

KEEPING BOTELER SAFE

OUR SAFEGUARDING NEWSLETTER | 29TH JANUARY 2024

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | JCHILTON@BOTELER.ORG.UK

We hope all our Parents/carers and students are keeping safe and well.

In this addition of our Safeguarding Newsletter it will focus on the upcoming Children's Mental Health Week- Sharing this year's theme and helpful advice/ support numbers and exciting events taking place in school!

We hope you find the information helpful and should you need any help, advice or support please contact school or myself directly.

Many Thanks,

Mrs Chilton

Jchilton@boteler.org.uk



Child's Voice is our driving focus with our young people, their safety and happiness are paramount to all our staff and is always at the heart of what we do every day.

Children's Mental Health Week 2024 will take place from 5-11 February. **Place2Be** launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK.

Every year Children's Mental Health Week sees hundreds of schools, children, parents and carers taking part. Now in its 10th year, we hope to encourage more people than ever to help us reach our goal that no child or young person has to face a mental health problem alone.

Place2Be announced:

This Year's theme is 'My Voice Matters'

During Children's Mental Health Week, we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe- 'My Voice Matters'

Here at school we will be hosting activities and promoting the importance of Children's Mental Health Week.

We will be hosting lunch time drop in activities all week as well as hosting a parent coffee morning on Friday the 9th February 10 – 11am in the school hall. All our parents are welcome to come along, it will be hosted by our Mental Health Support Lead Jessica Bates who will be on hand to discuss any worries and concerns and also help to advise in the best ways to promote positive Mental Health.

Events/Times:



On Monday we have the above band coming into school. The Mercians are a group of Midlands-born indie rockers who are bringing back the raw, unfiltered sound that the region is known for. Think Sam Fender meets Catfish and the Bottle men, but with a gritty, down-to-earth edge that sets them apart. Their music is a mix of politics, emotion and raw talent. The band's sound is reminiscent of the British indie rock revival of the early 2000s, but with a fresh and modern twist. They have already sold out the O2 Leicester on their first headline tour date, have over half a million streams on Spotify and have been number 1 in the Alt Charts. The band have had their own issues with mental health growing up so is looking forward to talking about his experiences, spreading awareness and also talking about treating each other fairly and respecting everyone around us for our differences, whether that be our gender, race or sexuality. Check out a private video link below.

[The Mercians - Dreamseller \(Official Music Video\)](#)

[The Mercians - Catfish And The Bottlemen Cover](#)

The band will discuss mental health, the causes of mental health problems (stress at school, relationships etc), a time when one of them has had their own mental health issues, who to turn to for help and the importance of speaking up. They will link mental health to self-esteem

and how they have got through hard times during school and after school. They will also discuss the importance of treating each other fairly, why diversity should be celebrated, what to do if you're being discriminated against and why it is wrong to discriminate against other people. This will be linked to misogyny which is a topic that is always prevalent but has recently been on the increase. They will discuss Gender sexism, stereotypes, the risks of this behaviour, and the importance of respect and treating everyone fairly. They will use famous examples such as Andrew Tate as well as their own experiences seeing this behaviour. The talk is very interactive and gets the pupils involved.

Monday 5th February

Period 4 Year 7 and 8
 Period 5 Year 9 and 10

On Wednesday and Thursday, we have the Amy Winehouse Foundation visiting school to deliver whole Year group assemblies. The assemblies will cover drug/alcohol addiction in an age appropriate way. They will also cover self-esteem, peer pressure and risk-taking behaviours.

Wednesday 7th Feb

Period 1 Year 11
 Period 2 Year 10

Thursday 8th Feb

Period 1 Year 7
 Period 2 Year 9
 Break
 Period 3 Year 8

Lunch Sessions:

Day:	Lunch Time Sessions:
Monday:	'My voice matters' workshop: (Progress Hub)
Tuesday:	Anxiety workshop: (Room 23)
Wednesday:	Sleep Hygiene workshop: (Progress Hub)
Thursday	Wellbeing Council 'let's talk' drop in: (Room 22)
Friday	Guided meditation session: (New Gym)

MY VOICE MATTERS



TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' - sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



Get urgent help

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** giveusashout.org

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** childline.org.uk

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** samaritans.org

Knowing I wasn't alone got me through a difficult night. Texter, Shout

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.

If you are not sure who to talk to:

- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice

I'm worried about my child or young person

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Read more about supporting your child or young person

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: [educationsupport.org.uk](https://www.educationsupport.org.uk)

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out Of Office – Duty Team – 01925 443322 – Option 2