

SAFEGUARDING NEWSLETTER



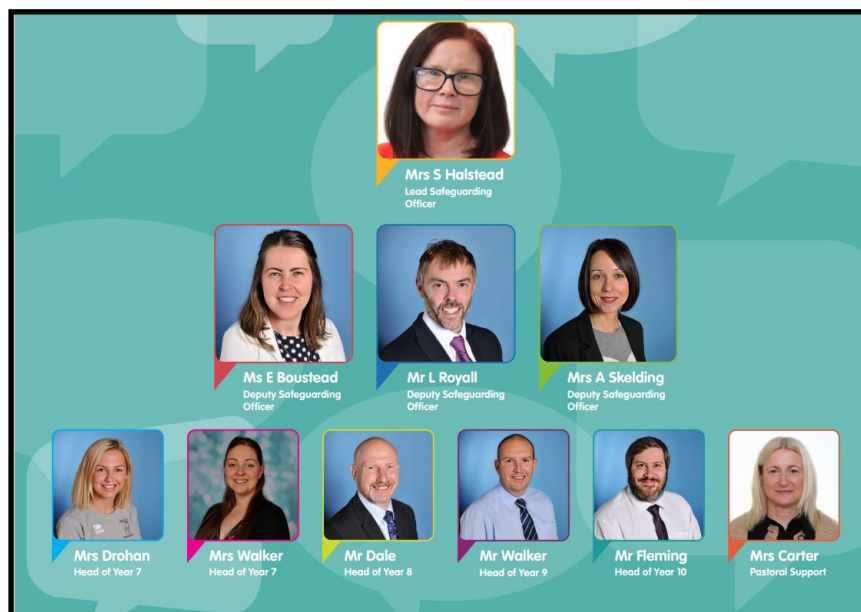
Our Promise at Madeley School

Madeley School recognises its legal duty under Education Act 2002 (section 157 in relation to independent schools and academies) and the 1989 Children Act and takes seriously its responsibilities to protect and safeguard the interests of all pupils.

The school recognises that effective child protection work requires sound procedures, good inter-agency co-operation and a workforce that is competent and confident in responding to child protection situations. Safeguarding incidents can happen anywhere and staff should be alert to any concerns being raised. All staff may raise safeguarding concerns directly with Children's Social Care Services (see making referrals section of this policy).

Welcome to our third newsletter of the academic year. In this edition we would like to focus primarily on Emotional Health and also remind you of our safeguarding team here at Madeley School.

Our safeguarding team



If you have a concern about any student of Madeley High please phone the school reception and ask for

- Designated Safeguarding Lead Officer: Sara Halstead (sara.halstead@madeley.set.org)

- Deputy Safeguarding Leads: alexa.skelding@madeley.set.org / em-ma.boustead@madeley.set.org / lee.royal@madeley.set.org
- You can also speak to any of the safeguarding team highlighted above on the main school number.

Emotional Health

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others. It doesn't mean being happy all of the time.

Why is our Emotional Health so important?

Working on our emotional health is just as important as taking care of our physical well-being.

And that work pays off with:

- **Resilience to stress.** Research shows that emotional distress makes you more vulnerable to physical illness by impacting your immune system.
- **Deeper relationships.** When you're equipped with the skills to manage your emotions, it's easier for you to connect with others and show more empathy and compassion. You're also better able to hold arguments and talk through your feelings.
- **Higher self-esteem.** Your thoughts, feelings, and experiences influence the way you feel about yourself. Good emotional health helps you see the best in yourself despite challenges.
- **More energy.** Having a positive outlook makes you feel more energised and helps you focus and think more clearly, whereas poor emotional health depletes your mental resources and leads to exhaustion.

WHAT'S THE DIFFERENCE BETWEEN MENTAL AND EMOTIONAL HEALTH

The difference between mental and emotional health is that mental health examines and determines how your mind is understanding and processing any information or experiences you gain out of life.

Emotional health, on the flipside, delves into how well you're able to both manage and express all the emotions that surface from those experiences and things that you've learned.

There are other differences too, including:

- Mental health and emotional health don't have to coincide in terms of being healthy or needing attention. For example, you can be experiencing a mental health condition but have relatively good emotional health. At the same time, you could be managing mental health conditions, yet struggling with keeping balanced emotional wellness.
- Emotional health is much more focused on understanding and navigating your emotions. Mental health is a broader concept that encompasses your ability to understand and process experiences. It also considers how well you can make rational decisions and stay focused on the tasks at hand.



www.thewellnesscorner.com/blog/emotional-wellbeing-toolkit

“There are so many factors that can impact our emotional health. Some include our environment (work/school, home, social lives), our physical health, and our genetics and family history of emotional health needs.”

Talkspace therapist Ashley Ertel, LCSW, BCD, CDBT

Emotional Wellness Toolkit

6 strategies for improving your emotional health

Build resilience: People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

Reduce stress: Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

Get quality sleep: To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

Strengthen social connections: Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbours, or others, social connections can influence our biology and well-being.

Cope with loss: When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

Be mindful: The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

How to build resilience

Here are some ways we can support the development of resilience:

Develop a sense of community belonging

Whenever possible, support your child to build a positive relationship with other important adults in their lives. This can help them develop better friendships and empathy and is linked to higher levels of educational achievement and self-esteem.

Model positive relationships

Happy relationships between parents and significant adults lead to better mental and physical health for all involved. Children thrive emotionally when they see and are involved in warm and caring relationships, where they are respected and valued.

Develop positive routines

It's good to remember that our mental health relies on physical routines. Try to find a routine that works for your family. One that has consistent and clear boundaries.

Help your child develop coping strategies

Coping strategies help us to deal with overwhelming feelings. Encourage your child to find one, or more, that they can turn to. For example, they could try relaxation, exercise, journaling, music, or distraction techniques.

Support your child to face specific challenges

Worries about everyday experiences are a good chance to help prepare your child to face future challenges. For instance, you could support them in managing the anxiety about going to a sleepover or presenting their work in assembly.

Let your child flex their muscles

It's so helpful for children to learn that they can do things on their own. Overprotecting them won't help. Remember that a tolerable amount of stress is actually beneficial.



<https://www.camhs-resources.co.uk/websites>

Spotting the signs your child is struggling

It is normal for a young person to feel angry, sad, worried or stressed sometimes. These feelings can be expressed in all sorts of ways, such as:

- sudden changes in behaviour
- negative thoughts and low self-esteem
- arguing and fighting
- sleep problems
- avoiding school and activities, withdrawing or being 'clingy'
- complaining about aches and pains
- overactivity
- wetting the bed, when previously dry at night.

Often these feelings, and the behaviours they cause, pass with time. It can sometimes be hard to know when difficult feelings go beyond that, but signs that are a cause for concern include:

- Difficulties that last a long time.
- Persistent 'out of character' behaviour.
- If your child is hurting themselves (see panel).
- If your child is having suicidal thoughts
- If another child's safety is at risk.
- Difficulties that are interfering with a child's development.
- If the situation is overwhelming for parents or carers.

You know your child, so you're well placed to recognise if their negative feelings or unhelpful thoughts are becoming overwhelming. At this point, you might need to seek some extra help.

If you're concerned, and need help

It's important to talk to your child about the situation first. But even if they're not ready to talk to anyone else, you can still reach out for advice and support. It can be helpful to tell your child that you are doing this, particularly for teenagers. Talking to your GP is a good first step. Make an appointment with your family doctor, or ask if any of the GPs at your surgery specialise in young people's mental health. The GP should be able to tell you what support is available near you, and make referrals. This could be to Child and Adolescent Mental Health Services (CAMHS).



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:

North Staffordshire urgent mental health helpline: call [0800 0 328 728](tel:08000328728) option 1 (covers Stoke-on-Trent, Newcastle-under-Lyme, Staffs Moorlands).

Advice for children & their families, from early help support through to safeguarding call Staffordshire Children's Advice and Support Service on [0300 111 8007](tel:03001118007)

For mental health support:

Visyon Call [01260 290000](tel:01260290000), out of hours support The Staffordshire Crisis Team on [0300 123 0907](tel:03001230907)

Samaritans www.samaritans.org

Young Minds www.youngminds.org.uk

For help with any sort of worry, big or small:

NSPCC www.nspcc.org.uk

Childline www.childline.org.uk

YOUNG MINDS
fighting for young people's mental health



If you are in a crisis
If you are worried that your child is at immediate risk of harm, or is not safe, call 999 or take them to A&E. A mental health emergency is as serious as a physical one.

If your child is safe but needs urgent help and you are:

- in England, call your local 24-hour [NHS urgent mental health helpline](#)
- elsewhere in the UK, call NHS 111

The free [YoungMinds Textline](#) is there for young people when they're going through a mental health crisis. Your child can text YM to 85258.