

Dear parents/carers,
Welcome to the November of our monthly *Safeguarding and Wellbeing bulletin*.

November at Wollaston

Social Media and Our Young People

Many of our young people are avid users of social media – both as audiences for the content on there, but also as generators of content. According to 'The Quint World' website, the three most popular social media platforms among young people are Instagram, TikTok and YouTube. About a third of the youth in UK choose to get their news from Instagram, making it the most popular news source for the UK's 12-15 age group. TikTok and YouTube ranked next with 28 percent each. While only about 30 percent of young people feel that the content they access on these sites is reliable, that is still a large number of young people who can be vulnerable to what they read and see online.

A more recent social trend has been the **BeReal** social media app, which encourages young people to share themselves in their real lives- away from the filters and alterations that are often applied on other apps. There are clear positive intentions of this app, however as with any social media platform encouraging people to generate and share content, there are also risks. Attached with this bulletin is a Parents and Carers info poster from the National Online Safety company which will help to understand the risks and how to manage these. Other useful websites offering guidance and support include:

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

<https://www.internetmatters.org/>

<https://www.ncsc.gov.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>.

MHST

From September this year as a school we have been fortunate to engage with the MHST – Mental Health Support Team who have been created to offer early intervention, low intensity, mental health support within schools for children and young people with mild to moderate mental health difficulties.

The MHST is a welcome addition to our existing provision of school counsellor and Wellbeing Student Support Officer. If you feel your child is struggling with their mental health and needs some additional support, please contact their head of year so they can help with accessing support.

Finally in this section, COVID had (and continues to have) a huge impact on the mental health, wellbeing and resilience of our young people, more often we hear them talk about feeling anxious about things and as parents and teachers it can be difficult to know what to do to support for the best. Our MHST colleagues have shared a video with us which may be useful in developing our understanding of this and can be accessed via this link:

<https://www.youtube.com/watch?v=BgQIW4BhQ9E&t=179s>

Cost of Living

This week we have been sent information from the Safeguarding in Education Service regarding support available for parents and families.

North Northants

[Cost of living | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk/cost-of-living)

- Directory of warm spaces [Warm spaces | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk/warm-spaces)
- Directory of food banks and meals for those in need [Food banks and meals | North Northamptonshire Council \(northnorthants.gov.uk\)](https://www.northnorthants.gov.uk/food-banks-and-meals)

Finally, a reminder that if you have any comments or anything you would like to see included in future bulletins, please do not hesitate to get in touch.

Best wishes,



Ms A Walker
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