

10th December 2020

Dear Families,

As the end of the Autumn term approaches, during what has been a really difficult time for many families during this pandemic – I thought I would update you all regarding some additional support options available to young people and their families and also what your children have accessed during this term.

As you are aware, we offer a lot of support already in school, on site regarding Emotional wellbeing and Safeguarding – please call me if you need any advice or guidance relating to these areas and I'll do my best to support you.

Our website has areas for Safeguarding and Mental Health advice and guidance there is also a section on the website, specific for COVID19 support, signposts to many external services, evidence based apps and websites for young people and families to access.

During this term our young people have had ongoing opportunities to increase their awareness of mental health and wellbeing, self care and advice where to access in school and out of school help should they need it.

All Year groups have all had wellbeing assemblies on return to school, life skills sessions regarding mental health and keeping safe on and offline. Some year groups have accessed workshops on wellbeing and exam anxieties and there is additional support in school on a 1:1 basis if requested, and some learners have had an opportunity to see a drama production to raise awareness of types of exploitation, personal safety and how to keep safe on and offline.

We have set up a designated wellbeing email address, whereby learners can email to request an appointment in school, where support options can be discussed with the young person. Telephone consultations are also available to any parent who wishes to discuss their family's wellbeing.

The school is involved with the Tameside Locality Offer which is part of the **KOOTH.COM** an online counselling project – available to all our learners. Assemblies will be taking place to explain the offer to our young people.

I have also sent all learners emails to their school email address with updated information regarding wellbeing support options both in and out of school. A very popular resource

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that has been sent to all learners is the link to the “**Teen Sleep Hub**” a resource that provides young people with information and videos regarding how to have the best chance of quality sleep.

We recognise that this is a very difficult time for many of our families, who may have experienced a wide range of types of loss and bereavement during this time. Our website has a number of links to services and websites that provide loss support. We have had alert of a new one this week called ‘Grief encounter’ – it provides a **grieffalk helpline for young people 0808 802 0111 griefencounter.org.uk**

The Young Minds service has a crisis messenger service, which is free across the UK. Young people can access a **text message based service by texting YM to 85258** . I will be sending an email to our learners with all the new information to keep them updated.

With regards to Safeguarding – There is a new website for parents and carers to access if they need more information about safe relationships for young people. The website raises awareness for families about exploitation ; **knowaboutcse.co.uk**

NSPCC Online safety helpline for families ; 0808 800 5002 , also CEOP

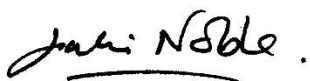
NSPCC netaware – online Guide for families on over 50 of the top social networks, apps and games that young people use

Tameside Safeguarding Partnership - Parenting Handbook is now updated and the link is on our website

Tameside Early Help Hub ; 0161 342 4260 – Support for families on a wide range of emerging concerns. They have a website page too, with lots of advice and guidance for families.

Please do not hesitate to contact me, If I can assist in any way.

Yours faithfully



Mrs J Noble
Designated Safeguarding Lead/Mental Health Lead