



## **Welcome to our Christmas Safeguarding Newsletter.**

We have had a very busy term and have hopefully prepared our pupils more thoroughly for life outside of the academy as well as within it.

We have had 2 rounds of Pupil Voice meetings which is an opportunity for us to get a feeling for what is going on within the pupil body so that we can react accordingly.

The pupils raised that they were unclear what the procedure was for incidents of bullying and that they were concerned about how the academy approached it. We have listened to this and will be addressing the procedures we follow in order that we take the alleged victims opinion into consideration prior to taking action against the alleged bully.

The groups also raised that they were concerned about the sexualised language which was being used and the fact that the majority of the pupils who were using it did not know its meaning or the impact that it could have. We took this feedback and every pupil in the academy has now completed a session which addressed their conceptions of language and how it may be perceived by someone. I have been told that there were some really positive discussions held in the form rooms We hope that following this session the pupils will be more mindful of the impact of their language and behaviours towards other people.

We will continue to hold these pupil voice meetings in the new year and hope that by doing so, we will be able to improve their school experience.

There is a slight change to the Safeguarding Team next term. Below are the members of the team.

Designated Safeguarding Lead (DSL) - Ms K Bartrum

Safeguarding Manager – Mrs K Stonach

Alternate DSL – Mr A Ward

Alternate DSL – Mrs S Walker

Alternate DSL – Mr L Falder

If you have any safeguarding concerns then please feel free to contact any of the team. They will then be able to give you advice and support or redirect your concerns to the most appropriate person.

We are well aware that Christmas places a high level of pressure on every family and their experiences are different from the next family.

We hope that what is contained in this newsletter will be useful but if there is something which you would like further information on then please contact one of the Safeguarding Team.

Economically the whole of the country is struggling to make ends meet but for some families this is even more apparent at Christmas. The link below will take you to the Norfolk County Council website where there is advice and guidance to support families through these very difficult times.

[Help with living costs - Norfolk County Council](#)

If you have any medical concerns, whether Emotional, Mental or Physical, then this website and phone number should be your first point of call.

[Health Advice & Support for Children - Just One Norfolk](#)

### **Contact Us**

Call Just One Number on **0300 300 0123** or text **07520 631590** with any questions or concerns about your child's health, wellbeing or development. Our clinical team are able to support you over the telephone, video call or text, and work with you to understand how best to support you and your family.

Our opening hours are Monday – Friday 8am to 6pm and 9am to 1pm on Saturdays.

### **The wonderful world of social media! - By Mrs Stonach**

When used correctly social media is a fantastic tool to speak with your friends, share pictures and organise your social life. When used incorrectly it can be disastrous and lead to serious safeguarding concerns. In school we talk to children a lot about the dangers of the online world and how to keep safe. We also rely on parents to check and enforce these worries at home.

It is worrying to know that 1/3 of all young people surveyed nationally have sent personal information to strangers. These are children aged 8+, they have given their names, phone number, snap, address, school address etc via platforms such as WhatsApp, Instagram, YouTube and the worst of all, snapchat.

Age restrictions are put onto these platforms in order to keep children safe, ***'kids need to have social and emotional skills to cope with the demands of social media'***, however, it may surprise you to see the age restricted apps that your child may be accessing. New apps are joined to these groups regularly so we are constantly educating our young people as well as ourselves on them.

## What are the age limits for social media apps?



13 years	14 years	16 years	17 years	18 years
<ul style="list-style-type: none"> <li>• Twitter</li> <li>• Facebook</li> <li>• Instagram</li> <li>• Snapchat</li> <li>• Pinterest</li> <li>• YouTube (with parental consent)</li> <li>• Google+</li> <li>• Tumblr</li> <li>• Reddit</li> <li>• Ask FM</li> <li>• Musically</li> </ul>	<ul style="list-style-type: none"> <li>• LinkedIn</li> </ul>	<ul style="list-style-type: none"> <li>• Whatsapp</li> </ul>	<ul style="list-style-type: none"> <li>• Vine</li> </ul>	<ul style="list-style-type: none"> <li>• Path</li> <li>• Blender</li> <li>• Tinder</li> <li>(13 years with parental consent)</li> <li>• Youtube</li> <li>• Keek</li> <li>• Foursquare</li> <li>• WeChat</li> <li>• Kik</li> <li>• Flickr</li> </ul>

Watch for warning signs of a child being targeted by an online predator. These can include:

- spending long hours online, especially at night
- phone calls from people you don't know
- unsolicited gifts arriving in the mail
- your child suddenly turning off the computer or other device when you walk into the room
- withdrawal from family life and reluctance to discuss online activities

If you have concerns that your child is not being safe online; talk to them, pass on the information to the police and let us know at school so we can ensure that they are able to share their concerns.

### **Healthy and Unhealthy relationships with exercise by Mr Ward**

Most People Know there are many good reasons why Physical activity is good for the body

And it can have a positive effect on wellbeing and mental health.

### **Did you know there could also be an unhealthy relationship with exercise?**

Sometimes getting teens to exercise isn't the problem—instead, the problem is that a teen exercises too much. Too much exercise can actually be a serious problem that can take a toll on your teen's physical and mental health

Compulsive exercising is a real problem that has been linked to eating disorders. Teens who experience guilt and anxiety related to gaining weight may spend hours each day trying to burn off the extra calories. Teens who feel a lot of pressure to be thin or to have a certain body type may try to work out in an attempt to improve their appearance.

Here are a few warning signs that your teen is exercising too much:

- Your teen makes exercise the focus of his life, ignoring friends, responsibilities, and commitments.
- Your teen exercises several times every day or worries about putting on any amount of weight.
- won't skip a workout, even if tired, sick, or injured
- are constantly preoccupied with their weight and exercise routine
- lose a significant amount of weight
- exercise more after eating a lot or missing a workout
- seem to base their self-worth on the number of workouts completed and the effort put into training
- are never satisfied with their own physical achievements

It is important to get professional help if there seems to be an unhealthy relationship with food/exercise - talk to your doctor for advice.

There are a few things that can be done at home to support

- Get your teen to help prepare and eat nutritious meals.
- Have fun exercising by being active together with friends or family.
- Take/encourage a day off to rest between hard workouts.
- Try to find new ways to ease stress and cope with problems.
- Talk to your child

Here are a few links to sites which will help guide you and your child to what is a healthy level of exercise and why they should be exercising.

[Physical activity guidelines for children and young people - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Fitness and Your 13- to 18-Year-Old \(for Parents\) - Nemours KidsHealth](#)

[How much physical activity do I need? - British Nutrition Foundation](#)

If you are worried about your child's relationship with food, then this link will take you to the BEAT website.

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

BEAT is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

Our [national Helpline](#) exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and

friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.

### **The Zones of Regulation – Mrs S Walker**

The Zones of Regulation continue for all of our Year 7 pupils and for a targeted group of pupils in the older years.

For those of you unfamiliar with ‘Zones’, it is a programme which is designed to teach the pupils that having and experiencing a range of emotions is natural and does not mean that there is anything wrong. Once this is understood they are taught how to identify when their emotions are changing and may become a challenge. If they can identify when things may start to go wrong then they can employ a range of strategies which will ensure that they do not stay dysregulated for too long and can return to ‘Green’ as soon as possible.

If you would like to learn more about ‘The Zones of regulation’ then please contact me or follow this link [Learn More about the Zones - THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION](#)



## General advice and support



They are the UK's leading charity fighting for children and young people's mental health. text YM to 85258 for free, 24/7 support.



We provide advice and support to empower anyone experiencing a mental health problem. [0300 123 3393](tel:03001233393)



Whatever you're going through, you can contact the Samaritans for support. Opening times: 24/7  
116123  
[jo@samaritans.org](mailto:jo@samaritans.org)



Childline is yours – a free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime. Call 0800 1111



Phone: Point 1 on [0800 977 4077](tel:08009774077) (8am – 7pm)  
Email: [Point1-support@ormistonfamilies.org.uk](mailto:Point1-support@ormistonfamilies.org.uk)



Just one Norfolk NHS.uk Norfolk & Waveney  
0300 300 0123



Thrive: Mental Wellbeing provides you with the tools to manage your mental wellbeing, empowering you to understand your emotions, differentiate between helpful and unhelpful thoughts and be the best you can be. This is an evidence based smartphone application.



24/7 immediate advice, support and signposting for people with mental health difficulties in Norfolk and Suffolk  
Phone: First Response on [0808 196 3494](tel:08081963494)



If you're 11 – 25 yrs you can get advice and help on the go, 7 days a week until 10 pm. Visit: [www.kooth.com](http://www.kooth.com)



If you're 11-19 you can text ChatHealth for advice and guidance. Text: ChatHealth Norfolk on 07480 635060  
Text: ChatHealth Waveney on 07507 333356

# december SELF-CARE

@POSITIVELYPRESENT



- PREPARE FOR A FRESH START
- HANG UP OLD REGRETS
- FIND COMFORT IN TRADITION
- TRUST YOURSELF
- REJOICE IN YOUR PROGRESS
- SEND LOVE
- HELP THOSE IN NEED
- APPRECIATE YOUR HOME
- CELEBRATE UNIQUENESS
- LOOK FOR BEAUTY
- SHINE A LIGHT ON YOURSELF
- LISTEN TO OLD FAVORITES
- COZY UP WITH LOVED ONES
- TREAT YOURSELF
- WRAP UP LOOSE ENDS
- ACCEPT YOUR IMPERFECTIONS
- SHAKE UP YOUR ROUTINE
- MAKE A WISH FOR NEXT YEAR
- UNTANGLE CONFLICTS
- SEEK OUT NEW GROWTH

For those of you with younger children and are at a loss for activities which they might like to try if they are stuck at home, here are a few sites and links which you could use.

[Christmas-Kindness-Booklet-Final.pdf \(schoolofkindness.org\)](#)

For the teens.

[20 Fun Christmas Games For Teens – 365greetings.com](#)

For the whole family.

[25 Hilarious Christmas Party Games You Have to Try - Play Party Plan](#)