



### Welcome!

Keeping children safe is a key priority here at Witham St Hughs Academy. Safeguarding takes many forms including: Protecting children from harm; preventing impairment of children's health and development; enabling safe and effective parenting and giving children the best opportunities in life. We do many things every day in school to ensure pupils are safe including: ensuring all staff are trained in safeguarding; having clear policies and procedures in place to keep children safe; monitoring pupil attendance; ensuring a safe and healthy site; ensuring the behaviour of pupils is in line with the Academy behaviour policy. Through our curriculum we teach children to stay safe and happy. We encourage the understanding that any problem or worry that they may have is legitimate, and to share their worries, big or small with a trusted adult; at home or school.

### Focus on: Mental Health and Wellbeing

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage a range of emotions. Good mental health is fundamental to be able to thrive in life. If we're not tackling mental health problems early, then we risk failing the next generation right at the start of their lives. The mental health foundation provides 5 top tips to support your child's mental health:

"I don't need people to understand it, having support and just somebody who will stand by you and listen to you when you need it is invaluable."

#### Think about the five ways to wellbeing

Are there things you can encourage them to do, or do together, each day?

#### Talk openly about mental health

Just as you might encourage them to eat fruit and veg to keep their bodies healthy, talk openly about staying connected with others or being physically active in order to take care of our minds.

#### Model good habits

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

#### Think about phone usage – both theirs and yours

We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health.

#### Notice any changes in your child's behaviour

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

Useful Websites:

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

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

<https://www.time-to-change.org.uk/>

<https://youngminds.org.uk/>





### Who can help?

Every school has a 'Designated Safeguarding Lead'. At Witham St Hughs Academy, these are Mrs Broadley, Mrs Younger and Mrs Dexter. Our Safeguarding governor is Mrs Gemma Grundy.

In addition, Mrs Dexter's role this year as distinct groups leader is aimed at working with parents and families who may need additional support. If you wish to speak to Mrs Dexter, please contact the office for an appointment.

If you have any concerns in relation to safeguarding, please feel free to speak to Mrs Broadley, Mr Younger or Mrs Dexter at any time.

### Useful phone numbers

Social Services: 01522 782111

ChildLine: 0800 1111

Lincolnshire Prevent Team: 020 7340 7264

Young Carers Helpline: 01522 553275

NSPCC whistle blowing helpline: 08088 005000

FGM helpline: 08000 283550

Samaritans: 01522 528282

Family Services Directory: 0800 195 1635



## Online Safety Update from 'National Online Safety'

"The online world can be an unforgiving place. We are now more connected than ever which means opening ourselves and others up to potential online bullying or negative comments. Sometimes we can overlook the consequences of our actions. That's why we want to promote the message of 'being kind online' with a reminder towards how we can develop a more empathetic side and be more responsible online." <https://nationalonlinesafety.com/hub/mental-health>

**LITTLE REMINDERS OF HOW TO BE KIND ONLINE**

**UNDERSTAND WHAT 'EMPATHY' IS**  
EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.

**FEEL SEE AND UNDERSTAND**  
IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

**# DEVELOP SELF EMPATHY**  
ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

**OFFER HELP**  
ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU'.

**TRY TO ADD VALUE**  
CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIVES DOES NOT ADD VALUE.

**BE RESPONSIBLE**  
THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

**UNDERSTAND THE IMPACT OF YOUR WORDS**  
COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

**DISASSOCIATE FROM PACK MENTALITY**  
ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

**#BEKIND**