



Nether Stowe School

Inspiring, Empowering and Achieving Together

Safeguarding Newsletter: March 2023

Dear Parent / Carer,

As we approach the start of the Easter break, we understand that school holidays can be a worrying time for children and parents. The current financial climate places additional burdens on families, as well as the mental health struggles many of our young people face.

We recognise that the support provided by school during term-time, often maintains stability for our young people and consequently the wider family.

If you require support with food, Lichfield Food bank can provide advice food vouchers or where local foodbanks are located.

<https://lichfield.foodbank.org.uk/get-help/>

01543 254596



about accessing



Morrisons offer a “Kids eat free” service when an adult meal is purchased.

Please find below contact details of organisations you or your child can access over the holiday to support with concerns about poor mental health related issues.

Anxiety

http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety

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

Bereavement

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

Domestic abuse

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

Eating disorders

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

<http://www.nhs.uk>

Gender dysphoria

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

Mental Health issues

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

<https://www.samaritans.org/>

Missing children or child sexual exploitation (CSE)

[Stoke-on-Trent and Staffordshire CSE and Missing Service \(catch-22.org.uk\)](http://Stoke-on-Trent and Staffordshire CSE and Missing Service (catch-22.org.uk))



Nether Stowe School

Inspiring, Empowering and Achieving Together

Online safety

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

<http://knowaboutcse.co.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/>

Suicidal thoughts

<https://www.papyrus-uk.org/>

Staffordshire Childrens Advice and Support Service: 0300 111 8007

<https://www.staffordshire.gov.uk/Care-for-children-and-families/childprotection/First-Response.aspx>

For ongoing concerns, you should always contact your GP.

If you believe that your child is at immediate risk of harm, call the Police.

Yours sincerely,
D J Sullivan
Miss D Sullivan
Assistant Head