



Safeguarding newsletter

October 2024

The aim of the newsletter is to share, on a termly basis, key related information, in an effort, to better improve communication between the Academy and you as parents / carers.

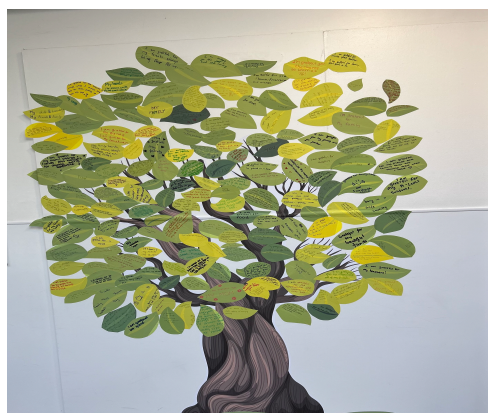
Welcome to our October newsletter

It has been a busy month here at Tudor Grange Academy, Solihull. We hope that you were able to join in with the many webinars on offer.

At the beginning of October, we celebrated Bee kind week
A band called The Mercians came in to spread the message of positive mental health and help to support yourselves and of course sang some of their amazing songs
This experience wasn't only exciting but educative and enjoyed by all.



Each college took part in Bee kind bingo and attended some informative assemblies.
The students were all encouraged to place a positive/kind message on a leaf which is now on our Gratitude tree outside the Safeguarding/mental health hub



Family Hubs - Birmingham and Solihull Women's Aid (BSWA) drop-ins

Please share the information below with your school community. No appointments are required however, if women wish to book an appointment this can be done via Solihull community outreach on 0121 722 2142.

To maintain the service confidentiality and to enhance the safety of women accessing the drop-in, it has been advertised on the Family hub timetable as: Women's Community Drop-In; providing emotional, practical support, and signposting services. The BSWA logo has been used, but without the accompanying text, to avoid drawing attention to the details of services.

Elmwood Family Hub

[37 Burtons Way, Smith's Wood, Solihull, B36 0U](#)

Mondays 09:00 to 12:00. This will commence from 11 Nov 24.

Riverside Family Hub

[289 Bosworth Drive, Chelmsley Wood, Solihull, B37 5DP](#)

Thursdays 9:30 to 13:00

Evergreen Family Hub

[42 Kingshurst Way, Kingshurst, Solihull, B37 6D](#)

Tuesdays 13:30 to 16:00

[BSWA drop-in poster](#)

[Solihull male DA service poster](#)

Calling All Year 7 Students!

YOU'RE INVITED to a Creative Workshop on CHANGE.



Change can be challenging, but it's something we all experience and something we can learn to navigate confidently. In this workshop, we'll explore change through the lens of the natural world, offering you space to reflect on the adjustments you've made as you step into this new chapter of secondary school.



Just like we see in nature, we're built to adapt and grow through change.



Change helps you develop new strengths and become more resilient.



Discover the natural talents and abilities you already possess and how you can use these.



Like the tides, emotions rise and fall. Learn strategies to handle the challenges that come with change.



Youth Wellbeing Cafe

@The Bridge, 234 Stratford Road, B90 3AG (Enter from Shirley Park)



*A place to Hangout.
Be Yourself.
Be with others &
Learn new skills*



Every
Thursday
(term time)
4 - 5.30pm



£1
per week



@shineyouthsolihull

Charity number 1185452



hello@shineyouth.org.uk

www.shineyouth.org.uk

How do we go about protecting our children?

Keeping our children safe online involves making sure internet usage is *not excessive, unsupervised and unprotected.*

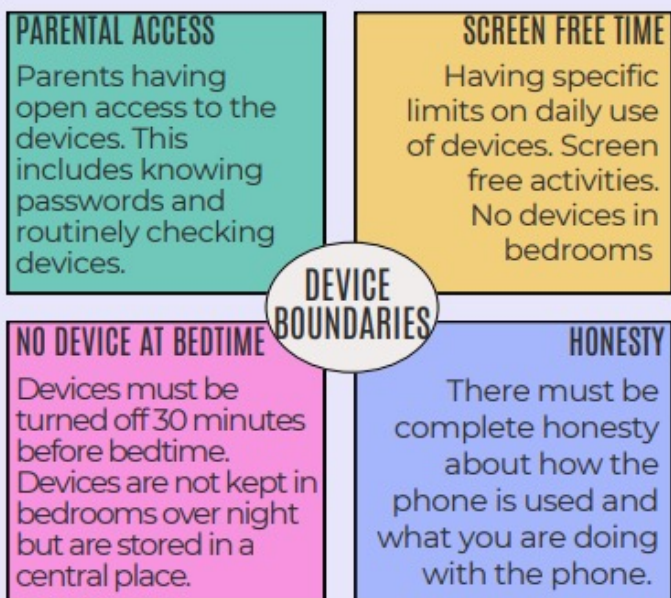


Image sharing.

To protect children, any indecent image of a child (under 18) is classified as Child Sexual Abuse Material (CSAM), including self-generated images.

The law prohibits creating, sharing, possessing, or redistributing CSAM, which also covers AI or photoshopped images. Parents should avoid receiving such images on their devices and must report any images to the police immediately.

This law aims to protect children, not to criminalise children who share images of themselves.

How to put boundaries in place.



A long term plan over days and weeks

Conversation starters:

Stage 1: 'Have you seen this article in the news today?' 'Have you heard about that incident?' 'What do you think about...?'

Stage 2: 'Have any of your friends experienced....?' 'Have you ever seen anything inappropriate online?'

Stage 3: 'It's my responsibility to keep you safe, what things do you think I should be doing?' 'What can I do, at home, to keep you safe online?' 'How about we ...*name one of the device boundaries*... for the next few days?' 'I think one of the things, I need to do, as your parent is...*name one of the device boundaries*. If I do this, I know you will be safer online'

Stage 4: Begin to implement the device boundaries one at a time.

Free courses for parents and parents to be in Solihull

In our place offers online courses for emotional health and wellbeing in parents, children, teenagers, babies and grandparents

Online courses for parents & parents-to-be

The courses, worth up to £88, have been prepaid for **ALL Solihull families!**

From bump to 19 years
Lifetime access



NHS

Register on: 

www.inourplace.co.uk

and enter the 'Access Code':

APPLEJACKS

To return to the course(s) go to
www.inourplace.co.uk and sign in!

BARNARDOS

Solihull Parenting Team



Solihull Parenting Team

 bsmhft.parenting@nhs.net  0121 301 2773

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

The courses offered are free and available to all Solihull parents

SSCP Information sharing

Mental Health and Wellbeing

Emotional health is about the way we think and feel, and the ability to cope with difficult things in life. If something happens and we feel low emotionally, getting back on track can be difficult.

Young people can experience a ton of different mental health problems. Childhood and teenage years are a time when you are usually changing rapidly and developing all the time.

You also often have to cope with many different situations and unfamiliar challenges like exams, relationships and the other pressures of growing up.

While often it's possible to talk to parents or carers about feelings, you may find it hard to do so. You might express how you feel through being moody, getting in trouble at school or at home or by becoming angry easily. Some people also get odd aches and pains that can happen when you're not able to say what you're feeling.

Many people get poorly with their physical health, like getting a cold or flu, but only some people get really poorly and have to take medicine and go to hospital. This is called physical illness.

It is the same with mental health.

Most people sometimes have difficult thoughts and feelings, like feeling sad, worried or angry.

For some people this lasts longer and stops them from doing things they would normally do – like getting on with other people, or going to school or work. This is called mental illness.

People who feel poorly in their mind may need help and support like taking medicine, talking to people about how they feel, and going to hospital.

If you would like to talk to someone, Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. It gives children and young people easy access to an online community, and a team of experienced counsellors.

If you are feeling distressed, anxious or self-harming because there is trouble at home, (parents are hurting you, ignoring your needs, shouting at you all the time, etc.) or you feel trapped doing something sexual or criminal (exploitation). Talking about these problems with someone is always better than hiding them and feeling awful.

If you want to talk to someone about what you may be feeling, you can contact **ChildLine on 0800 1111**.

Self-Harm

Self harm is where someone does something to deliberately harm themselves. Self harm may include cutting or burning yourself, biting your nails excessively, developing an eating disorder or taking an overdose of tablets. It can also include taking drugs or an excessive amount of alcohol.

There are many different reasons why young people self harm. It is usually as a way to help cope with difficult or distressing thoughts or feelings. They hurt themselves because don't know what else to do and don't feel like there are any other options. Self-harm usually starts as a way to relieve the build-up of pressure from distressing thoughts and feelings. This might give temporary relief from the emotional pain the person is feeling. It's important to know that this relief is only temporary because the underlying reasons still remain.

Soon after, feelings of guilt and shame might follow, which can continue the cycle

Talking to someone is often the first step in the cycle of stopping self harm. There are lots of people you can talk to including friends, family, someone you trust at school, your GP, or a helpline.

Contact Details

If you are having issues with self harm, or are just generally worried about you or your friend's mental health and would like to talk to please contact someone from one of the organisations below. Remember that if there's a trusted adult you can talk to in person, you should always try to talk to them.

[Kooth](#) is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

The [Young Minds](#) website provides help and support for children and young people on emotional health.

[ChildLine](#) also offers guidance on self-harm, and all sorts of other problems. If you want to talk to someone about what you may be feeling, you can contact **ChildLine on 0800 1111**.

If someone is not thinking and feeling in the way that they would normally do, it can affect the decisions that they make.

Young Carers

Did you know we run a lunchtime club for Young carers on a Wednesday every week. This gives the students chance to meet other students who are going through the same experiences but also time for them to unwind and have fun.

We play games, have discussions and even watch films

If your child is a young carer, please encourage them to check the posters round school for where the club is based and come along and meet some new friends.

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If someone is not thinking and feeling in the way that they would normally do, it can affect the decisions that they make.

This can end up in them making bad decisions that can get them into trouble. It could also make them feel upset or sad. Going to a secure hospital can help people with their mental health so that they can make more helpful decisions. There is a [leaflet](#) for children and young people who may need to visit a secure hospital.





Keeping our Children Safe in a Digital World

Parent workshop
by The Enlightened Parent



Key Questions:

What are our children exposed to when they use the internet?

How can I protect my child when using specific apps?

What boundaries help children stay safe when using internet connected devices?
How can I talk to my child about boundaries?

Exploring the Risks and Safety Features of TikTok



Risks:

- It's easy for young people to access adult content, which can be suggested to them through the "For You" feed
- While it offers a creative outlet for young people, it also exposes them to negative feedback and comments.

Safety features:

- Family pairing: Parents can manage their child's account from their own device.
- Privacy settings: Users can control who can view their content and filter out inappropriate material.

Exploring the Risks and Safety Features of Snapchate



Risks:

- Messages disappear after they've been viewed, encouraging risky behaviour
- The Snap Map feature allows users to share their location, which can be dangerous
- The Discover feature gives access to inappropriate content
- Children can receive unwanted contact from other users, including unknown adults
- Huge group chats

Safety Features:

- Family centre gives parents an overview of how their child has been using the app
- Turn on Ghost mode to prevent other users from seeing your child's location
- Use your child's true age for their profile

Exploring the Risks and Safety Features of WhatsApp



Risks:

- End-to-end encryption means that only people in the chat can read the messages
- Live location sharing means that children and young people can put themselves in a vulnerable position
- View once allows content to be sent and read by users only once before disappearing
- Disappearing messages means that content disappears after either 24 hours, 7 days or 90 days

Safety features:

- Privacy settings allow you to block who can see your status and live locations
- Users can block, report and delete contacts