



Carlisle and Hampton Hill Federation

SAFEGUARDING NEWSLETTER

Issue 3

Autumn 2024

Welcome to the third edition of our half-termly safeguarding newsletters. This half term's focus is all about Mental Health!

In an ever-changing world that can often feel overwhelming and where social media can amplify our emotions (see **Issue 2 of our safeguarding newsletter on online safety**), it's crucial we take a moment to reflect on our own well-being.



Mental health is just as important as physical health; it can shape how we think, feel and act. As per our federation values, we want all of our pupils to have the **courage** to speak up and seek help, and support others who might have struggles. By creating opportunities for open and honest conversations about mental health, we can further develop a clear sense of **belonging**, allowing all children to flourish, not just academically, but as individuals.



We are fortunate enough at Hampton Hill Junior School to have access to Place2Be – a children's mental health charity with over 30 years' experience of working with pupils, families and staff in school.

Place2Be provides mental health support in schools through one-to-one and group counselling.

Linda Eversley – Place2Be Counsellor

Need immediate support/help?

<https://www.place2be.org.uk/page/get-urgent-help/>

Useful Information/Websites

Place2Be: <https://www.place2be.org.uk/>

NHS: <https://www.nhs.uk/every-mind-matters/>

Mind – 5 way to wellbeing:

<https://www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing/>

Safeguarding at Carlisle and Hampton Hill Federation

We provide all staff with regular and relevant safeguarding training and within the Carlisle and Hampton Hill Federation, and have a number of staff who are trained to form our safeguarding team.

The senior team that take the lead on safeguarding are:



Mr. Marc Lowery
Designated Safeguarding Lead (HHJS)



Mr. David Wells
Designated Safeguarding Lead (CIS)



Ms. Zoe Brittain
Deputy Designated Safeguarding Lead



Keeping children safe is everyone's responsibility

Future issues of our safeguarding newsletter will include spotlights on:

- **Anti-bullying**



Improving children's mental health



TOP TIPS FOR FAMILIES – 5 ways to wellbeing!

The 5 Ways to Wellbeing approach offers some simple steps we can all do every single day:

Connect

Connecting with others can help us feel close to people, and valued for who we are. You might like to connect with people online, or you might enjoy phone calls or sending letters.

Here are some ways you could make a connection today:

- 1) If you feel comfortable, you could try speaking to someone new
- 2) Ask how someone's weekend was, and really listen when they tell you
- 3) Put 5 minutes aside to find out how a friend/peer is doing

Get Active

Many people find that physical activity helps them maintain positive mental health. There are lots of different things you can do to be a bit more active. Studies have shown that getting active can help you sleep better, have happier moods, and reduce feelings of stress and anxiety

Here are a few ideas for how you can get active today:

- Walk into work/school – maybe you could go with a colleague/friend
- Organise a work/school sporting activity

Take notice

Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety. Some studies have shown that savouring 'the moment' can also help you to feel more positive about life.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Have a 'clear the clutter' day
- Visit a new place for lunch

Learn

We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem; setting goals can help you to feel more productive and more in control of your life.

What can you learn today? Here are a few ideas:

- Sign up for a class
- Research something you've always wondered about

Give

There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy.

Is there anything you can do today, to be kind or helpful to someone else? You could try:

- Offering to help a colleague with something they're stuck on
- Introducing yourself to a new-starter, to help them feel more at ease

Reporting safeguarding concerns

At times when we aren't at school and you have concerns around the safety/wellbeing of a child, contact the **Single Point of Access** on 020 8547 5008 (8am to 5.15pm, Monday to Thursday, and 8am to 5pm on Friday. Out of hours, phone (020 8770 5000.)

Urgent calls

Call 999 if you think a child or young person is in immediate danger.

Both schools now have email addresses for you to report confidential safeguarding concerns. These are only seen by the senior safeguarding leads.

safeguarding@carlisle.richmond.sch.uk or safeguarding@hamptonhill.richmond.sch.uk

