

Safe, Happy, Fulfilled - Safeguarding and Personal Development at St. Cecilia's



AN 'OUTSTANDING' CATHOLIC HIGH SCHOOL

DISCOVER

DEVELOP

REJOICE

Our Designated Safeguard Lead, Mr Hewitt delivered the first 'keeping you safe' assembly of 2022-2023 to all of our year 9 and 10 pupils on Tuesday, September 13th.

Mr Hewitt informed students of the four types of abuse: physical, emotional, sexual and neglect. He gave examples of each type of abuse with the aim of improving students of reporting concerns and reinforced that pupils will be listened to; their knowledge, understanding and awareness of their respective signs. He described and reinforced our systems safety is our number one priority.

Designated Safeguard Lead: Mr Hewitt

Deputy DSL: Miss Bethwaite

Deputy DSL: Mrs Lewis

Deputy DSL: Mr Morgan

Reporting concerns:

safeguarding@st-cecilias.lancs.sch.uk



PARENTING MENTAL HEALTH

Support for parents and carers for students with mental health concerns

At Parenting Mental Health, we understand the enormous challenge of parenting a child with a mental health issue and the essential role parents play in supporting their child through this uncertain experience. We see the impact parents can have on their family's emotional wellbeing and the impact their family's emotional wellbeing can have on parents. We know that when a parent is supported, it's more likely their child will be too. Our work supports, skills and empowers parents through our 24/7 digital peer community, emotional support services, events and training courses so they can be present, patient and prepared.

For more information, please take a look at our website:
<https://parentingmentalhealth.org/>



Online Courses

Our 9 week Partnering Not Parenting course, explores the compassionate behavioural change methodology that Suzanne Alderson, Founder of Parenting Mental Health, developed when her daughter was unwell with poor mental health. The course is offered online for members of our Parenting Mental Health Facebook global support group, within a private subgroup where you have access to course material, and any updates, for life! As well as the self study course content Suzanne offers multiple live/zoom sessions where she discusses and offers additional resources, answers questions, offers guidance and additional support. There are also Chat and Connect zoom sessions to share and build connections with other members of the course. [Click here](#) for brief overview of the course content.



Facebook Community

Our [closed Facebook community](#) offers you a safe, non-judgmental space to explore your feelings about your child's mental health, ask questions and learn from parents who are going through or have been through their child's mental health issues, and connect with like-minded parents who get it! You'll be asked some questions when you ask to join – we're not being nosy! We're just passionate about keeping the community just for parents.



Mentorship

The power of Lived Experience should not be underestimated. When we're supporting a child with mental health, sometimes the only person who really gets it is someone who has been through a similar experience. Peer Mentorship is a key part of our efforts to support parents. Join the Facebook community and join our Mentorship Program, or [apply join a Listening Circle](#) which is led by a trained Listening Circle facilitator.

Self Harm parenting Workshop



We understand how challenging it can feel for a parent or carer of a child or young person who is self harming.

Managing those emotions, understanding why, communicating your concerns and keeping your child or young person safe; can feel overwhelming.

Lancashire Mind are now offering a workshop for parents/carers of children and young people who self injure.

To support and upskill them to learn more about self harm to enable them to better support their child or young person.

For more information or to book a workshop,
please contact training@lancashiremind.org.uk



'Poisonous': how WhatsApp is exposing UK school children to bullying and harmful content

Teachers say they are powerless to deal with damaging elements of social media and are calling for more parental vigilance

Dear parents/carers,

I would like to draw your attention to an article published by 'The Guardian'. They have written a news story about school pupils' exposure to harmful content and bullying via mobiles, describing it has 'poisonous'. This has been echoed by education professionals across the country who are seeing a rise in issues around inappropriate messages, image sharing, adult content and bullying on social media.

<https://www.theguardian.com/technology/2022/oct/01/poisonous-how-whatsapp-is-exposing-uk-school-children-to-bullying-and-harmful-content>

I would encourage you to read it for your information which may also facilitate open and honest conversations at home about the potential dangers of using technology.

A reminder that concerns can be reported the DSL team:

Mr S Hewitt - Designated Safeguard Lead
Miss S Bethwaite - Deputy Safeguard Lead
Mrs P Lewis - Deputy Safeguard Lead
Mr B Morgan - Deputy Safeguard Lead

We also have an online reporting system by emailing concerns to:
safeguarding@st-cecilias.lancs.sch.uk



PREVENT update

Since students returned to school in September, the Lancashire Prevent Team have received several calls from schools regarding pupils speaking about and/or referring to/ imitating an individual called **Andrew Tate**. This individual holds extremely misogynistic views and he is targeting young males through online platforms.

If you notice any concerns, please do report them to the DSL team in school.

safeguarding@st-cecilias.lancs.sch.uk



Personal Development:

At St. Cecilia's, our vision is to provide an excellent, well-rounded education and formation which celebrates academic, emotional and spiritual achievement and prepares everyone to fulfil their full potential as human beings in an inclusive environment in God' World. We believe that personal development is a key building block for this success and a fundamental part in any child's learning and development.

The intent of our Personal Development curriculum is for it to be accessible to all and for it to maximise the outcomes for every child so that they are enabled to flourish in life. We want our children to be safe, healthy, independent, and responsible members of a global community who understand how they are developing personally and socially and have the knowledge and confidence to tackle many of the moral, social, and cultural issues that are part of growing up.

Personal Development permeates our entire school but can be broadly categorised into four areas; through the example of staff and pupils, the taught curriculum, the PSHE programme and through school events and experiences.

We will communicate and update you on the personal development of pupils each half term as part of this newsletter.

