



Safeguarding Newsletter



Online Safety

This term we have had a huge focus on online safety.

Working with the Police



As part of MHS's commitment to educate our young people to keep them safe, we have teamed up with Leicestershire Police to deliver specific topics throughout the year during PDC.

In November, Police led a session on Knife Awareness and on the 10th of February, Police led a workshop on online awareness which covered:

- Understanding the term digital footprint and how it can affect you.
- Recognising the positive and negatives of social media and gaming and how to stay safe and protect yourself.
- Understanding the law of Malicious communication and what this means.
- Understanding the law around sending and receiving indecent images.
- Understanding parent and carers have a responsibility to help keep children safe whilst online.

Alter Ego

Alter Ego came in on the 7th of February and performed a powerful production to years 8,9 and 10 called Chelsea's Story. This play raises awareness of child sexual exploitation (CSE), grooming and the devastating impact it can have on a young person's life, while educating young people about how they can keep themselves safe. The production covered:

- What makes a Healthy Relationship
- What makes an Unhealthy Relationship
- Safe Internet Use/Sexting
- What is Consent
- The Grooming Process, Child Sexual Exploitation & the differing methods
- Avoiding Victim Blaming
- Where to go for help & advice



Shush Project



Shush Project by Jasmine House came in on the 10th of March to deliver sessions to Year 10. The Shush Project is designed to give young people the tools and understanding to feel confident in making choices for themselves and build awareness to recognise inappropriate behaviours and feel confident to report these.

This project focused on sexual harassment and other related topics such as:

- Respecting others and their choices
- Healthy and unhealthy relationships
- Consent
- Sexual Harassment
- Sexual Assault

- Space and boundaries
- Sexting
- Grooming/Child Sexual Exploitation
- Help and Support

Online Safety Resources for Parents & Carers:

NSPCC:

- Online Safety advice: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> or <https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>
- **Parental Controls:** <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>
- Free online workshop: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/>

CEOP:

- help children stay safe online. If anybody acts inappropriately towards a young person online, report it here: <https://www.ceop.police.uk/safety-centre>
- Information for parents: <https://www.ceopeducation.co.uk/parents/>

CEOP Education Resource –what parents and carers need to know about nude selfies:

1. https://www.youtube.com/watch?v=XjV0IKYpakk&list=PLJpo3oC1S14IORIjgchtnyK7GBoW_rVDO
2. https://www.youtube.com/watch?v=qSlyExhWg6M&list=PLJpo3oC1S14IORIjgchtnyK7GBoW_rVDO&index=2
3. https://www.youtube.com/watch?v=E5LA2nKHVZ0&list=PLJpo3oC1S14IORIjgchtnyK7GBoW_rVDO&index=3
4. https://www.youtube.com/watch?v=IK3TDzETkRg&list=PLJpo3oC1S14IORIjgchtnyK7GBoW_rVDO&index=4

Parent and Carers Toolkit for keeping your child safe

online: <https://www.childnet.com/resources/parent-and-carer-toolkit/>

Courses for parent/carers on online safety <https://nationalcollege.com/parents>

ChildSafetyOnline: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social Media Guidance UKCCIS Final 18122015.pdf.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf)

Social Emotional and Mental Health



Love 4 Life

On Thursday, 27th March, Year 9 students will participate in an engaging workshop delivered by Love4Life (dedicated team of youth workers committed to making a difference in the lives of young people). The workshop will focus on the challenges of growing up, exploring the pressures young people face as they transition into adulthood. Topics will include peer pressure, aspirations, online influences, friendships, and relationships.

Through this session, students will learn to identify negative behaviours and risks, helping them build awareness and resilience in their daily lives. This initiative provides a valuable opportunity to support young people in recognising and navigating the complexities of modern life effectively.

For more information on the work Love4Life do, please click on the link here:

<https://love4life.charity/>



NHS Mental Health Support Team (MHST)

NHS Mental Health Support are in school regularly and they have delivered assemblies and workshop for Children's Mental Health week in February as well as Managing Exam Stress for our Year 11 Student's.

Relate

In December, Relate (Counselling Service) came in to deliver workshop for Year 7 on strategies for managing anxiety.

Services in School



- **Teen Health:** This service is in school every Wednesday and can help with self-esteem, body image, building resilience, supporting healthy relationships, Friendships and support young people to make healthier choices. For more information, please click this link. <https://www.teenhealth.org.uk/parent/>
- **Mental Health Support Team in School (MHST):** This service is trained in low intensity cognitive behaviour therapy (CBT). This team supports young people who are experiencing low mood, anxiety, phobias and sleep difficulties. Please click here for more information: <https://www.leicspart.nhs.uk/service/mental-health-support-teams-in-schools-mhst/>
- **Relate Counselling:** Counselling Service. More information: <https://www.relateleicestershire.org.uk/children-young-peoples-counselling/school-counselling-service#:~:text=The%20service%20gives%20young%20people,session%20lasts%2045%2D50%20minutes.>
- **ELSA:** ELSA stands for Emotional Literacy Support Assistant. ELSAs are specially trained to support the emotional needs of children and young people. Their role involves helping students develop emotional literacy, which includes understanding and managing their emotions, building resilience, and improving social skills.
- **Mental Health First Aiders:** our mental health first aiders are Miss Patel and Mrs Barnard. They support individuals and work with our hub.

If you or your child would like to discuss a referral, please speak to your child's form tutor, head of year or pastoral manager.

How your child can let us know if they are struggling:

- Email: reachout@martinhigh.org.uk . This email will go to MHS Safeguarding Team.
- Use YouHQ
- Speak/email to their form tutor, head of year or pastoral manager or other trusted staff member in school.

How parent/carers can let us know if your child is struggling:

Email your child's form tutor, head of year, pastoral manager or safeguarding team: DSL@martinhigh.org.uk to arrange a call/meeting.

Year Group	Head of Year	Pastoral Manager
Year 7	Mr Kruger Keagan.Kruger@martinhigh.org.uk	Miss Lewis Jasmine.Lewis@martinhigh.org.uk
Year 8	Mr Bown Jack.Bown@martinhigh.org.uk	Miss Flight Amy.Flight@martinhigh.org.uk
Year 9	Mrs Cowley Kerry.Cowley@martinhigh.org.uk	Miss Flight Amy.Flight@martinhigh.org.uk
Year 10	Mr Williams Shaun.Williams@martinhigh.org.uk	Miss Elkington Mia.Elkington@martinhigh.org.uk
Year 11		Miss Elkington Mia.Elkington@martinhigh.org.uk

Where To Find Extra Help

Safeguarding Concerns for a Child:

- Leicestershire County Council First Response for a child who lives in the county call: **0116 305 005.**
- Leicester City Safeguarding Team for a child who lives in a city call: **0116 4541004.**

Family Support



- **My Family Coach** - expert support for every parenting challenge <https://www.myfamilycoach.com/>
- **Family Help** – provides a wide range of support for you and your family. Find more information here: <https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/help-for-children-and-families> .
- **Family Action** – <https://family-action.org.uk/>
- **Freeva**: wide range of support for those in an abusive relationship and need support, how to support a loved one experiencing abuse or hoping to change your behaviour and build healthier relationships with someone close to you. <https://freeva.org.uk/>
- **Support for substance misuse: Turning Point**: <https://www.turning-point.co.uk/services/leicester>
- **Support for sexual abuse**: <https://www.jasminehouse.org.uk/>

Social, Emotional and Mental Health Support:

- **NHS** - <https://www.myselfreferral-llr.nhs.uk/>
- **Call NHS 111** and select mental health option.
- **Childline**: free, private and confidential service that you can access online and on the phone. <https://www.childline.org.uk/>
- **Samaritans**: You can access confidential emotional support at any time from Samaritans by calling 116 123 or visit <https://www.samaritans.org/>

- **Shout** – 24/7 text service, free on all major mobile networks for anyone in crisis. Text 85258
- NHS Support for young people: <https://www.leicspart.nhs.uk/mental-health/resources/conditions/young-people/>

Bereavement

- **Winston's Wish**- charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their world is turned upside down by grief. <https://winstonswish.org/>
- **The Laura Centre** – free therapeutic support to families who have experienced the death of a child, parent or sibling. <https://thelauracentre.org.uk/>



Self-Harm and Suicidal Thoughts

- **Harmless:** Harmless is the national centre of excellence for self-harm and suicide prevention. <https://harmless.org.uk/>
- **Papyrus:** prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. <https://www.papyrus-uk.org/>
- **NHS advice:** <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

Apps



- **Tellmi** – Mental Health Support <https://www.tellmi.help/>
- **Calm Harm** - Find practical tips and strategies for managing and resisting the urge to self-harm and reducing suicidal thoughts, including a personal journal and self-monitoring tools.
- **Self-Heal**- Includes activities and other resources to take charge of your behaviour and reduce self-harming right now and in the long term. Suggestions for ways to distract yourself, useful contacts and information on self-harm.
- More apps to help with children and young people’s mental wellbeing: <https://cypf.berkshirehealthcare.nhs.uk/mental-and-emotional-health/general-advice/apps-to-help-with-children-and-young-peoples-mental-wellbeing/>

If you are concerned about your child or a young person at our school, please contact our safeguarding team by emailing: DSL@martinhigh.org.uk



Further Support on our School Website:

Support for wellbeing: <https://www.martinhigh.org.uk/current-students/student-support/support-wellbeing/>

Further Safeguarding support: <https://www.martinhigh.org.uk/about-us/general/safeguarding/>

