



# Bredon Hill Academy

## Safeguarding and Wellbeing Newsletter



### Safeguarding Our Children Together

Spring  
Term 2024

#### Looking for Things to do at the Weekend?

A new website has been launched in Worcestershire, by a friend of Mrs Dunkley, which we thought you'd be very interested in it!

[www.weekending.fun](http://www.weekending.fun) gives you ideas for fun things to do with the kids locally. Sign up for free to get ten suggestions, all from local parents, in one email every Friday.

All of the suggestions feature: activities to do near you or at home, that are free or don't cost the earth, and are recommended by parents like you... all to get everyone off their screens at the weekend!

Visit the website to find out more - [www.weekending.fun](http://www.weekending.fun)



#### Online Safety and SRE Evening for Parents/Carers

Thank you to everyone who joined us for our Online Safety and SRE Evening. There were some great ideas shared and important discussions were had. During the evening we asked for you to share your tips or give advice to other parents. This is what was shared:

- 1) Ghost Apps: these are apps that look like regular utility apps (calculator, torch etc) but are actually social media apps that have chat platforms hidden behind them. They look innocent so parents don't think to check them.
- 2) Make sure your credit/debit cards aren't associated with your child's phone. With the iPhone being the phone of choice amongst children, many of you will have set up the iCloud using your bank details. Through some apps, children can access your bank details.
- 3) Don't buy them a smartphone! If you want to contact them, an old-style brick phone works just as well!

#### Support Near You

If you are looking for mental health support for either yourself or a family member then the Hub of Hope is a really useful search tool for local support agencies or groups. Google 'Hub of Hope' or click on this link: <https://hubofhope.co.uk/>



**Hub of Hope**

**Designated Safeguarding Lead: Mrs K Dunkley**

**Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan**

## Attendance

In January the Government launched their new campaign to help raise attendance figures across schools nationally.

At BHA we are proud to say that our average attendance is **96%**!

This is above national average but what does 96% attendance look like?

96% attendance = 8 days off = 40 lessons missed

95% attendance = 10 days off = 50 lessons missed

90% attendance = 19 days off = 95 lessons missed

85% attendance = 29 days off = 145 lessons missed

80% attendance = 39 days off = 195 lessons missed

Data from the 2022-2023 academic year for the end of Key Stage 2 shows that 71% of pupils who had 99% attendance or above achieved the expected standard in reading, writing and maths, compared to only 50% of pupils with 90% attendance.

This drops to only 42% of children achieving the expected standards with 85% attendance.

At BHA, we realise there are times when your child may not be able to come into school because of illness, injury, bereavement or other significant issues.

**MOMENTS  
MATTER,**

**ATTENDANCE  
COUNTS.**



### Free Webinar to Help Boost Children's Mental Health



We have been given the following link to a free seminar which you may wish to sign up for.

#### **Boosting Children's Resilience and Mental Health, Tips for Parents and Educators**

In this webinar, Dr Weston of Tooled Up Education will share a raft of evidence—based tips that's parents and teachers can use to good effect at home and at school.

How can we boost children's resilience? What can we do to reduce anxiety? How can we keep them motivated? To what extent does sleep, nutrition and access to phones impact on children's ability to thrive?

The webinar takes place on 23<sup>rd</sup> April at 7pm

[https://us02web.zoom.us/webinar/register/WN\\_DyqabCfXSkOPBJ3mXnf5JQ](https://us02web.zoom.us/webinar/register/WN_DyqabCfXSkOPBJ3mXnf5JQ)

After registering, you will receive a confirmation email containing information about joining the webinar.



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## Water Bottles and Coats



May we remind you that your child(ren) should come to school EVERY DAY with a coat and a water bottle.

During the wet and wintery months, we aim to get outside as much as possible so coats are a necessity.

We are also trying to reduce our impact on the environment by using less plastic. As a result, we no longer selling single use bottles of water.

Please ensure both these items are named!



## Operation Encompass



### **Our Education setting is part of Operation Encompass.**

Operation Encompass is a national police and education early intervention safeguarding partnership which supports children and young people who experience domestic violence and abuse, and which is in place in every police force in England and Wales.

Children were recognised as victims of domestic abuse in their own right in the 2021 Domestic Abuse Act.

Operation Encompass means that the police will share information with our setting about **all** police attended Domestic Abuse incidents which involve any of our children PRIOR to the start of the day, or as soon as the information becomes available.

As a school, we pledge to treat each Operation Encompass notification with respect and will only share information we feel is relevant in supporting the child and their needs. Mrs Dunkley (our DSL) is always available to chat if you have been, or are a victim of domestic abuse and require further help and support for you and your family.



For the latest information regarding online safety please visit:

<https://nationalonlinesafety.com/>

Sign up for their #wakeupwednesday updates!

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## Vaping

Vaping continues to be something we are becoming increasingly worried about. These colourful devices are reportedly the cause of a record number of children, as young as 9, being admitted to hospital.


We are aware that some of our pupils are experimenting with vapes out of school.



This image shows 2 vaping items we have recently discovered in school.

Please take the time to talk to your child about the risks involved in vaping. Here is a very useful link for facts and advice: <https://www.independent.co.uk/life-style/health-and-families/children-vaping-society-chartered-trading-standards-institute-england-b2265275.html>

### Understanding your Teen's behaviour




Tools and tips to live a calmer life with your teenagers.

- Teen brain development
- Risk taking
- Communication
- Sleep patterns

**Two-hour online Workshops**  
**Monday 15<sup>th</sup> April 2024 9:30-11:30am**  
**Wednesday 1<sup>st</sup> May 2024 6-8pm**

FOR MORE INFORMATION OR TO BOOK ONTO A COURSE CONTACT:



**How to book:** Simply scan the QR code which will link you to the bookings page, visit website <https://www.trybooking.com/uk/>

**Suitable for families with children from 10-19 years**

[www.startingwellworcs.nhs.uk](http://www.startingwellworcs.nhs.uk) EVERY CONTACT SHAPES A LIFE

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## Mental Health and Wellbeing Support for Young People



As part of Bredon Hill Academy's 'Supporting Our Families' Early Help Offer, we can provide pupils with someone to talk to in school should they feel they need it. Pupils can ask for help themselves in person or by putting a note in the Big Blue Box. Alternatively, you can contact the school office via email which, in the first instance, will be shared with your child's form tutor.

There are a wide range of support agencies, beyond school that can provide more specialised mental health and wellbeing support:

- Childline- 0800 1111
- Young Minds- <https://www.youngminds.org.uk/?scriybrkr=61385f2d>
- Mind- South Warwickshire and Worcestershire <https://swwmind.org.uk/our-services/worcestershire-crisis-line>
- Crisis Worcestershire- 24 hr support 0808 196 9127  
<https://www.hacw.nhs.uk/services/service/crisis-resolution-team-75/>
- ChatHealth- Text messaging service for young people in Worcestershire monitored by the school nursing team: 07507331750
- WOO- Text "WOO" to 85258 for free confidential anonymous text-based support, available 24/7.
- Kooth- Online counselling and chat service [www.kooth.com](http://www.kooth.com)
- PAPYRUS- for people under the age of 35 who are experiencing suicidal thoughts HOPElineUK 0800 068 4141
- Counselling Directory: Find a counsellor near you [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)
- Evesham and District Mental Health Support: <https://edmhss.org/>
- TIC (Gloucestershire Postcodes Only)- <https://www.ticplus.org.uk/>
- The Mix: <https://www.themix.org.uk/>
- Qwell- Online counselling <https://www.qwell.io/>
- Social Prescribing at your local GP surgery: See flyer below

In addition to the above, there are lots of self-help wellbeing books that we have found very useful. I have listed some of them below:

- Dr Alex George: A Better Day Handbook/A Better Day Journal
- Dr Andy Cope: The Art of Being A Brilliant Teenager
- Annabel Rosenhead and Nadim Saad: Happy Confident Me Daily Journal
- S.B Starlight: Slaying Thought Monsters (CBT Therapy)
- Mary Nhin: Anxious Ninja

A comprehensive list can be found here: <https://childmind.org/article/best-childrens-books-about-mental-health/>

There are lots of other brilliant books out there, some of which we have in the reference section of our school library.

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PASSIONATE ABOUT EQUALITY

is a charity working across Worcestershire & Herefordshire, supporting over 8,500 local people each year to live the best life possible. Learn more about our FREE services and how they might help you and your wellbeing.



**SOCIAL PRESCRIBING ADVOCACY**  
**EMPLOYMENT SUPPORT MENTAL HEALTH**  
**LIFESTYLE & WEIGHT LOSS**  
**LONELINESS & ISOLATION WELLBEING**  
**CHILDREN & FAMILY SUPPORT**

We support people to tackle the issues that are impacting adversely on their health and wellbeing, providing independent and individually focused support, to enable them to live better lives.

We focus on making sure people are seen and treated as individuals, their needs and wishes are fully respected and they are connected to other people and their communities.

You can find us online at [www.onside-advocacy.org.uk](http://www.onside-advocacy.org.uk)

and on social media too



☎ 01905 27525

✉ [accesshub@onside-advocacy.org.uk](mailto:accesshub@onside-advocacy.org.uk)



PASSIONATE ABOUT EQUALITY

Charity no: 1102022