

# Safeguarding Bulletin

## Message from the Trust Safeguarding Lead

This is my first Safeguarding Bulletin as Trust Safeguarding Lead. Even though we find ourselves in another 'lockdown', all the schools have engaged fully in making sure we meet the needs of each and every student within the Trust.

Everyone will feel differently about the coronavirus pandemic, and the changes to lockdown restrictions, which can in turn cause an increase in anxiety and other mental health issues.

This week is Children's Mental Health Week, and the theme this year is 'express yourself'. We have set activities based around this theme to allow students to focus on their wellbeing and build self-esteem. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way for young people to show who they are, and how they see the world, to help them feel good about themselves.

As parents and carers, you play an important role in your child's mental health. If you're worried about your child's mental health, you can talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice on the following website: <https://www.place2be.org.uk/help>

### For parents and carers or Student self-referral support:

<https://www.wellbeingnands.co.uk/suffolk/get-support/>

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

<https://www.teenagementalhealth.co.uk/>

We recognise that being isolated within the home for long periods of time can feel overwhelming for some students and families, and we would therefore like the opportunity to share with you the support available to students during this period of online learning. There are staff in school each day who are contactable by phone, or via the following emails.

### The Pastoral team at SET Ixworth is:

[hpophamcooper@seckfordeducation.org.uk](mailto:hpophamcooper@seckfordeducation.org.uk) (DSL)

[lwhayman@seckfordeducation.org.uk](mailto:lwhayman@seckfordeducation.org.uk) (Years 7 & 8)

[twardashton@seckfordeducation.org.uk](mailto:twardashton@seckfordeducation.org.uk) (Years 9, 10 & 11)

Our Pastoral team are dedicated and ready to help both our students, and you our parent/carers, with both their wellbeing and their online work. Please don't hesitate to contact either your child's form tutor or our Pastoral team.

At SET Ixworth we are offering the following support to all students:



Mrs S Power  
Trust  
Safeguarding Lead

## **Pastoral support Classroom:**

As we are all getting back into the online world of learning, we have to take responsibility in remaining safe online and looking after our own wellbeing. With this in mind our Pastoral team are running and monitoring a Google classroom titled 'Pastoral Support.' This is populated regularly with advice, websites and apps to support our community during this challenging and emotional time.

The classroom also allows students to post comments to members of the Pastoral team, if they wish, for further support, guidance or to ask questions, with this being monitored throughout the school day. The Google classroom code is: era4ytn. I would encourage all our students to join. Through the Pastoral Classroom we are sharing activities they can complete with friends, family or on their own to support their mental wellbeing.

Our Pastoral team are also setting up regular Google Meets with students to give students the opportunity to see and speak to key members of the Pastoral team and have that weekly 'touch base' to ask questions, gain support and share any concerns they have. Our Pastoral team will also be making contact with parent/carers, and students through their school email addresses, so we can keep in touch with our community.

## **Tutor Support and Careers:**

Each tutor group has their own Google classroom to allow tutors to meet with their tutor group once a week, alongside the student's 'live' lessons. The Year 11's GCSE Forum Google classroom is kept up to date by Mr Rearden and Mr Spurin with key information about careers, post-16 options, revision techniques and work experience.

## **Online Safety:**

With children spending more time online, now is also a good time for us to remind you of the risk's certain websites, apps and social media can pose, so that you are aware of the steps you can take to protect your child. The Key (education support) has created a safeguarding hub that allows parents to access interactive guidance on setting up parental controls on their child's devices, as well as guidance on apps like TikTok, YouTube and Instagram and more.

Click <https://parenthub.thekeysupport.com/>

We wish you and your families all the best during this challenging time. Please do not hesitate to contact either your child's form tutor or our Pastoral team, if you require any further support.

**Shona Power,**  
**Trust Safeguarding Lead**

**For safeguarding concerns outside of school hours please contact Customer First on 0808 800 4005, if you're worried that a child or young person is at risk of harm, abuse, or neglect.**

**Their opening hours are: Monday to Thursday 8am to 5:20pm, Fridays 8am to 4:20pm. If you have concerns that a child or young person is at risk of immediate harm, please contact the police.**