

## Well-being

Many children and young people experience anxiety, stress and low mood during their life. This is a normal part of growing up and can have little extended impact on their lives.

However, this may become more of a problem if these conditions start to impact on their learning and progress, school attendance and ability to form healthy friendships.

At Derby Cathedral School, the pastoral system allows for students to receive support and guidance. This may be from their Form Tutor or Head of Year.

Your child may be signposted to more specialist services in school such as the Learning Mentor for further intervention. These may be in the form of one to one sessions or group interventions using a cognitive behaviour approach.

***Please be advised that Derby Cathedral School does not employ qualified counsellors, but will contact you if it is felt external support may be required.***

We will always contact you if concerns about your child are raised, unless that would put your child more at risk. This is in line with local and national safeguarding procedures.

If it is thought your child needs further intervention then school staff will contact you and help signpost to try to receive the best possible service for your child.

### If you are worried about your child/ young person:

- Seek advice from your GP
- Use the text service offered by Derby City Council (details below).
- Search for support and guidance online.
- Contact the pastoral team at school for further advice and signposting.

**Derby City Council have launched a text service to help children and young people and their parents/ carer to get advice and support around emotional, mental and sexual well-being from a healthcare professional.**

**For children/ young people 11—19;  
text 07507 327104**

**For parents and carers;  
text 07507 327754**

Derby Cathedral School  
Midland House, Nelson Street, Derby DE1 2SA  
Tel: 01332 325710

[info@derbycathedralschool.org.uk](mailto:info@derbycathedralschool.org.uk)  
[www.derbycathedralschool.org.uk](http://www.derbycathedralschool.org.uk)

**DDAT**  
Derby Diocesan Academy Trust

We are proud to be part of  
Derby Diocesan Academy Trust.

# Safeguarding and Well-being

Information for  
parents/carers

**Derby**  
CATHEDRAL  
SCHOOL

## Safeguarding in school

Staff are on hand to assist with any non urgent safeguarding concerns you may have.

If a child makes a disclosure in school and it is in the best interests of the child, we will contact you to inform you and to provide support, guidance and reassurance.

**Derby Cathedral School will always collaborate and involve parents/carers where it is right to do so.**

If, in the best interests of the child it is decided not to contact parents/carers, this decision making will be documented as to the reasoning and saved for future communication.

## Self Harm

Self harm is when somebody intentionally damages or injures their body. It is usually a way of coping with or expressing overwhelming emotional distress.

It may be used as an intention to punish oneself, express distress, or relieve unbearable tension, or it may be a combination of all three.

It may also be a cry for help.

Statistics show that one in ten children or young people self harm at some point in their lives. That is three students out of a class of 30.

Self harm may take a variety of forms, including cutting, burning, hitting or thumping, poisoning including overdosing.

If you discover that your child may have self harmed, there is support and guidance available to you:

- Contact your GP. They may be able to make a referral to mental wellbeing services such as CAMHS
- There is a wealth of online sites and helplines that may be able to provide support and information, for example

[www.harmless.co.uk](http://www.harmless.co.uk)

[www.kooth.co.uk](http://www.kooth.co.uk)

**Young Minds Parent Helpline 0808 802 55 44  
open Monday - Fridays 9.30—4pm.**

If a disclosure is made in school with regards to self harm, staff at Derby Cathedral School will inform the parent/carer of the disclosure. This is, if it is not considered to put the child more at risk by doing so.

Young people sometimes try to remain secretive about self harm due to shame, embarrassment or fear of discovery and reaction.

**It is important to try to remain as calm as possible and seek support and guidance. While it is a distressing and worrying situation, punishing your child for self-harm will make the situation worse. The priority is supporting your child.**

If your child is feeling very low in mood, more desperate and expressing worrying thoughts, Derby Cathedral School's advice is to attend your local Children's Accident and Emergency Department or call the NHS on 111 for advice.

## What to do if you feel worried about the safety of children or young people that you know.

**If you have any reason to believe that your child or a child you know is at significant risk, please contact;**

**Derby City Children's Social Care**

**Monday —Friday**

**9am—5pm 01332 641172**

**Out of hours 01332 786968**

**Or telephone the Police  
on 999 or 101.**

**If the concern is less urgent—  
Derby Cathedral School have  
specially trained members of  
Staff that are also able to provide  
support. However, the school does  
not employ trained counsellors.**

**Please speak to Reception for  
contact details via telephone  
01332 325710 or email  
[info@derbycathedralschool.org.uk](mailto:info@derbycathedralschool.org.uk)**