

Dear parents/carers,

Welcome to the term 4 edition of our *Safeguarding and Wellbeing bulletin*. Following feed-back we have moved this to a half-termly bulletin starting this term.

Supporting our young people's mental health and wellbeing.

Parents often want to know what we as a school can do to support young people who are facing challenges with their mental health and wellbeing. Information about provision has been in earlier bulletins however, in the run up to exams for some of our pupils, now seems a good time to remind all parents of what is available and support we endeavour to give.

- Our **school counsellor** is with us for a day and a half every week, supporting pupils who are referred to her with resolution counselling. Pupils typically will see her each week for a half-term period, however those who require longer may have more extended access. This is decided by the pupil in discussion with the school counsellor.
- **MHST (Mental Health Support Team)** are a service which has linked to our school this year, is under the umbrella of CAMHS, offers short pieces of early intervention, low intensity, mental health support for young people with mild to moderate mental health difficulties.
- Our **Wellbeing Student Support Officer** is based in the pastoral support centre and is available to check in with or have regular appointments with young people who have low level challenges and just want an opportunity to talk with someone.
- **Referrals to other services.** As a school we can support with referrals to other services such as Service Six, CAMHS, The Lowdown, Bereavement counselling etc.

For support with accessing any of these services, please contact your child's head of year.

There are also a growing number of useful online platforms with all sorts of advice and guidance for both parents and young people.

In this bulletin we are highlighting **Place2Be**, a mental health charity who provide counselling, mental health support and training. Place2Be also has a particular section offering parents advice and guidance to help support young people.

<https://parentingsmart.place2be.org.uk/>



Knife Crime

Following the tragic event on March 22nd in Northampton where a 16-year-old boy was stabbed, we want to share the work that we have been delivering through our PSHE curriculum.

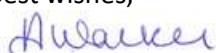
Knife crime is a growing area of concern, not only nationally but in our local area. As such since the start of this half-term all our pupils in years 7-11 have been engaging with a sequence of 7 PSHE lessons from the Northamptonshire safeguarding leads entitled ***Engage and Empower*** which have focused on the issues around knife crime including:

- Making informed decisions about their wellbeing, health and relationships and to build their self-efficacy.
- Putting this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.
- Developing resilience.
- Knowing how and when to ask for help, and where to access support.

Please take the opportunity to discuss this with your child and if you or they have any further concerns please do let us know so that we can continue to develop our work in this area. Also, if you have any comments or anything you would like to see included in future bulletins, do not hesitate to get in touch.

Finally, a reminder that over the holidays if you do have any safeguarding concerns, you can phone 101 or contact the MASH team who are there to support throughout the year.

Best wishes,



Ms A Walker

Assistant Headteacher (DSL/Personal Development)