



# Nether Stowe School

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## Safeguarding Newsletter: February 2021

Dear Parent / Carer,

We recognise and understand that being the parent of a pre-teen or teenager is not always easy. The current lockdown situation will, in some families, create greater tensions and, for you as parents a feeling of frustration and helplessness, as your child tries to navigate their way through this period of their life.

Children will often say "my parents don't understand me", when what they are really seeking is someone to listen. We do not necessarily have all the answers in school but are able to signpost our young people to where they can gain more information and advice.

Here are some of the areas which may be concerning your child or which your child may have raised, and you feel uncertain how best to support:

### **Anxiety**

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/anxiety](http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety)

<https://www.anxietyuk.org.uk/>

### **Mental Health issues**

<https://www.kooth.com/>

### **Eating disorders**

<https://www.beateatingdisorders.org.uk/support-services>

<http://www.nhs.uk>

### **Self-Harm**

<http://selfharm.co.uk/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

### **Substance abuse or addiction**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

### **Gender dysphoria**

<https://mermaidsuk.org.uk/>

### **Online safety**

<https://www.net-aware.org.uk/networks/>

### **Bereavement**

<https://www.winstonswish.org/online-chat/>

### **Domestic abuse**

<https://www.nationaldahelpline.org.uk/>

We continue to be available to support you and your child.

Please contact Miss Sullivan or any of the Safeguarding Team (details overleaf) during school hours (8:30 – 4:00pm) if you have any concerns or questions you wish to raise about your child's well-being.

Email: [office@netherstowe.com](mailto:office@netherstowe.com) Website: [www.netherstowe.com](http://www.netherstowe.com) Twitter: @netherstowe



NETHER STOWE  
SCHOOL



**Nether Stowe Safeguarding Team:**

**Designated Safeguarding Lead**

Miss D Sullivan (Senior Assistant Head): [dsullivan@netherstowe.com](mailto:dsullivan@netherstowe.com) (School mobile: 07522 842936)

**Deputy Designated Safeguarding Leads**

Mr S Peace (Senior Assistant Head): [speace@netherstowe.com](mailto:speace@netherstowe.com)

Mr M Dolman (Head of Beacon College): [mdolman@netherstowe.com](mailto:mdolman@netherstowe.com)

Mr A Cunningham (Head of Wall College): [acunningham@netherstowe.com](mailto:acunningham@netherstowe.com)

Mr B Novis (Head of Trent College): [bnovis@netherstowe.com](mailto:bnovis@netherstowe.com)

Mr R Sault (Head of Chase College): [rsault@netherstowe.com](mailto:rsault@netherstowe.com)

Mrs C Blackwell (Pastoral Head Trent College): [cblackwell@netherstowe.com](mailto:cblackwell@netherstowe.com)

Mrs S Appleton (Pastoral Head Wall College): [sappleton@netherstowe.com](mailto:sappleton@netherstowe.com)

Mrs J Harrison (Pastoral Head Chase College): [jharrison@netherstowe.com](mailto:jharrison@netherstowe.com)

Mrs G Perks (Pastoral Head Beacon College): [gperks@netherstowe.com](mailto:gperks@netherstowe.com)

Mrs L Findlay (Assistant SENCo): [lfindlay@netherstowe.com](mailto:lfindlay@netherstowe.com)

Mrs K Bulpitt (Post-16 student support): [kbulpitt@netherstowe.com](mailto:kbulpitt@netherstowe.com)

Mrs K Goodman (Attendance Officer): [kgoodman@netherstowe.com](mailto:kgoodman@netherstowe.com)

For ongoing concerns, you should always 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.

Yours sincerely,

*D J Sullivan*

Miss D Sullivan  
Senior Assistant Head

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