



Woodchurch High School

# Safeguarding Newsletter

Issue No. 4 | January 2023



## Updates

This is the fourth in our safeguarding updates for Parents and carers, if you have any queries or want to discuss any aspect of safeguarding or if you would like to report any concerns please contact a member of the Safeguarding Team at [safeguarding@woodchurchhigh.com](mailto:safeguarding@woodchurchhigh.com) or on the main school number 677 5257.

We have also created a new 'Parents' Hub'. This site has allowed us to create a central repository of information and advice for parents to easily access.

It has sections on Online Safety and Parental Controls for mobile phones so please take the time to review this information.

[Parents' Hub](#)

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## The Paul Lavelle Foundation

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The Paul Lavelle Foundation has been commissioned by Wirral Borough Council via the Home Office, to go into primary and secondary schools on Wirral, to educate children and young people on how to maintain healthy relationships and how to spot signs of abusive and unacceptable behaviours within all types of relationships including, intimate partner, family and friendships.

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The foundation will be in school from the 11th January working with all Year 7 and 8 students as part of the school PSHE and RSE curriculum.

In addition to this our partnership working will also extend to parental Drop ins between 2 - 3 pm our first drop in session is on 11 January. Please see the flyer below for information about this.

## DROP-IN

**Wednesday 11<sup>th</sup> January 2023 2pm – 3pm**  
Woodchurch High School

We will be offering a **SAFE SPACE** to chat to specialist advisors, in confidence, on the following topics.



Kindred Connections

### Managing Healthy Relationships

Advice and guidance on how to maintain healthy relationships and healthy family environments.

Guidance to support your child/ren with managing friendships and intimate partner relationships.

### Child to Parent Abuse

How do you know if your adolescent is displaying normal adolescent behaviour and 'acting out' or being violent/abusive?

Violence and abuse from adolescents is not a normal part of growing up. Most adolescents will 'act out' in some way at some time during their adolescence. When this behaviour is controlling, threatening, or intimidating, it stops being 'normal' and becomes a concern for all the family.

If you feel afraid of your child and their behaviour and are worried about the consequences of reporting them to the authorities, come and speak to us in confidence and access advice, guidance & support strategies.

**Pop in on the day or for further information please email**

[contact@kindredconnections.co.uk](mailto:contact@kindredconnections.co.uk)



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### Dealing with Negative Emotions

Gain an insight into understanding how people react to negative emotions, in particular anger and the myths associated with it.

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## Mental Health Support

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Christmas can be a challenging time for some and to help support our students and their Families we would like to signpost how to receive support out of school hours and in the Holidays. Below is a list of Charities and Organisations that Young people or adults can contact for support at any time should they need it.



BEAT (Eating Disorder Association):

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) -

Information about eating disorders, how to get help and how to help others. Website also includes a 1-1 webchat facility as well as online support groups and chat rooms.

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Helpline: 0808 801 0677 (Mon-Fri 9am-12am; Sat-Sun 4pm-12am)

CALM (The Campaign Against Living Miserably):

[www.thecalmzone.net](http://www.thecalmzone.net) - A registered charity, which exists to prevent male suicide in the UK.

Webchat can be found on the website.

Helpline: 0800 585858

(5pm-Midnight 365 days a year).

Email: [info@thecalmzone.net](mailto:info@thecalmzone.net)

PAPYRUS (Prevention of Young Suicide):

[www.papyrus-uk.org](http://www.papyrus-uk.org) - National UK charity dedicated to the prevention of young suicide. Website has downloadable coping strategies and distraction techniques.

Helpline: 0800 068 4141

(9am-12am, 365 days a year)

Text: 07860039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Reading Well: [www.reading-well.org.uk/books](http://www.reading-well.org.uk/books)

Helps you to understand and manage your health and wellbeing by suggesting helpful reading. All books listed are endorsed by health experts and those with lived experience.

Includes reading lists for Young People, Children and a list of Mood-boosting Books.

CAMHS Ready: [www.camhsready.org](http://www.camhsready.org)

CAMHS Ready is a tool for young people and their families to ensure they get the most out of their first visit to CAMHS.

Created by North Staffordshire CAMHS.

ChildLine: [www.childline.org.uk](http://www.childline.org.uk)- ChildLine is a free and confidential service for people under 19 years old, It's there to help any young person who is going through a tough time and needs someone to talk to. Option to speak to a counsellor by telephone or email; there's also online chat service, message boards and information on the website.

Helpline: 0800 1111 (24 hours a day, 7 days a week)

Ditch The Label: [www.ditchthelabel.org](http://www.ditchthelabel.org) - Helping 12-25 year olds overcome the issues that affect them most including bullying, mental health, cyberbullying, body image, relationships, sex, identity and coming out. Support forums and blog posts can be found on the website.

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Get Informed: [www.young.scot/get-informed](http://www.young.scot/get-informed)  
A teenager health site; using the search tool can search 'Mind' or 'wellbeing' to access information and advice about common mental health conditions and dealing with difficult feelings; plus lots of tips on how to stay happy and well.



- Get-Self Help: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) - Provides information about various mental health conditions and self-help resources, including worksheets and information sheet, plus videos and self-help mp3s.
  - Headroom: [www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom) - Online resource that recognises the impact the pandemic is having on mental health; provides a toolkit for the mind to help people look after themselves with practical everyday tips, inspiring personal stories, activities and music mixes to boost mood, escape and relax
  - MindEd: [www.minded.org.uk](http://www.minded.org.uk) - Provides information, guidance and 'e-learning' modules on children and young people's mental health, wellbeing and development to any adult to help them support the development of young healthy minds, and identify and support children and young people with mental health issues.
  - The Mix: [www.themix.org.uk](http://www.themix.org.uk) - Support service for young people under 25, helping them take on any challenges they're facing, including mental health difficulties, sexuality and drugs. Includes 1-2-1 and group chats online and a helpline: 0808 808 4994 (7 days a week, 3pm-12pm). Dedicated crisis support, text 'THEMIX' to 85258.
  - NHSinform: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health> - Information and advice to those experiencing troublesome thoughts, feelings and actions. The site contains information and various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems that can offer support, advice and information.
  - My Mind: [www.mymind.org.uk](http://www.mymind.org.uk) - The CWP CAMHS webpage developed for anyone interested in the mental health & well-being of children and young people. Includes information, resources and activities for CYP and parents, carers and professionals to download and use.
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