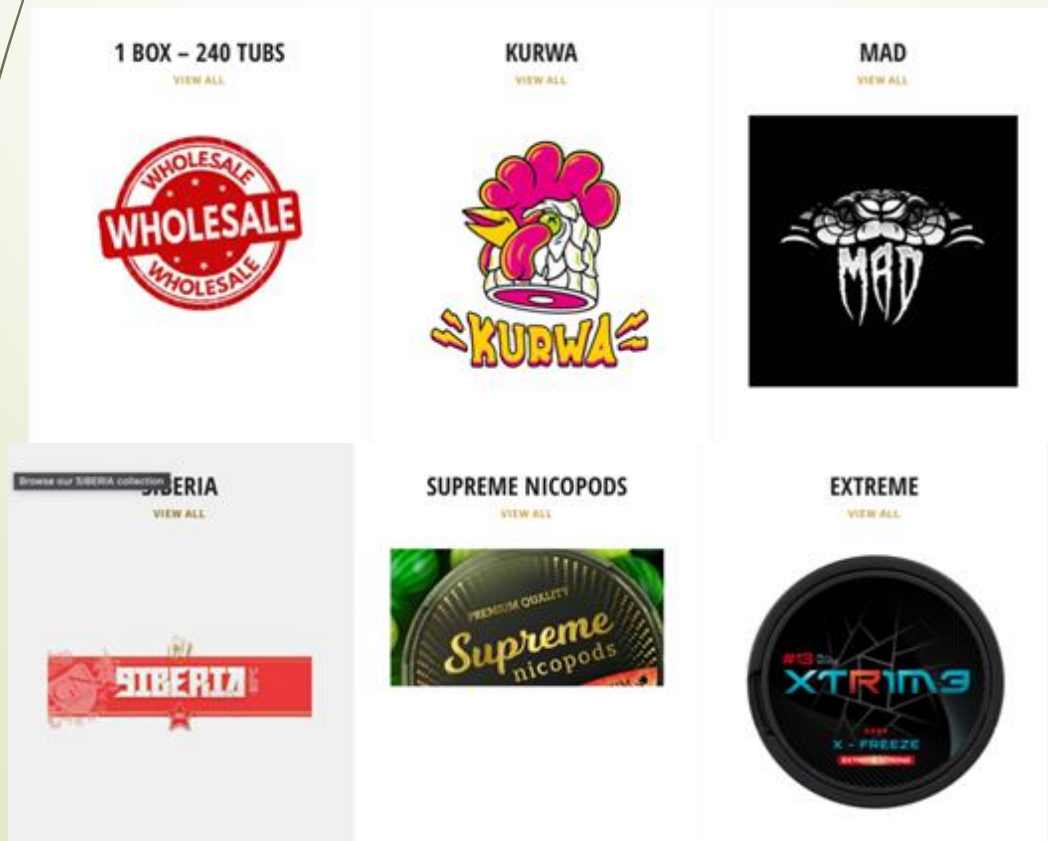
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Safeguarding - Dangers of Nicopods

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 with them. Please see below for images.

Please be vigilant as they can be mistaken for sweets.



INTERNET SAFETY

With the Easter Holidays fast approaching we would like to warn parents / carers of some recent, internet safeguarding issues:



WARNING

1

“Just to share some concerning information we have come across which you may or may not be aware of.

There is a harmful ‘national rape day’ hoax that has become viral on Tik Tok that happens on the 24th of April. The original video was allegedly made by a group of men in 2021, encouraging others to commit acts of sexual assault on this day, saying it was legal to do so. This is concerning as it’s still been circulated around TikTok.

We were also made aware of a game that young people in primary school (but could still occur in secondary school) which is called ‘Turkey Tap’. It comes from a Netflix series called Prince of Peoria (which is a PG). The children play a game which results in them being touched in their private areas. This may be a good opportunity to reinforce messages around unsafe touching, private or intimate parts of the body and personal safety.

There are many new games/trends both online and offline impacting young people therefore it’s great to maintain curiosity by talking to them about what they are doing or accessing as when they are asked, they feel safe to say to tell you.”

2

“I’m not sure if you have already seen the concerns raised on TikTok of a tiktoker named Jeffery Marsh, who is trying to get children to turn against their parents, schools and authorities and attempting to have children message him privately.

There are concerns that he is a predator and is trying to influence children (I suppose in a similar way to Andrew Tate)

There have been threats made to individuals (adults) that have challenged him. As we know a lot of children/teens are on TikTok.”

All, over the recent months there has been a significant increase in Anti-Social Behaviour (ASB) within the Rugby Borough that occurs within Rugby town centre and the surrounding areas.

These offences although defined as ASB can include substantive offences such as:

- ⌚ Criminal Damage.
- ⌚ Public Order.
- ⌚ Assault.
- ⌚ Possession of drugs.


There are other incidents that have occurred, such as underage drinking and the underage purchasing of alcohol, the use vapes and cigarettes.

Some of the subjects that have been involved in the incidents have also shown a total lack of respect to retail and hospitality establishments as well as to the general public and the police and partner agencies.

Over the Easter holidays and moving forward we as police would like to make schools, young persons, students and parents/carers aware of the consequences should their child be involved in ASB/Criminal incidents.

Consequences could be:

- ⌚ Being taken home by police.
- ⌚ Issued a dispersal notice by police to leave the designated area and not return for a designated period of time.
- ⌚ Arrested and taken into police custody.
- ⌚ Kept in a police cell, while evidence is gathered.
- ⌚ Interviewed under police caution, with a parent or appropriate adult and/or solicitor.

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- ⌚ Liable to prosecution.
 - ⌚ Having a criminal record.
 - ⌚ Being known on police systems (nationally).
 - ⌚ Being known to police partner agencies, such as Social Services.
 - ⌚ Having to work with Youth Justice and Youth Offending Teams to prevent prosecution.
 - ⌚ Having your mobile phone examined or seized.
 - ⌚ Having your mobile phone seized by police as you decided to film an ongoing incident, due to it having potential evidence on it.

Following any interaction with the police, youth workers, partner agencies and the school/college of the young person will be aware of the outcome of such and the potential offences that have been committed or that they have been jointly involved in.

Police are working with partner agencies, Councils, local retailers and hospitality establishments to help reduce Anti-Social Behaviour within Rugby and are working with schools to highlight what may have should people become involved in ASB and its associated offences.

Happy Easter.