

# SAFEGUARDING BULLETIN

Autumn 2024



## Happy half term.

We cannot understand how quickly this half term has passed us by. We hope your children and young people have enjoyed this half term as much as we have. They have returned to school with a smile on their face and a passion to learn. We are so very proud of them.

Our aim is to bring you helpful and supportive advice on how to keep your young person safe and to signpost you to services who might be able to help you and your family if extra support is needed.

What is safeguarding? The term safeguarding children describes preventative approaches to keeping children safe from suffering or being likely to suffer significant harm. It is the action taken to promote the welfare of children and protect them from harm. The document we work from is the Keeping Children Safe in Education policy. If you would like to read this, then you can find it on the [.gov](https://www.gov.uk) website. You can also go to our website to find out more information about our own school policies.



Speak to a member of staff or one of the safeguarding team at school

They will offer advice, recommendations, and support. If they need to speak to someone else or an external service they will do that whilst keeping you informed about what is happening.

Offer regular check in's and updates for you. Provide guidance and support as needed.

Click this link to view the Keeping Children Safe in Education document

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

## What kind of things might involve the Safeguarding Team?

|   |   |
|---|---|
| A child being hurt by another adult OR another child.         | Unkind or sexualised comments towards a child   |
| Feeling threatened  | Inappropriate online behaviours   |
| A child being touched in a way they do not like.              | A child is not being looked after by the people at home.  |
| A child seeing someone they love being hurt.                  | A child feeling mentally unwell, self-harming or thoughts of suicide.                               |
| Substance abuse/county lines risk                             | Anti-social behaviour   |
| An incident involving homophobia, biphobia, transphobia.      | A racist incident   |
| If a child is being radicalised or at risk of this happening. | This list is not exhaustive – the main priority of the Safeguarding team is to keep the child safe. |

Remember if you have any concerns or need some extra support, just speak to one of the team and they will be able to help you in anyway they can.

# Student and Family Support

Fiona and Juliya are the Student and Family Support Team here at Exhall Grange Specialist School.

Exhall Grange recognises the best outcomes for children and young people happen when school and parents / carers work together effectively. They focus on supporting pupils and their families to build better school communication.

The Student and Family Support aim is to help support the recognised needs of our pupils, parents, and carers. The intent is to provide knowledge, experience, specialised skills, and training to those identified pupils and their families providing a trusted point of contact.

The aim is for families to access this confidential and impartial support at the earliest opportunity allowing early intervention and support. They work in partnership with other external professionals and the wider intervention team who to support pupils with emotional and social needs in line with codes of practice, school policies and procedures.

Educational issues should continue to be directed to your child's Class Teacher or Key Stage Assistant Head.

# Attendance monitoring

Good attendance is of vital importance; it is recognised that poor school attendance limits educational achievement, social development, and the future progress of young people.

This is a key area for school and home to work together on, ensuring that pupils' attendance is as good as it can be.

Types of absence are classed as authorised or unauthorised, both of which affect a student's attendance percentage to reflect the lost learning. Absences are coded as authorised where reasons are considered valid and unauthorised where no explanation or unacceptable reasons are given. Students with attendance of 95% or below will be expected to provide medical evidence for absence relating to illness/ injury such as a copy of a prescription or a medical appointment card etc.

Our long-term goal is for all pupils to meet a target of between 95% and 100% attendance. We are asking for your cooperation to help us achieve this target. You can help us by continuing to:

- Encourage your child to attend school punctually.
- Telephone on the day of an absence and providing information to explain the absence on your child's return to school.
- Inform us of any changes or circumstances at home which may affect your child. Any such information will, of course, be kept in the strictest confidence. We have a dedicated team who can help and signpost you to any additional support available to you.
- Support your child and the school by attending parent's meetings and taking an interest in your child's schoolwork. As always, your support is crucial to the success of your child.

Please remember we are here to help and support your child. The more information you equip the school with, the more targeted support we can put in place for your child. We will always listen, understand, empathise and support. There are many barriers that could affect your child's ability to attend school, but we are here to listen and support you in getting them into school.

| <i>Days away from school</i> | <i>Hours of learning lost</i> |
|------------------------------|-------------------------------|
| <i>1 day</i>                 | <i>5 hours</i>                |
| <i>3 days</i>                | <i>15 hours</i>               |
| <i>10 days</i>               | <i>50 hours</i>               |
| <i>20 days</i>               | <i>100 hours</i>              |





# How to keep children safe this Halloween



Halloween can be an exciting time of year for children, dressing up and going out after dark. But, whilst Halloween is supposed to be spooky there are some horrors that families will want to avoid.

So, here are our top tips for a safe Halloween that you can remember for all the right reasons.

## 1. Remember Halloween costumes are highly flammable

Many fancy dress costumes can ignite almost instantly and burn far faster. ensure children wearing Halloween costumes are kept well away from naked flames and other heat sources at all times.



2. Try to buy costumes from a reputable store or website. Check costume labels for a UKCA or CE mark.



## 4. Encourage children to layer up

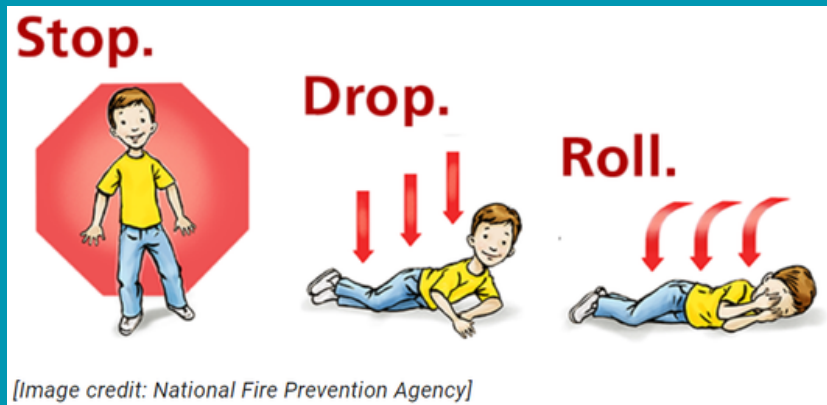
If children wear clothes under their dressing-up costumes, there is a layer of protection between the costume and their skin and will keep them warmer if they are outside.

[Discover what to do in an emergency with burns first aid](#)



## 5. Teach children to Stop, Drop and Roll

Ahead of Halloween, make sure children know what to do if their clothes catch fire. The instinct is to run. So, encourage them to practice stopping, dropping to the ground, covering their face with their hands, and rolling over a few times to put out the flames.



[Image credit: National Fire Prevention Agency]

## 6. Keep candles well out of the path of trick or treaters

Candles and lit pumpkins create a fantastic spooky atmosphere but can be dangerous. Keep them well out of the path of trick or treaters and away from any Halloween decorations that might catch light.

Remember not to put candles on a surface that may burn. And, in all the excitement, don't forget to blow them out when you're done.



## 7. Consider switching to battery-powered candles

You may want to switch to LED / flameless battery-powered candles to reduce the fire risk. But, be sure the battery compartment is secure. Many LED lights, and the remote controls for them, contain button batteries which can badly hurt or kill a small child if they swallow one and it gets stuck.

## 8. Be visible

Visibility is important all year round. However, after the clocks go back, it gets dark much earlier. By Halloween it will be dusk by 5 o'clock, just when children are out trick or treating. Reflective tape can make a fun addition to Halloween costumes and make children more visible to drivers. Fluorescent glow sticks and glow jewellery can make good costume accessories and can also help make children more visible to drivers.

If you're going out earlier with little ones, then bright or fluorescent clothing is better for daytime visibility.



## 9. Stay safe near roads

Masks can make it harder for children to see or hear traffic. So, save the special masks for indoors and use face paint for trick or treating.

Encourage children to put mobile phones away when they are out trick or treating and crossing roads. Instead of using the phone as a light, carry a torch.

Children under 12 are best accompanied by an adult. Agreeing a pre-planned route for children over 12 and having a way of contacting a trusted adult if they need to offers freedom with less risk.



[Visit our road safety hub for more tips](#)

## 10. Carve carefully

Carving pumpkins has become a great Halloween tradition. If your child isn't old enough to handle a sharp knife safely there are plenty of 'no-carve pumpkin' ideas all over the internet. Just do a quick search on Pinterest. You will be amazed at the creativity.



## 11. Watch out for treats that might be a choking hazard for young children

Lollipops, hard candy and mini eggs in particular can pose a serious choking risk. Plus, remember it's best to avoid eating while walking or running, so you may want to save up all the treats to enjoy back at home.



[Learn more about choking prevention](#)



## 12. Be wary of button batteries

Light-up decorations such as pumpkins, cauldrons, torches and wands are fantastic for creating a spooktacular atmosphere. But many of these items are powered by button batteries which can badly hurt or kill a child if swallowed. make sure the battery compartment is secured with a screw or clip before giving it to children.

have  
fun

STAY  
SAFE

Be Happy

Mental Health and wellbeing support for parents.  
These sessions are only available to Warwickshire parents.



## Information Sessions for Warwickshire Parents and Carers

### Courses available online – via Zoom

**Understanding and Supporting Children and Young People with Emotionally Based School Avoidance**

Thursday 26th September 2024, 9:30 am to 11:30 am

**Understanding Emotion Regulation in School Aged Children**

Thursday 10th October 2024, 9:30 am to 11:30 am

**Understanding and Supporting Children aged 3-11 Years with Anxiety**

Thursday 24th October 2024, 9:30 am to 11:30 am

**Understanding and Supporting Children Aged 12+ Years Anxiety**

Thursday 7th November 2024, 9:30 am to 11:30 am

**Understanding and Supporting School Aged Children Who Self-harm**

Thursday 21st November 2024, 9:30 am to 11:30 am

**Understanding Sensory Needs in School Aged Children**

Thursday 5th December 2024, 9:30 am to 11:30 am

**Understanding Low Mood in Children and Young People**

Thursday 9th January 2025, 9:30 am to 11:30 am

**Understanding Self-esteem in Children and Young People**

Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)

## Quick Facts

- ☀ The Primary Mental Health Service is made up of 2 local teams with the shared goal of preventing poor mental health and supporting those and experiencing the early signs of emotional distress.
- ☀ We work with parents, carers and statutory professionals working with children aged 17 and under.
- ☀ If appropriate we offer short-term direct support to young people (Warwickshire only) and/or their parent/carers
- ☀ We offer workshops and school-based programmes to improve the recognition of the early signs of deteriorating mental health and increasing knowledge of how to support young people sooner.

## Further Support:

24/7 support is available through [cwrise.com](http://cwrise.com). This includes:

- ☀ Covid-19 related resources
- ☀ Links to other resources and trusted organisations offering a variety of support
- ☀ Rise-created videos and leaflets about supporting children and young people on low mood, anxiety and self-harm

24/7 support through Dimensions: <https://dimensions.cowarkpt.nhs.uk>  
The Dimensions Tool is a free online tool providing personalised information to support a person's well-being and mental health. On completion of a questionnaire, you'll receive information about self-care, local services and support.

## Primary Mental Health Service

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.

It's made up of a number of different services, each lead by a mental health specialist.



## Primary Mental Health: What do we do and how do we do it

Primary Mental Health provides support to a child or young person's emotional wellbeing as early as possible. This means offering the best evidence-based support for those experiencing mild to moderate mental health difficulties.

We do this by working with the adults supporting the young person in their daily life.

This could include a parent, carer, social care, school-based or health-related professionals. Our purpose is to stabilise children's emotional wellbeing by understanding the situation before working together to limit harmful thoughts and behaviours with the aim of preventing them from taking root.

Our teams are made up of highly experienced professionals.

These include nurses, clinical psychologists, occupational therapists and wellbeing practitioners. Outside of the expertise within the Primary Mental Health team, to get the best outcome for the children we see, we access the breadth of



expertise in other Rise teams, and regularly consult with Specialist Mental Health and the Neurodevelopmental Service.

There are two Rise Primary Mental Teams: one based in Coventry and the other serving Warwickshire. Both support children via supporting the adults in the child's everyday life (i.e. parents, carers or professionals). However, how we do this differs slightly.



## Parents and Carers:

A consultation offers an opportunity to speak confidentially about the current challenges your child is experiencing. These usually happen in community settings such as schools, family hubs, health centres and community centres. Parents and carers not only tend to be in daily contact with their child but know the young person better than anyone else. So, during the consultation we'll use a solution-focussed approach to explore strategies that can help the young person in their daily life.

To get the best out of these meetings you'll be asked to:

- ☀ complete the Dimensions Tool (this provides detailed, tailored support information) prior to the appointment
- ☀ not bring the service user, or other children to the session

# Parents and Carers:

## How to access this support:

### Young Person Live in Coventry?

#### Parent and carer consultations:

- ☀ Join a consultation with the professionals in your child's life.
- ☀ For more information call: 024 7696 1368

### Coventry Specific support

Each term Coventry Primary Mental Health Team works with up to 7 different schools. As part of this work, we offer a **Parent workshop** (on topics such as managing your child's behaviour, managing your emotions, a mental health overview, mood and self-harm). These are co-ordinated by your child's school, so keep an eye out on the next workshop in your area.

### Young person lives in Warwickshire?

#### Parent and carer consultations:

- ☀ Speak 1-to-1 to a mental health professional about your concerns.
- For an appointment contact us on: Tel: 079175 04682  
email: [risecommunityoffer@cowwarkpt.nhs.uk](mailto:risecommunityoffer@cowwarkpt.nhs.uk)

### Warwickshire Specific Support

In addition to parent consultations, Warwickshire parents/carers can book into a **Parent Information Session**.

Here, you can meet other parents as well as learn about that week's theme (topics are for specific age ranges, and encompass areas such as understanding school refusal, anxiety, self harm, managing challenging behaviours, meeting sensory needs and supporting healthy emotional development to name a few). After this structured session, there's an opportunity to informally connect to professionals and parents.

Call us on 079175 04682 or email: [risecommunityoffer@cowwarkpt.nhs.uk](mailto:risecommunityoffer@cowwarkpt.nhs.uk) to book into a session. Please note the running of these sessions may be impacted by the evolving Government Covid-19 advice.

In addition to parent consultations, Warwickshire parents can access the following course:

### 'The Incredible Years' Parenting Programme (pre-school primary school age):

- ☀ Format: one 2-hr group-teaching session a week for 14-weeks plus 1-2-1 phone support
- ☀ Aim: To reduce challenging behaviours in children by increasing the parent/carer's social and emotional awareness.

### Working Directly with the Child and Young Person

Through a process of joint-decision, which blends clinical expertise with the insights of the professional or parent/carer, together we may decide that the best option is to work directly with the young person and/or their parent/carer.

What does this look like? Direct work would mean using Cognitive Behaviour Therapeutic (CBT) approach to support the young person on a 1-to-1 basis over 6-8 sessions.

Sometimes a family focused intervention may be recommended, such as 'The Incredible Years', or the 'Helping the Non-compliant Child' programme.

## STRANGER DANGER

NEVER

Never agree to meet a stranger.  
Do not go anywhere, or do anything, with someone that you are not comfortable with.

NEVER

Never take sweets or presents from someone you don't know.

NEVER

Never get into a car or vehicle belonging to someone that you do not know.

NEVER

Never give your personal details to a stranger.

ALWAYS

Tell your parents or a responsible adult, where you are going and who you are with.

ALWAYS

Arrange a time to be back – and stick to it!

ALWAYS

Look out for each other when you are playing with friends.

ALWAYS

Make sure you know the contact details of your parents, or a responsible adult, that you can contact in an emergency.







## SLEEP ADVICE FOR TEENAGERS

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

- Emphasise the importance of sleep and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.
- Encourage regular exercise – 20 minutes three times a week will help.
- Suggest they drink less caffeine (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- Point out that eating too much or too little close to bedtime – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.
- Try and get your teen into a good bed routine – suggest that doing the same things in the same order before going to sleep can help.
- Avoid using electronic devices (TVs, gaming machines and more importantly, tablets and smartphones) in the hour before bedtime. Blue light emitting from these gadgets stimulates the brain and may inhibit melatonin production – the hormone you need to sleep.
- Eliminate electronic devices from the bedroom. If this isn't possible, try to zone areas of the room for work, leisure and sleep.
- Ensure a good sleep environment – a room that is dark, cool, quiet, safe and comfortable.
- Make sure your teenager has a comfortable bed. It may be time to get a new one – and encourage him or her to choose it themselves.
- Don't give teenagers hand-me-down beds. A good rule of thumb: if the bed's no longer good for its first user it's not good enough for them either.
- Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

Our Teen Sleep Hub is aimed at young people and can be found at [teensleephub.org.uk](https://teensleephub.org.uk)

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)



Sleep Well

Sleep Well



Home

Looking for advice on how to sleep better? Tweak your routine and understand the science behind your sleep patterns.

Teens Sleep Hub

Support for parents and careers to help your child sleep better.

<https://teensleephub.org.uk/parents-carers/>

## Phrases to help calm an angry child

This time of year can be challenging - a change in routine, the build up to Halloween, the build up to Christmas with the anticipation and financial burden can cause significant stress for children and parents/carers alike. Here are some phrases that can help your household remain calm and regulated.

### **Don't you dare hit!**

Try this: It's OK to be angry, but I won't let you hit. We need to keep everyone safe

### **That's it, you're getting a time out!**

Try this: Let's go to our calm down space together.

### **Eat your food or you will go to bed hungry!**

Try this: What can we do to make this food yummy?

### **Your room is disgusting! You are grounded unless this gets clean.**

Try this: How about we just start cleaning this corner of your room?  
I'll give you a hand.

### **Stop whining!**

Try this: How about a quick "do over" in your normal voice?

### **Stop complaining!**

Try this: I hear you. Can you come up with a solution?

### **You are embarrassing me!**

Try this: Let's go somewhere private so we can sort this out.

### **You are impossible!**

Try this: You are having a tough time. Let's figure this out together.

### **I can't deal with you right now!**

Try this: I'm starting to get frustrated, and I'm going to be right here calming down.

### **Stop saying "No!"**

Try this: I hear you saying "No." I understand you do not want this. Let's figure out what we can do differently.

### **Stop overreacting!**

Try this: You are having a big reaction to a big emotion. If your emotion had a monster's face, what would it look like?

### **Just stop!**

Try this: I'm here for you. I love you. You're safe. (Then, sit in stillness with your child and allow the emotion to rise up and pass.)



# EXHALL GRANGE

## SPECIALIST SCHOOL

Be your best self

### Designated Safeguarding Team



Andy Commander  
Deputy Headteacher  
Designated Safeguarding Lead



Helen Seickell  
Headteacher  
Deputy Designated Safeguarding Lead



Helen Hughes  
Assistant  
Headteacher  
Primary



Geoff Goode  
Assistant  
Headteacher  
Year 7, 8 & 9



Janet Bacon  
Assistant  
Headteacher  
Year 10 & 11



Caroline  
Parkhouse  
Assistant  
Headteacher



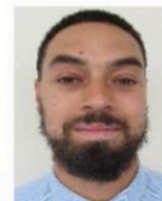
Fiona Holliland  
Family / Pupil  
Support



Julija Andrejeva  
Family / Pupil  
Support



Lauren Pinfield  
Pupil Wellbeing  
Lead



Roy Owen  
Emotional Wellbeing  
Key Worker



Faye Commander  
Lead Consultant Teacher  
Warwickshire Vision Support Service



Alicia Pegg  
Learning Pod Manager

**Pupils:** All staff have a responsibility to keep you safe and you can talk to any staff member if you are concerned or worried about anything. The 12 staff members above can give you extra help and support.  
**Staff:** If you have concern for a pupils safety and welfare, report immediately to a member of the Designated Safeguarding Team.

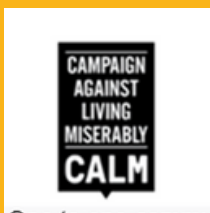
# Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



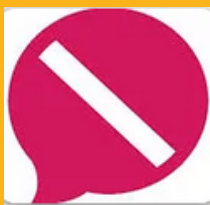
- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone
- Qwell is Kooth for adults over the age of 25 who need some support.



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.