



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



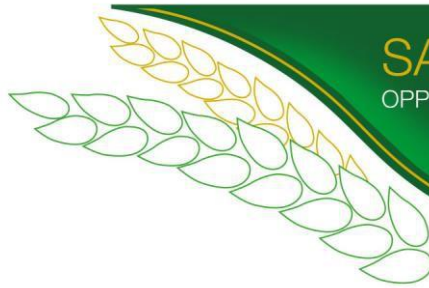
**Mr S Evans**  
Year 7 LIM  
Lead on:  
Multiagency Liaison, Bereavement, CPOMS, County Line/ Exploitation

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

For other help and support, you can also contact: **Childline 0800 1111** [www.childline.org.uk](http://www.childline.org.uk) or [www.kooth.com](http://www.kooth.com)



**YOUNG MINDS**  
fighting for young people's mental health



In this safeguarding newsletter we are focusing on Unhealthy relationships.

## Unhealthy Relationships



[Childline](#) provide a good resource on healthy versus unhealthy relationships. Relationships can be confusing. Especially if a person really likes someone but they do things the person is not comfortable with.

### WHAT IS AN UNHEALTHY RELATIONSHIP?

Being in a relationship can be exciting and should make you feel happy. A healthy relationship is when everyone feels respected, trusted and valued for who they are.

A healthy relationship includes:

- **Good communication**  
You and your partner can talk openly about things without feeling scared of what might happen, or being judged for what you've said.
- **Mutual respect**  
You listen to each other and respect each other's boundaries. And nobody does anything to make you feel uncomfortable, scared or humiliated.
- **Trust**  
You can trust each other without getting jealous, including being able to spend time with other people.
- **Honesty**  
Being able to say what you think and feel without censoring yourself or worrying what might happen.
- **Equality**  
Nobody in a relationship should have power over the other person, and it's never okay for someone to force you to do something.
- **Being yourself**  
You're able to keep being yourself, doing things you enjoy and spending time with friends and family outside of the relationship.

### SIGNS OF AN UNHEALTHY RELATIONSHIP

It's not always easy to spot when your relationship is becoming unhealthy or abusive. But if something is making you feel uncomfortable or unsafe, then it's important to talk about it.

The [NSPCC](#) suggest that realising that your child may be involved in an unhealthy relationship can be upsetting and worrying for parents and carers. It can also be difficult to know if something's wrong or how to help them. We can help you to spot the signs of an unhealthy relationship and know what to do if you're worried.

Signs that a child might be in an unhealthy relationship are:

- Becoming isolated and spending little time with family or friends.
- Controlling behaviour, such as being told what to wear, always needing to let the person know where they are or what they're doing or having their social media accounts monitored.
- Feeling pressured or like they have to do things they're uncomfortable with. This could include being pressured into sex or to send nudes or sexual images.
- Having their money, access to food or day-to-day items controlled.
- Being prevented from working or going to school or college or feeling reluctant to go to school.
- Persistent changes to a child's mood or behaviour can also be a sign that something's wrong.
- Being bullied or experiencing sexual bullying, either online, in private or in front of others at home or in school.

**NSPCC**



## How to talk to your child about relationships

Many parents or carers may feel awkward or uncomfortable talking to their child about relationships and sex. But there are ways you can make the conversation easier:

- Try to find a good time to start a conversation. Pick a time when your child's relaxed and when there aren't other people in your family around. You might want to have the conversation in a neutral place, such as on a walk or a bike ride, or even in the car, rather than somewhere at home where you might be interrupted.
- It can help to make the conversation relevant to something that's happened recently. For example, if you've been watching a TV series or film where one of the characters is in a relationship. You could ask your child what they think about the character's relationship and if it's healthy or unhealthy. Or if your child's been learning about sex and relationships education in school, you could ask them how they're finding this or what everyone in the class thought about it.
- Try not to rush the conversation and let your child talk to you in their own time. It can help to have several short conversations rather than trying to cover everything at once. If your child feels uncomfortable, let them know that you're there if they want to talk to you about relationships at a different time.

## 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](http://www.samaritans.org)

Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)

For help with any sort of worry, big or small  
call: NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)  
Childline [www.childline.org.uk](http://www.childline.org.uk)

