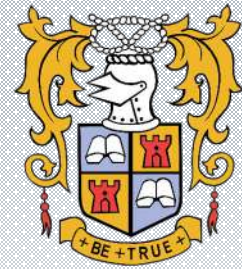


The Wilnecote School Safeguarding Newsletter

We're thrilled to introduce you to our latest edition, we remain dedicated to keeping you informed and empowered when it comes to safeguarding your children. This newsletter will primarily look at self-harm, highlighting the signs, why young people self-harm and how you can support your child.

The newsletter will also provide information about NSPCCs Listen Up, Speak Up digital training, local Mental Health Support for students during the Easter holiday and finally a message from a member of the Junior Leadership Team who works closely with the Safeguarding team within school.



Self-harm: Information & Support

Self-harming behaviours are most likely to occur between the ages of 12-15. In England, nearly three times as many girls as boys reported that they self-harmed, 11% of boys compared to 32% of girls. This is an alarming stat and unfortunately some of our students do self-harm, however the vast majority of students that are struggling within our school will seek support from an adult that they trust.

What are the signs of self-harm?

Signs of self-harm in young people can vary, but some common indicators include:

Unexplained Injuries: Noticeable cuts, bruises, burns, or scratches that the individual struggles to explain.

Wearing Inappropriate Clothing: Wearing long sleeves or trousers even in warm weather to hide marks or injuries on their body.

Isolation: Withdrawal from social activities, spending excessive time alone, or avoiding situations where their body may be exposed, such as swimming or changing clothes in front of others.

Unusual Behaviour Around Sharp Objects: Displaying heightened interest in sharp objects like knives, razors, or scissors, or having these items in their belongings when they typically wouldn't need them.

Emotional Instability: Sudden mood swings, increased irritability, anger, or outbursts of emotion, often without apparent triggers.

Changes in Eating or Sleeping Patterns: Significant changes in appetite, eating habits, or sleep patterns.

Secretive Behavior: Acting secretive about their activities, whereabouts, or the reasons behind injuries.

Covering Up: Making excuses for injuries or refusing to seek medical attention for wounds that appear to be self-inflicted.

Evidence of Self-Harming Behaviors: Finding items such as razors, scissors, or sharp objects hidden in their belongings, or discovering marks, scars, or wounds on their body that suggest self-harm.

PSHE Update:

The following topics have been covered this half-term during tutor time and KS4 PSHE lessons:

Year 7: Health & Puberty

Year 8: Mental Health and Emotion wellbeing

Year 9: Healthy lifestyles; Diet, exercise & lifestyle balance

Year 10: Exploring influences; impact of drugs, gangs, role models & the media

Year 11: Independence; responsible health choices and safety in independent contexts.

Safeguarding Weekly Updates:

Remember to check the safeguarding posters that get sent weekly. These now cover online safety, wellbeing & mental health.

This half-term we have covered:

- Self-regulation
- Bullying
- Healthy sleep patterns
- Encouraging open conversations

School Safeguarding Team: Mr Simpson, Mr Foskett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.

Self-harm: Information & Support

Why do young people self-harm?

Several factors can contribute to making a young person vulnerable to self-harm:

Mental Health Issues: Conditions such as depression, anxiety, or mood disorders can significantly increase the risk of self-harm. These conditions often involve intense emotional distress, which individuals may attempt to relieve through self-harming behaviors.

Past Trauma: Experiences of trauma, such as physical, emotional, or sexual abuse, neglect, or witnessing violence, can leave lasting psychological scars and increase the likelihood of self-harm as a coping mechanism.

Family Environment: Dysfunctional family dynamics, including conflict, instability, substance abuse, or parental mental health issues, can create an environment of stress and emotional turmoil, contributing to a young person's vulnerability to self-harm.

Peer Pressure and Bullying: Peer pressure, social isolation, or experiences of bullying can significantly impact a young person's self-esteem and sense of belonging, leading to feelings of worthlessness or hopelessness that may prompt self-harm.

Identity and Self-Esteem Issues: Struggles with identity, low self-esteem, body image issues can all contribute to emotional distress and increase the risk of self-harm as a means of coping with these negative feelings.

Substance Abuse: Including alcohol or drug use, can impair judgment and intensify emotional instability, making a young person more susceptible to engaging in self-harming behaviors.

Lack of Coping Skills: Insufficient coping skills or ineffective emotion regulation strategies can leave young people ill-equipped to manage stress, frustration, anger, or sadness in healthy ways, leading them to turn to self-harm as a way to cope with overwhelming emotions.

Exposure to Self-Harm: Being exposed to self-harming behaviors, either through peers, social media can normalise or glamorise these actions, making a young person more likely to consider self-harm as a viable coping mechanism.

How to support your child that may be self-harming?

Supporting a child who is self-harming can be emotionally challenging, but it's crucial to respond with empathy, understanding, and appropriate care. Here are some steps you can take to support your child:

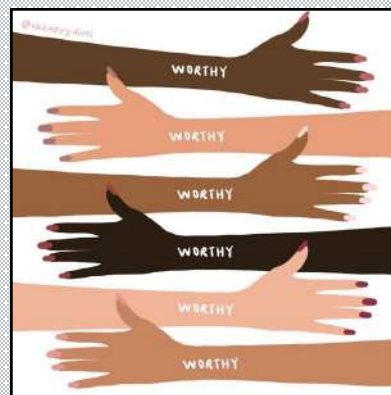
Stay Calm and Approachable: Remain calm when discussing the issue with your child. Create a safe and non-judgmental environment where they feel comfortable sharing their feelings with you.

Express Concern: Let your child know that you are concerned about their well-being and let them know that you are there to support them through difficult times.

Listen Without Judgment: Encourage your child to talk about their feelings, experiences, and reasons for self-harming. Listen without interrupting or passing judgment on their actions.

Understand Their Feelings: Understand your child's feelings and let them know that it's okay to feel overwhelmed, stressed, or sad. Acknowledge the pain they are experiencing and reassure them that you are there to help.

Offer Emotional Support: Provide emotional support by offering hugs, comforting words, or simply being present with your child. Let them know that you are there to support them through their struggles.



Useful Websites

There are many apps and websites that can support young people that are struggling with self-harm, some of these are provided below, there are also further support websites in past newsletters, your child's planner and the school website. These offer great support and advice for both yourself and your child.

- Harmless (harmless.org.uk)
- Self-harm UK (selfharm.co.uk)
- Mind (mind.org.uk)
- YoungMinds (youngminds.org.uk)



School Safeguarding Team: Mr Simpson, Mr Foskett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.

Seek Professional Help: Seek professional help for your child from a GP, counselor, or mental health professional. **You can also speak to a member of the Pastoral or Safeguarding team within school for further support and advice.**

Educate Yourself: Educate yourself about self-harm, its underlying causes, and effective treatment approaches. Understanding the issue better will enable you to provide more informed support to your child.

Develop Coping Strategies: Help your child develop healthy coping strategies to manage their emotions and stressors. Encourage them to engage in activities they enjoy, practice relaxation techniques, or express themselves through creative outlets.

Monitor Progress: Keep track of your child's progress and check in with them regularly to see how they are doing. Be patient and understanding, as recovery from self-harm takes time and may involve setbacks.

Address Underlying Issues: Explore any underlying issues that may be contributing to your child's self-harming behaviour, such as bullying, academic pressure, or family conflicts. Work together to address these issues and find solutions.

Take Care of Yourself: Remember to take care of yourself while supporting your child. Seek support from friends or family members.

At The Wilnecote School we will support every student that may be self-harming but students need to make sure that they report if they are in possession of a sharp object that could injure themselves or others, we will support these students and mitigate any risks that may be posed.



Hi, I'm Lauren and I am a Year 11 student and member of our Junior Leadership Team. I work closely with our safeguarding team, and I know the hard work and effort that all of our staff go to, to ensure that each and every individual feels safe when coming to school every day.

School safeguarding is a crucial aspect of ensuring the well-being and safety of all students. This allows us to focus on our education and personal growth in a safe and positive environment. At our school, we have established clear policies which protect us from potential dangers and encourage students to be open and report any concerns they may have. We also have frequent PSHE lessons and assemblies which make every student aware of these dangers and what to do if faced with them. All our staff promote positive behaviour and build trusting relationships with students, so they feel comfortable to voice their opinion if feeling overwhelmed or worried by something at school or within their personal life.

By prioritising safeguarding at the Wilnecote School, we ensure that every student not only feels content when arriving at school everyday but ready to learn and is more optimistic about their academic journey. I have thoroughly enjoyed working with the safe-guarding team and this role will eventually be passed on to our next Junior Leadership Team.

The following pages of the newsletter are posters for the NSPCC Listen Up, Speak Up digital training aimed at parents/carers which looks at the signs that a child might be at risk and what you can do to help. It is a 10 minute digital training sessions which provides some great advice and tips.

The final two posters provides information on local support during the Easter holiday for students that may struggle with their mental health, this information has previously been shared via the new Wilnecote app. Please access this service if you have any concerns about your child.

Happy Easter!

From everyone in The Wilnecote School Safeguarding School, we hope you have a wonderful Easter break, spending valuable time with friends and family.



School Safeguarding Team: Mr Simpson, Mr Foskett, Mrs Taylor, Mrs Ager, Mr Herbert, Miss Julius & Mr Croydon

Staffordshire Children Advice Support Service— 0800 111 8007

You can call Staffordshire Children Advice Support Service as parent/carer or as a member of the public. If you have any concerns about a child you can call this number for support if you feel a child is at serious risk or harm.

NSPCC

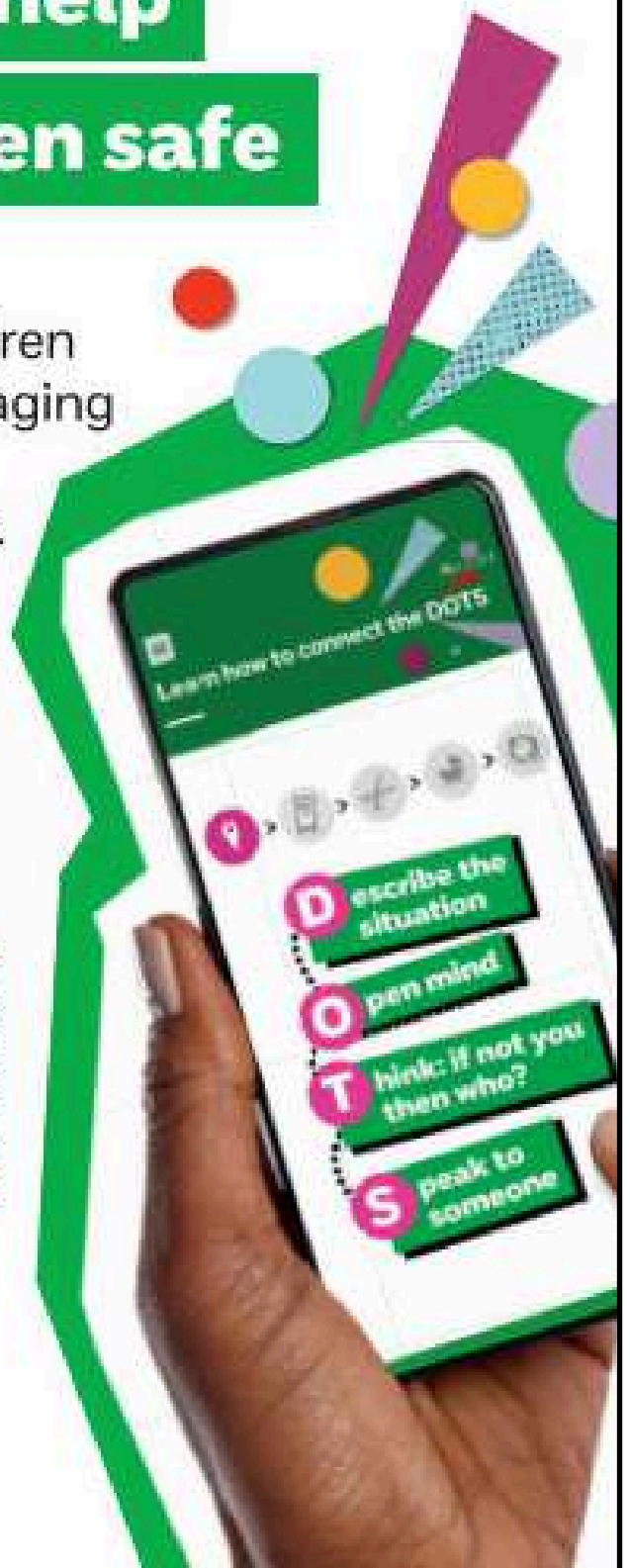
Listen up
speak up

Free training to help keep children safe

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to take our 10-minute digital training.

Our **Listen up, Speak up** training will show some signs a child might be at risk, and what you can do to help.

Sign up to our 10-minute digital training:
nspcc.org.uk/speakup



THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 25th March- Friday 5th April
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.

TAMWORTH MHST

Schools we work with:

- Kettlebrook Short Stay
- Landau Forte Academy Qems
- Moorgate Primary Academy
- St Elizabeth's Catholic Primary
- Two Rivers High School
- Oakhill Primary School
- Glascote Academy P
- Lakeside CP School
- Amington Heath Primary
- Two Rivers School
- Anker Moor Primary Academy
- Landau Forte Amington
- Two Gates Primary
- Hanbury's Farm Primary
- Tamworth Enterprise College
- Landau Forte Academy 6th Form
- Ashcroft Infants School
- Florendine Primary School
- Dosthill Primary School
- Landau Forte Academy Greenacres
- Anker Valley Primary School
- The Woodlands Community Primary
- Birds Bush Primary
- Three Peaks Primary Academy
- Stoneydelph Primary
- Wilnecote High School
- Wilnecote Junior School

@southstaffsMHST