

March, 17

# TG SAFEGUARDING

## NEWSLETTER

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### **Loudmouth**

On Thursday the Year 7s were treated to a drama performance from Loudmouth. This innovative programme supports schools in their teaching of mental wellbeing; both mental ill health and positive mental health.

The drama covers mental wellbeing, social media, body image and explores the 5 ways to wellbeing.

Students were fantastic asking lots of questions of the characters created by the actors who attended.

### **Mental Health Support Audit**

Please could you help us to audit our work with Mental Health support in school. Students have completed a questionnaire and have staff but parent input is also a vital part of this work. The link below takes just a few minutes and your feedback help us with our next steps.

<https://app.myedupod.com/survey/56f62696-87e3-4d66-ae8-66e8f42b1d21/care-givers>

### **Safety to and From School**

[Do You Know How to Be Street Smart? \(for Kids\) - Nemours KidsHealth](#)

We have received a report from the Headteacher at Alderbrook that a student has reported being followed on Dingle Lane by a man not known to them who also crossed the road at the same time as them. A member of the public noticed and stayed with them and the man went away. The parent has informed the Police and we have emailed all parents/carers to ask them to remind their children of key safety messages when travelling to and from school.

Please talk to your young people about safety to and from school. There is more detail in the link provided but in summary :

**Make Your Whereabouts Known** : ensure parents know what time you are walking and the route you will take.

**Stick With a Friend** : Traveling with a friend whenever you can is a good idea, and traveling with a bunch of kids is even better.

**Pick Out Safe Spots** What are **safe spots**? Safe spots are places where you can stop if you need help, like the houses of kids you know, your parents' friends' houses, stores, restaurants, police stations, libraries, and fire departments. When you're walking or riding your bike, make a mental note of the safe spots along your route. That way, you'll know where they are in case you ever need one.

**Avoid Places That Aren't Safe** : Be sure to keep away from isolated areas. These are places where no one is around, like the woods or small, dark streets.

**Let Grown-Ups (and Only Grown-Ups) Help Strangers** : It's nice to help people.

But remember: **Strangers should ask adults — not kids — for help.**

If a stranger approaches you and asks you for help — such as with giving directions, finding lost money, or searching for a runaway dog — don't help. Don't even give an answer. Right away, you should walk the other way.

**Stay Away From Strangers' Cars** : If a stranger pulls up in a car and offers you a ride, don't get in.

If you have any concerns please do get in touch and let us know.

**NHS**

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Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masking' mobile apps). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.

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