



Dear Parent / Carer,

As we approach the end of this first half term, I would like to update and remind you of some key safeguarding messages and advice.

Safeguarding Team

Over the past 12 months, the Safeguarding Team at Nether Stowe has grown to give us greater capacity to provide targeted support for our students. Whilst safeguarding your child remains the responsibility of all adults within school, the following staff have now been trained to Safeguarding Lead level:

The poster is titled 'SAFEGUARDING AT NETHER STOWE SCHOOL' and features the school crest and the ArthurTerry Learning Partnership logo. It states 'Safeguarding is everyone's responsibility' and 'If you have a safeguarding concern about any child in our school, speak to one of the following members of staff:'. It lists the following staff:

- Designated Safeguarding Lead (DSL):** Miss D Sullivan, Senior Assistant Head.
- Deputy Designated Safeguarding Leads (DDSLs):**
 - Mr S Peace, Senior Assistant Head
 - Mr A Cunningham, College Head - Wall
 - Mr M Dolman, College Head - Beacon
 - Mr B Novis, College Head - Trent
 - Mr R Sault, College Head - Chase
 - Mrs L Findlay, Assistant SENCO
- Pastoral Team:**
 - Mrs S Appleton, Pastoral Head - Wall
 - Mrs C Blackwell, Pastoral Head - Trent
 - Mrs J Harrison, Pastoral Head - Chase
 - Mrs G Perks, Pastoral Head - Beacon
 - Mrs K Bulpitt, Post-16 Student Support
 - Mrs K Goodman, Attendance Officer

We are pleased to have been chosen to be a part of a SWIS (Social Workers in Schools) programme, following successful pilot schemes last year. This gives us access to a dedicated social worker, Jen Vickers who will be based in school four days per week. Jen will work closely with the Pastoral Team (College Heads: Mr Dolman, Mr Novis, Mr Cunningham & Mr Sault; Pastoral Heads: Mrs Blackwell, Mrs Harrison, Mrs Appleton & Mrs Perks; and Attendance Officer: Mrs Goodman), sharing her expertise and access to services, as well as providing guidance and support for students and families.

Jen will be sending out information to parents to give more detail about her role and how to contact her.

Well-being / Mental Health:

We are very fortunate to have two staff trained as mental health first aiders: Mrs R Chilver and Mrs K Bulpitt, who offer one-to-one support for students, as well as group support for Year 11 students, as they navigate their way through the pressures of exams, future plans and the normal difficulties encountered by teenagers, both in and out of school.



Some of our Year 11s are also able to provide peer mentor support, following training they completed with the YMCA last year.

We also have a range of mentors and counselors who come into school each week, to give dedicated guidance and advice to students throughout the school.

If you feel that your child may benefit from accessing one-to-one support, please contact their Pastoral Head who will be able to arrange this.

There are occasions where we feel more in-depth mental health advice is needed; in these instances, a visit to the GP and / or referral to CAMHS (Child and Adolescent Mental health Service) will be recommended.

Support and advice:

Being a parent can be challenging and stressful at times.

The world in which your child is growing up is a rapidly changing environment and it is sometimes difficult to keep up with these changes, particularly within the realms of technology.

Clear boundaries and monitoring will help keep your child safe:

- Know where and with whom your child is spending their time
- Check your child's phone for unknown contacts
- Install parental monitoring or locks on the internet to prevent your child accessing age inappropriate material
- Check your child's search history on the internet
- Be curious and ask questions

The NSPCC offers some good advice for parents for a range of different situations:

<https://learning.nspcc.org.uk/research-resources/leaflets/parent-leaflets>

There are also free Behaviour & Well-Being workshops being offered through the family support service (see the leaflet attached to this newsletter).

If you have concerns about your child's mental health or well-being, you can find useful advice on the following websites:

- [Together, we can tackle child abuse](#) – how to recognise child abuse, and how to report it
- report to the [National Crime Agency - Child Exploitation and Online Protection command \(NCA-CEOP\)](#) if you are concerned that your child has been a victim, or is at risk of becoming a victim, of online sexual abuse, or you are worried about the way someone has been communicating with your child online
- contact the [NSPCC helpline](#) 0808 800 5000 for support and advice if you have any concerns about your own or another child's safety
- [Stop It Now!](#) - information and advice on concerns about someone's behaviour, including children who may be displaying concerning sexual behaviour

For ongoing concerns, you should also contact your GP. **If you believe that your child is at immediate risk of harm, contact the First Response Safeguarding team:0800 1313 126 or call the Police.**



Family Support Service by SCTSP in Partnership with Staffordshire County Council

SOUTH STAFFORDSHIRE

FREE ONLINE BEHAVIOUR & WELLBEING WORKSHOPS/PROGRAMMES

Programmes for Parents

4- week Understanding and Managing Challenging Behaviour Programme

Topics include: Anger, Defiance, Anxiety, Low Self Esteem

Start Date: Monday 9th November: 1-2pm

4 – week Parent Wellbeing Programme

Topics include: Emotional Wellbeing, Building Confidence, Stress and Anxiety

Start Date: Thursday 12th November: 1-2pm

Workshops for Parents and Children to do together

Helping Children to understand and manage Challenging Behaviours

Topics include: Inflexible Thinking and Impulse Behaviours

Wednesday 18th November: 6-7pm

Helping Children to Understand and Manage Anger and Difficult Feelings

Saturday 5th December: 10-11am

To book your place please email your **name, date of programme and telephone number** to raminderdhaliwal.fss@sctsp.org.uk or

text/phone with your **name, date of programme and email address** to [07741645691](tel:07741645691)

Once you have booked onto you will be sent instructions on how to access the Workshop/Programme. 