



Safeguarding newsletter

November 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 November newsletter and this month we have information about SOLAR and online safety

We have also been celebrating anti bullying week and the students have been taking part in various activities such as, Anti bullying assemblies, a lesson by lesson read along, Pick a mix sale (all proceeds to go to anti bullying Alliance charity), Odd sock washing line which the students decorated with words that represent them and their identity or quotes that celebrate who they are and a Krispy Crème Doughnuts sale (all proceeds to go to the anti bullying Alliance)

**Anti-Bullying
week**

SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe
Secondary | November 2024



Tudor Grange
Academies Trust

In this issue:

- Anti-bullying week: Choose Respect
- Online bullying
- App focus: WhatsApp

Anti-Bullying Week

Anti-Bullying Week is Monday 11th- Friday 15th November. The theme for this year's anti-bullying week is 'Choose Respect.'

Bullying, as defined by the Anti-Bullying Alliance is; the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

As parents, we all want to ensure our children grow up in an environment that is safe, supportive and free from bullying. One of the most effective ways to achieve this is by fostering a culture of respect at home and in school. Teaching children the value of respect helps them develop understanding, empathy and kindness toward others. When children learn to appreciate and accept differences – whether in appearance, abilities, beliefs or cultural backgrounds- they are less likely to view these differences as reasons to exclude or mistreat others.

By instilling respect, we can help our children understand that everyone has their own unique perspective and experiences, which reduces the likelihood of them engaging in harmful behaviours or making negative assumptions. Encouraging mutual respect also helps children develop empathy, allowing them to put themselves in someone else's shoes. This not only discourages bullying but also promotes positive, supportive interactions among peers.

5 WAYS PARENTS CAN SUPPORT CHILDREN TO DEVELOP RESPECT FOR OTHERS

MODEL RESPECTFUL BEHAVIOUR

- 1 Demonstrating respect in your interactions with others- listening attentively, being polite and showing empathy sets a powerful example.

ENCOURAGE EMPATHY

- 2 Encourage them to put themselves in someone else's shoes. Ask questions like 'how do you think that made them feel?'

SET CLEAR EXPECTATIONS

- 3 Establish and reinforce boundaries around respectful behaviour, such as speaking politely and listening to others. Be consistent with this.

DISCUSS DIVERSITY AND ACCEPTANCE

- 4 Encourage curiosity and respect for people's differences, helping them to appreciate diversity rather than fear it.

MONITOR SOCIAL MEDIA USAGE

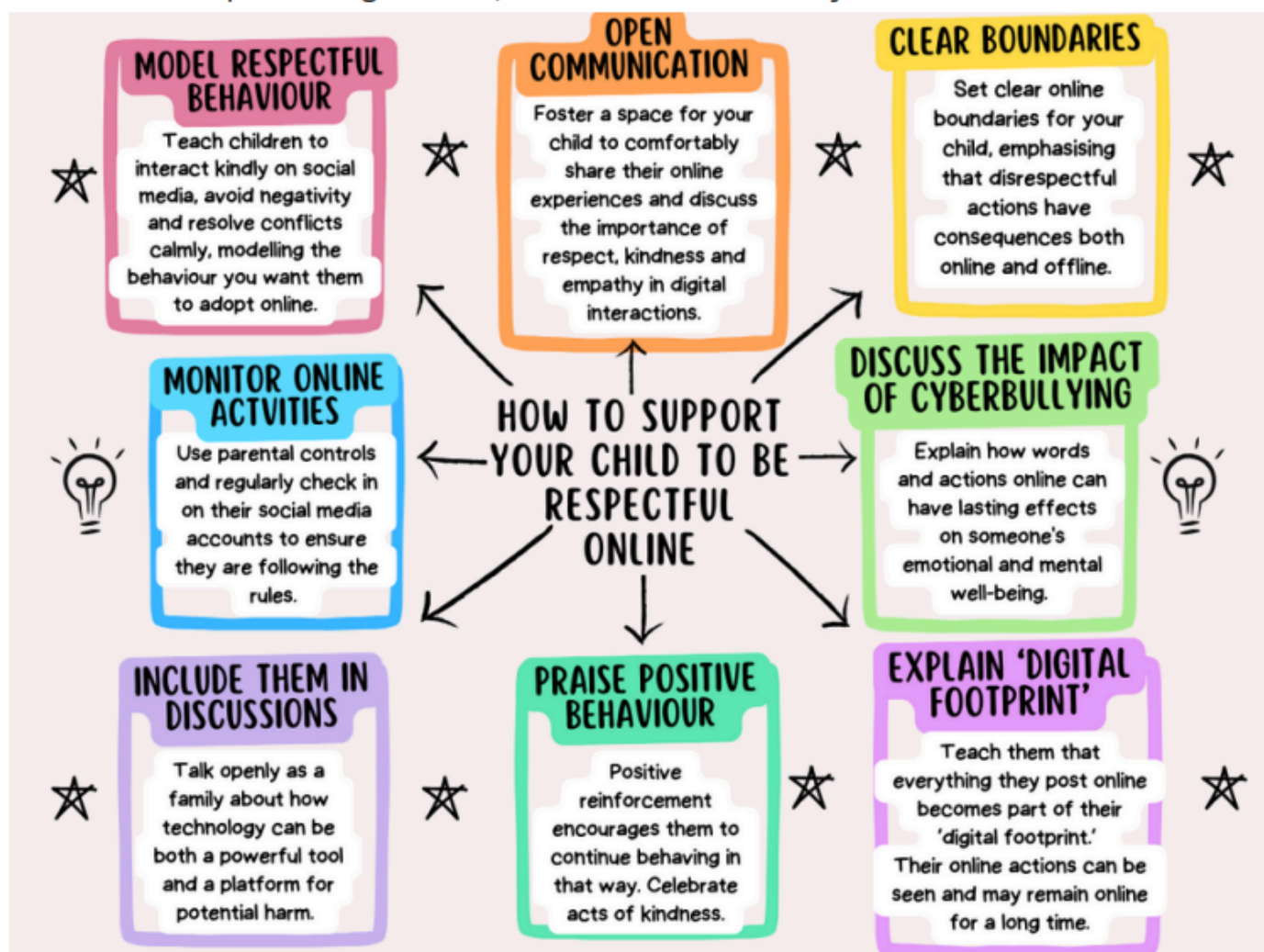
- 5 Help them navigate the media by discussing messages in TV shows or on social media that may promote disrespectful behaviour or opinions.

SPOTLIGHT ON SAFEGUARDING

Support for children facing online bullying: Navigating the digital landscape

As children increasingly engage with the online world, it becomes clear that they encounter more negative interactions, some of which can be considered bullying.

It is crucial for children to be respectful online as the internet's anonymity can magnify the impact of negative behaviour, such as cyberbullying. Hurtful actions online can harm a child's mental health, self-esteem and sense of security. Encouraging respectful online interactions helps children contribute to a more positive and supportive digital space, while also protecting them from engaging in or becoming victims of harmful behaviour. By teaching respect online, we help our children develop empathy and responsible digital habits, which are essential in today's connected world.



Navigating negative situations on WhatsApp
WhatsApp accommodates more than 1,000 participants in a group chat, and platforms that support such large groups can heighten the risk of bullying incidents among young people.



Three ways for children to avoid bullying on WhatsApp:

- 1. Block and report:** Children can block users to stop receiving messages, calls and updates, and report bullies for WhatsApp to investigate.
- 2. Adjust privacy settings:** Parents can help children limit who can add them to group chats and who sees their profile details, reducing unwanted interactions.
- 3. Avoid engagement in negative situations:** It's important for children to avoid responding to bullies, as engaging can escalate the situation. Instead, they should save any evidence of bullying (such as screenshots) and seek support from parents, teachers or trusted adults.

Half Termly Newsletter

Autumn (2)



Hey.... From the MHST Team at Solar

Welcome back to the second half of the Autumn term. We hope everyone managed to take some time off and rest and recharge over the last week or two. This half term's newsletter is packed with information around parenting support, free CPD for yourselves, information around a new support app and Kooth. Also, a request for your comments on Birmingham and Solihull's new mental health support plans for children and young people.

As ever...

If you have anything you would like us to include in this newsletter, please do contact us on: bsmhft.schools@nhs.net



Health Related Behaviour Questionnaire Data



We are aware that a number of our schools participate and complete the Health-Related Behaviours Questionnaire.

We wanted to ask if your results have flagged any concerns for you as a school?

Is there a particular cohort struggling with their emotional wellbeing?

Are there any particular students that need support with confidence or self-esteem?

If so, please contact your cluster manager to make them aware and discuss this further.

Parents and Carers across Solihull have free access to the Solihull Approach parenting support.
The Solihull Approach is about emotional health and wellbeing for all children, their parents, carers and grandparents
They offer a number of webinars for parents.

Please scan the QR code to visit their website for more information.

Free Online Courses for Parents
Use Code: APPLEJACKS



Coming Up

Parent Workshops

Book your place via email to bsmhft.parenting@nhs.net or via the QR code



NOVEMBER

Bullying and Mental Health

A 2-hour workshop for
parents & carers
via MS Teams

19th November 2024
10am–12pm



December

Staying Well Over the Holiday Period

A 2-hour workshop for
parents & carers
via MS Teams

10th December 2024
10am–12pm





Anti-Bullying week is next week 11th November

We are delivering a number of workshops and assemblies across a number of schools.

Anna Freud have also made a tool kit for schools to use - you can access this by clicking the logo below.



Anna Freud

Mentally Healthy Schools

CLICK HERE



One Space
...

OneSpace Mental Health, Neurodiversity, Disability and Wellbeing Passport

OneSpace is an inclusive digital Mental Health, Neurodiversity, Disability and Wellbeing Passport including a wraparound support network, with an emphasis on safeguarding and joined-up working OneSpace aims to reach students who don't engage with traditional support. It helps break down barriers by encouraging students to take ownership of their own needs.

Scan the QR Code to visit the website - The OneSpace Passport App is available to download on both Android and IOS platforms

SCAN HERE



How Does OneSpace Work?



Free Staff CPD

Free Staff Webinar On Low Mood From Anna Freud:
The Schools and Colleges Early Support Service team is hosting a free webinar next week, Wednesday 13 November 15:30-16:30, to help you support students with low mood.

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The session will help you:

- understand the causes and signs
- understand the cycle
- explore stepped strategies
- understand when students need further support
- access additional resources.



Click Below to register

CLICK HERE

Kooth services

click here



- Online mental health counselling and chat services from 12.00pm midday to 10.00pm during the week, and 6.00pm to 10.00pm at weekends
- Peer-to-peer support through moderated discussion forums
- Self-care tools and resources to build resilience
- Early response to and identification of emotional wellbeing and mental health problems
- And there are no waiting lists, referrals or thresholds to access the service

Share Your Views

Share your views on our new plan for mental health care for children and young people.



Health and care services in Birmingham and Solihull have been working together to improve mental health care for children and young people in our area and are now calling for comments on their proposed plans.

Click the button to share your views, the questionnaire closes Friday 22nd November

Keeping your child safe online

Always call 999 if you or your child is in immediate danger.

You can also call 101 to report non-urgent crime or visit www.west-midlands.police.uk/incident-report to fill in an online form

Report online sexual abuse at www.ceop.police.uk/Safety-Centre

Talk to your child's school about their mobile phone policies

It's important that children have the opportunity to explore, learn about online spaces and relationships, and – on occasion – have negative experiences or make mistakes. Have an honest conversation with your child about staying safe online and set up some house rules to protect them. Here are a few top tips:

1. Start talking to your child about content they look at online and what apps they go on.
2. Get clued up on how different apps share personal information. Advise them to keep personal details off social media and keep profiles on private.
3. Get to know their friends in and out of school – they might be talking to different people online. It's good to ask what they talk about in their online chat groups
4. Check the age restriction before your child downloads an app. An app or game that could be suitable for one young person may not be suitable for another.
5. Use parental controls on your child's iPhone and iPad to restrict explicit content, purchases and downloads, and changes to privacy settings. By allowing two factor authentication on your child's iCloud account, it can prevent thieves taking their phone and using their data. Learn more about iPhone privacy settings [here](#).



West Midlands
POLICE

Learn more about online safety

ParentSafe

 www.parentsafe.lgfl.net

An amazing resource page from the London Grid for Learning (LGfL) with guidance and videos on a variety of topics online, including safe settings and controls, and how to talk to children about online life.

Internet Matters

 www.internetmatters.org

Step-by-step guide on how to set parental controls on a number of devices, internet connections, gaming and social media apps.

NSPCC

 www.nspcc.org.uk

 0808 800 5000



NSPCC

The UK's leading youth charity that has lot of useful information and resources available covering a wider variety of topics. They also have a YouTube channel, scan the QR to find out more.

Stop radicalisation and exploitation

Anyone can be vulnerable to extremism and radicalisation, but children are particularly at risk. As they grow and become more independent, it is not unusual for them to take risks, explore new things and push boundaries. Educate Against Hate's website (www.educateagainsthate.com) offers practical advice and support to protect children from extremism and radicalisation. NetMums have partnered counter-terrorism policing to promote Act Early, a safeguarding website for parents, friends and families who are concerned, visit www.netmums.com/act-early for more information.



Report online sexual abuse

If you or your child is worried about online abuse or grooming, make a report to on CEOP's website www.ceop.police.uk/Safety-Centre

A Child Protection Advisor will get in contact and help you talk through what's going on. CEOP cannot help with bullying or account hacking.

For a child or young person, having a sexual image or video of themselves shared online can be a distressing situation. This can be difficult for parents and carers too, but there are ways you can support your child.

If they're under 18, they can use Report

Remove. **Report Remove** is a tool that allows young people to report an image or video shared online, to see if it's possible to get it taken down. Provided by Childline and the Internet Watch Foundation, it keeps the young person informed at each stage of their report, and provides further support where necessary.

Advice for parents - search 'NSPCC Report Remove' for more information or scan the QR code to make a report

Search '**WMP Advice**' for more information.



childline

 www.childline.org.uk

 0800 1111