



St. Anthony's Girls' Catholic Academy

SAFEGUARDING UPDATE – OCTOBER 2026

All students in years 7 to 11 have recently attended assemblies in relation to safeguarding. It is our aim this term to ensure that every student has a member of staff in school who they feel happy to talk to about their worries and concerns. We also have an email at school, where a young person can report a safeguarding concern. The email address is reportit@staga.co.uk

Sunderland Information Point offers information, advice and guidance on a range of subjects to support you and your family:

- Sunderland Families - Services and activities for children and young people
- Sunderland Local Offer - Supporting families and children with special educational needs and disabilities
- Sunderland Adults - Services and activities for adults and older people

If you want more information on these services, please visit [Sunderland Information Point](#)

Sunderland Family Hubs bring services together to improve access to services; improve the connections between families, professionals, services and providers; and put relationships at the heart of family support. There are five Family Hubs in Sunderland. To find out more visit [Best Start Family Hubs - Together for Children](#)

Online Safety

As always, we have returned to school in September and already had to deal with issues involving staying safe online. We will be offering webinars for parents as the term progresses, to ensure that you can support your children online, but, in the meantime, the BBC website offers some good advice and practical tips for parents, carers and young people. Just click on the link below:

[Online Safety](#)

Mental Health

Sunderland Mental Health Support Service: Healthy Heads Team is a school based mental health service based in Sunderland and provided by South Tyneside & Sunderland NHS Foundation Trust. The team is built up of Primary Mental Health Specialist, Speech and Language Therapist, Primary Mental Health Workers, Senior Educational Mental Health Practitioners (EMHP), EMHPs and trainee EMHPs. Together they support children, young people and their families who are struggling with Mild-Moderate mental health and emotional well-being difficulties.

Healthy Heads support children and young people from Reception age to further education. Healthy Heads work one-to-one with some of our students (seeing 33 pupils last academic year) but also deliver sessions to identified groups in school, for example, 'Coping with Exam Stress' to Years 11 and 13. They also offer webinars to parents throughout the year in relation to supporting children's wellbeing. If you would like to join, please see dates, times and instructions on the flyer.

One of our Healthy Heads team delivered assemblies to all year groups last week, to celebrate World Mental Health Day on 20th October 2026, to encourage young people to talk about any worries to those around them – friends, families, teachers or other school staff.



South Tyneside and Sunderland
Mental Health Support Services

Mental Health Webinars For Parents/Carers

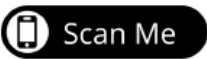
Introduction to Our Service	25th November 2025	6 - 6:30pm
Managing Worries and Anxieties	21 st January 2026	6 - 6:30pm
Exam Stress	12 th February 2026	6 - 6:30pm
Managing Difficult Behaviours	24 th March 2026	6 - 6:30pm
Supporting Language & Communication in Young People	23 rd April 2026	6 - 6:30pm
Introduction to Our Service	13 th May 2026	6 - 6:30pm
School Transitions	25 th June 2026	6 - 6:30pm
Anxious Returners	26 th August 2026	6 - 6:30pm

Join the webinars here by scanning the QR code or clicking the link below:

[Click here to join the meeting now](#)

Meeting ID: 311 699 501 934 5

Please note: For privacy and safeguarding reasons (in line with GDPR), we ask that parents/carers join as guests, keep microphones and cameras off, and do not use the chat function during the session.





helping and supporting you: The Healthy Minds and Healthy Heads Teams
Service provided by South Tyneside and Sunderland NHS Foundation Trust