



5 minute update



Sandbach School Safeguarding Newsletter

Safeguarding at Sandbach School

At Sandbach School we take the safety and welfare of our students very seriously. We are committed to safeguarding and promoting the welfare, both physical and emotional, of every student both inside and outside the school premises.

We aim to provide a caring, positive, safe and stimulating environment which promotes the social, physical and moral development of that individual child and strive to make sure that every student feels secure and well cared for.

All members of Sandbach School understand and are committed to the vital contribution that all staff, parents and students can make to safeguarding children. Every member of staff has a collective recognition of the importance of providing an environment that helps children feel safe and respected and promotes a culture that encourages children to talk openly and have the confidence they will be listened to.

At Sandbach School, our Safeguarding Team is committed to providing the best possible care and support for all students but if you have any concerns about the safety or welfare of a child please make contact the school immediately and clearly state that your call relates to a potential safeguarding issue.

If your concerns are outside of School hours or during the school holidays, please contact the police. If a child is in imminent danger then please dial 999 for the Police.

You can access the Child Exploitation & Online Protection Centre directly by clicking on the [CEOP](#) website.

Our Safeguarding Team

Named Trustee for Safeguarding:
Ms J Cowell



Mrs N Johnson
Assistant Headteacher/ Director of Sixth Form
Lead on: Suicide Prevention, Mental Health, Harmful Sexual Behaviours



Mrs S Burns
Designated Safeguarding Lead
Headteacher
Lead on: PREVENT, Safer Recruitment, Operation Encompass



Mr M Hodby
Deputy Designated Safeguarding Lead
Deputy Headteacher
Lead on: Safer Recruitment, Attendance, Online Safety



Mr M Sanders
Deputy Designated Safeguarding Lead
Assistant Headteacher
Lead on: SEND, Safer Recruitment, Child on Child Abuse

Safeguarding at Sandbach School

Safeguarding is everyone's responsibility



Mrs H Cooper
SEND Manager
Lead on: Cared for Children, Trauma, FGM



Mr O Yates
Year 9 LIM
Lead on: Multiagency Liaison, Domestic Abuse



Mr S Evans
Year 7 LIM
Lead on: Multiagency Liaison, Bereavement, CPOMS, County Line/ Exploitation

Please speak to a member of the team if you have any Safeguarding concerns or email: allsafeguarding@sandbachschool.org

For other help and support, you can also contact: **Childline 0800 1111** www.childline.org.uk or www.kooth.com



YOUNG MINDS
fighting for young people's mental health



In this safeguarding newsletter we are focusing on Exam stress and self harm.

Dealing with Exam Time

The charity 'Young Minds' has a guide for [parents](#) on how to support your young person through periods of exams and an accompanying guide for your [young](#) person.

They talk about how exams are a stressful time for any young person. How mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

Things that can help your child in the lead up to exams

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress?gclid=EAlaIqobChMlg-zXspjW_gIVGODtCh20oAT2EAAYAiAAEgLOS_D_BwE



What is self-harm?

The charity Mind.org.uk provide information about self-[harm](#)

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to:

- express something that is hard to put into words
- turn invisible thoughts or feelings into something visible
- change emotional pain into physical pain
- reduce overwhelming emotional feelings or thoughts
- have a sense of being in control
- escape traumatic memories
- have something in life that they can rely on
- punish themselves for their feelings and experiences
- stop feeling numb, disconnected or dissociated (see dissociation and dissociative disorders)
- create a reason to physically care for themselves
- express suicidal feelings and thoughts without taking their own life.

After self-harming you may feel a short-term sense of release, but the cause of your distress is unlikely to have gone away. Self-harm can also bring up very difficult emotions and could make you feel worse.

Even though there are always reasons underneath someone hurting themselves, it is important to know that self-harm does carry risks. Once you have started to depend on self-harm, it can take a long time to stop.

Ways people self-harm can include:

- cutting yourself
- poisoning yourself
- over-eating or under-eating
- exercising excessively
- biting yourself
- picking or scratching at your skin
- burning your skin
- inserting objects into your body
- hitting yourself or walls
- misusing alcohol, prescription and recreational drugs
- pulling your hair
- having unsafe sex
- getting into fights where you know you will get hurt.



If you self-harm, it is important that you know how to look after your injuries and that you have access to the first aid equipment you need. [LifeSIGNS](#) has information on first aid for self-injury and self-harm.



Finding out that someone you care about self-harms

Whether someone tells you directly, or you suspect that someone is hurting themselves, it can be difficult to know what to say and how best to approach the situation.

You might feel shocked, angry, helpless, responsible or any number of other difficult emotions.

- Try not to panic or overreact. The way you respond to your friend or family member will have an impact on how much they open up to you and other people about their self-harm in the future.
- Remember that self-harm is usually someone's way of managing very hard feelings or experiences, and that in the majority of cases it is different to suicidal feelings.

What helps?

There are lots of things you can do to make a difference to someone you know who self-harms. Your attitude and how you relate to them is one of the key things that can help them feel supported. Here are some things to keep in mind:

- Try to be non-judgemental.
- Let the person know that you are there for them.
- Relate to them as a whole person, not just their self-harm.
- Try to have empathy and understanding about what they are doing.
- Let them be in control of their decisions.
- Offer to help them find support (see Useful contacts).
- Remind them of their positive qualities and things they do well.
- Try to have honest communication, where you take responsibility for any fears you

have. What doesn't help?

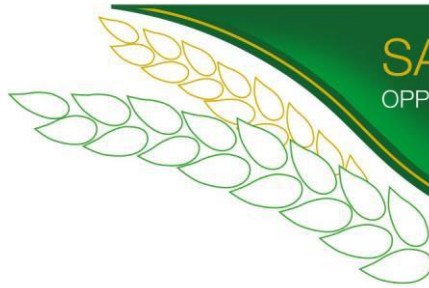
Sometimes, even with the best will in the world, attempts to support someone can backfire. Here are some potential pitfalls to watch out for:

- Trying to force change.
- Acting or communicating in a way that threatens to take control away from your loved one.
- Either ignoring their injuries or overly focusing on them.
- Labelling self-harm as 'attention seeking'.

Although it often isn't, self-harm can sometimes be a person's way of asking for attention. If so, it is important to remember that there is nothing wrong with wanting attention, and that deep distress can get in the way of someone's ability to be direct about what they need.

Take care of yourself

Supporting someone who is self-harming can be a long process with many ups and downs. Taking care of yourself will enable you to stay involved for longer and to keep well. See How to cope when supporting someone else for more information.



Further support for your child's wellbeing

If you have a child who is struggling with their wellbeing and needs to talk to someone when away from school, please use the contacts below:

Mental Health Helpline - 0300 303 3972 (open to all Cheshire East residents)

Advice for children & their families, from early help support through to safeguarding call Checs: 0300 123 5012 (option 3) Out of hours Emergency Duty Team on 0300 123 5022

You can also access <https://www.mymind.org.uk/> - a co-produced website for children and young people's mental health and wellbeing in Cheshire and Wirral.

For mental health support:

[Visyon](#) Call 01260 290000, text 07508074748

Samaritans www.samaritans.org

Young Minds www.youngminds.org.uk

For help with any sort of worry, big or small
call: NSPCC www.nspcc.org.uk
Childline www.childline.org.uk

