

St Mary Magdalene CE Spring Safeguarding Newsletter 2021

Dear Parents and Carers

Welcome to the second Safeguarding Update newsletter of the year.

This newsletter focuses on mental health and wellbeing.

If you come across any useful safeguarding resources or information that you think the school community would benefit from seeing, please let us know via the school office at woolwichadmin@koinoniafederation.com

Morayo Amao & Tainia Thomas

Designated Safeguarding Lead/ Deputy Designated Safeguarding Lead

Changes to our mental health can sometimes affect children and their well-being. They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children" or "if grown-up's get big feelings it's not your fault- we can ask other grown-ups for help with our feelings."

When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their well-being, so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own well-being. And reach out if you need help.

NSPCC Helpline counsellors tel: 0808 800 5000 or email: help@nspcc.org.uk

Use this link to find 5 creative self-care ideas you can do with your child or just for you.

<https://www.bbc.co.uk/newsround/52998978>

[1 Peter 5:7](#)

Casting all your anxieties on him, because he cares for you.

Need-to-know: how to set boundaries and build positive relationships

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time. This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

For guides and advice go to: <https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

What is mental health?

We all have a 'small' feeling every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

How can help my child's mental health?

- 1.** Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2.** Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3.** Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
- 4.** Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5.** Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
- 6.** Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
- 7.** Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
- 8.** Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
- 9.** Look for clues about feelings: Listen to the child's words, tone of voice and body language.
- 10.** Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

[Philippians 4:8](#)

Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Other websites that can help/support your child's mental health:

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

<https://youngminds.org.uk/find-help/for-parents/>

WHO TO CONTACT IN SCHOOL IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for St Mary Magdalene C of E Primary School:

- *Mrs Amao (Designated Safeguarding Lead/ Senior Assistant Head Teacher)
- *Miss Thomas (Deputy Safeguarding Lead & HSLW)
- *Mrs King (Other DSL/Head of School)
- *Mrs Ringmo (Other DSL/ Senior Assistant Head Teacher)
- *Miss Hoon (Other DSL/ Assistant Head Teacher for inclusion)

They can be contacted via the school office, or by telephone on 020 8854 3531

You can also contact the Multi Agency Safeguarding Hub (MASH) on: 020 8921 3172

If a child is in immediate danger, call the Police immediately on 999.

