

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 second newsletter of the academic year. In this edition we would like to focus primarily on Eating Disorders and also remind you of our safeguarding team here at Madeley School.

Our safeguarding team

Mrs Halstead
Designated Safeguarding Lead
Officer



Mrs Skelding
Deputy Safeguarding Lead
Officer



Mrs Boustead
Deputy Safeguarding Lead
Officer



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
- You can also speak to any of the safeguarding team highlighted above on the main school number.

Eating Disorders

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. People with eating disorders use disordered eating behaviour as a way to cope with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours.

TYPES OF EATING DISORDERS



The most common eating disorders are:

- Anorexia nervosa – trying to control your weight by not eating enough food, exercising too much, or doing both.
- Bulimia – losing control over how much you eat and then taking drastic action to not put on weight.
- Binge eating disorder (BED) – eating large portions of food until you feel uncomfortably full Other specified feeding or eating disorder (OSFED).

A person may have an OSFED if their symptoms do not exactly fit the expected symptoms for any specific eating disorders. OSFED is the most common eating disorder.

AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

ARFID is when someone avoids certain foods, limits how much they eat or does both. Beliefs about weight or body shape are not reasons why people develop ARFID.

Possible reasons for ARFID include:

- negative feelings over the smell, taste or texture of certain foods
- a response to a past experience with food that was upsetting, for example, choking or being sick after eating something
- not feeling hungry or just a lack of interest in eating

Statistics on Eating Disorders

- ⇒ Between 1.25 and 3.4 million people in the UK are affected by an eating disorder
- ⇒ Around 75% of those affected by an eating disorder are female
- ⇒ Most eating disorders develop during adolescence, although there are cases of eating disorders developing in children as young as 6 and in adults in their 70's
- ⇒ Eating disorder are most common in individuals between the ages of 16 and 40 years old
- ⇒ Research suggests that individuals who have family members with eating disorders are more likely to develop eating disorders themselves when compared to individuals who have no family history of these illnesses
- ⇒ The earlier that eating disorder treatment is sought, the better the sufferer's chance of recovery

<https://www.beateatingdisorders.org.uk/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

<https://www.eatingdisorderhope.com/treatment-for-eating-disorders/international/united-kingdom/u-k-eating-disorder-organizations-charities>

Worried you have an eating disorder?

Symptoms of eating disorders include:

- spending a lot of time worrying about your weight and body shape
- avoiding socialising when you think food will be involved
- eating very little food
- making yourself sick or taking laxatives after you eat
- exercising too much
- having very strict habits or routines around food
- changes in your mood such as being withdrawn, anxious or depressed



EATING DISORDER SUPPORT SERVICE

You may also notice physical signs, including:

- feeling cold, tired or dizzy
- pains, tingling or numbness in your arms and legs (poor circulation)
- feeling your heart racing, fainting or feeling faint
- problems with your digestion, such as bloating, constipation or diarrhoea
- your weight being very high or very low for someone of your age and height
- not getting your period or other delayed signs of puberty

It can be very difficult to identify that a loved one or friend has developed an eating disorder.

Warning signs to look out for include:

- dramatic weight loss
- lying about how much they've eaten, when they've eaten, or their weight
- eating a lot of food very fast
- going to the bathroom a lot after eating
- exercising a lot
- avoiding eating with others
- cutting food into small pieces or eating very slowly
- wearing loose or baggy clothes to hide their weight loss

Getting help

It can be difficult to know what to do if you're worried that someone has an eating disorder.

They may not realise they have an eating disorder. They may also deny it, or be secretive and defensive about their eating or weight.

Let them know you're worried about them and encourage them to see a GP. You could offer to go along with them.

Use the link below for some good advice on talking to and supporting your child, if you are worried:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/advice-for-parents/>

Madeley School

INSPIRING EXCELLENCE

Further reading:

There is a great deal of support for parents, giving helpful advice and tips on how to help keep your child safe online, including children who are SEND. We have listed below a range of websites you can access this information:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/keep-teenager-safe-online/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.theparentsguideto.co.uk/post/ways-to-keep-your-teen-safe-online>

<https://www.ceop.police.uk/Safety-Centre/>

<https://eephonesmart.co.uk/>

<https://eephonesmart.co.uk/kids/>

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

Here if you
need us

Talk to us, we'll listen

Call free day or night on

116 123

Email
jo@samaritans.org

samaritans.org

SAMARITANS

YOUNG MINDS
fighting for young people's mental health