



**St Mary's Catholic School**  
**Tuesday 22<sup>nd</sup> May 2018**

# **Safeguarding**

# **Parent Information Evening**

## Designated Safeguarding leads in school

- **Miss Largue** Key Stage 3 Leader
- **Mr Tait** Key Stage 4 Leader
- **Mrs McEwan** Key Stage 5 Leader
  
- **Miss Patterson** Deputy Headteacher
- **Mr Foster** Headteacher

## Designated Governor for Safeguarding


## Definition of Safeguarding and Child Protection

- ‘Safeguarding’
- ‘Child Protection’

Our work in school is informed by...

**Keeping Children Safe in  
Education 2016**

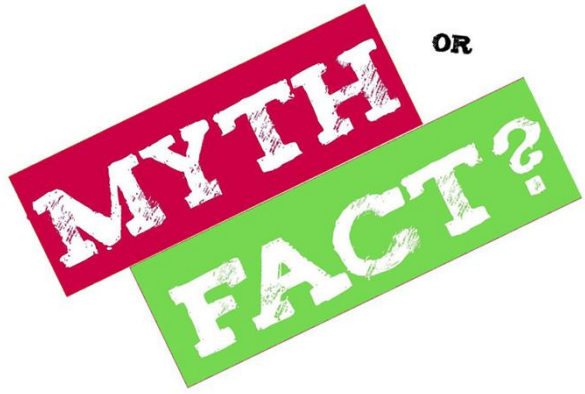
## **Aims for the session**

- **Raise awareness of mental health issues**
  - **Share the work we do to support students in school**
  - **Provide information about further help and support**
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There will be lots of information today regarding safeguarding, however the most important thing from today's session is ...

If you are ever concerned about the well-being of your child or of another child, please tell a DSL as soon as possible. ***Nothing is too small.*** We would rather know, even if you feel it may not be important.





- Mental Health problems are rare.

**Myth.**

- People can recover from a mental illness.

**Fact.**


- The stigma and discrimination around mental illness can be more difficult than the illness itself.

**Fact.**

- There is not much you can do to help someone experiencing a mental health problem.

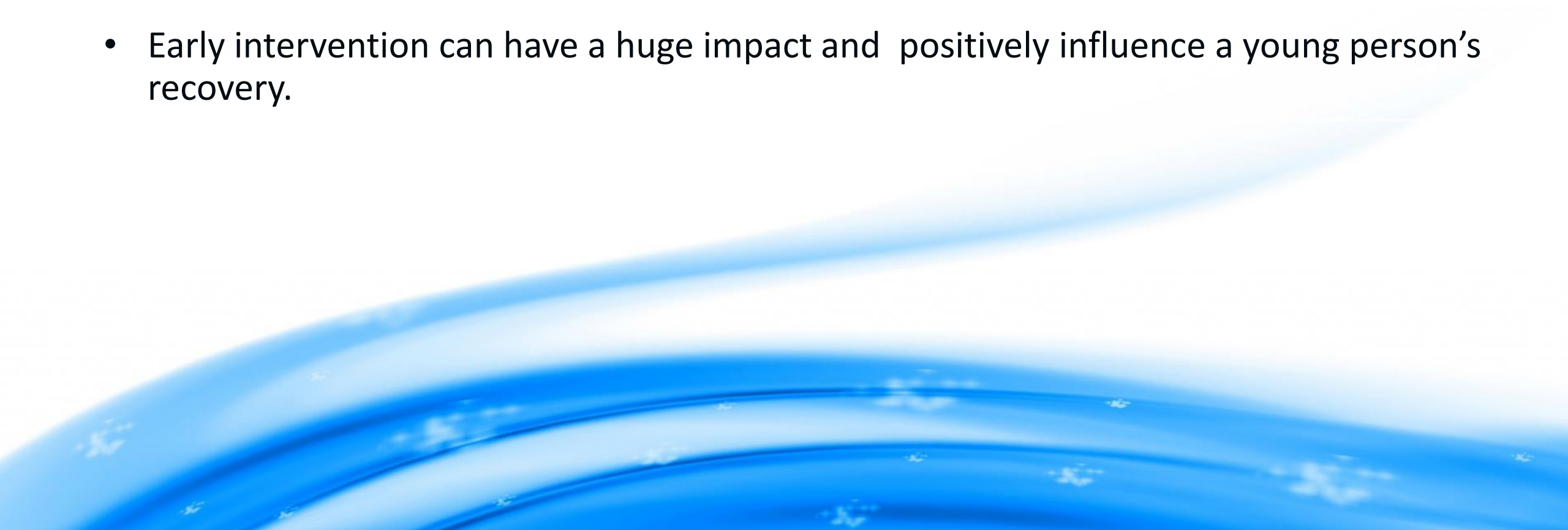
**Myth.**

## Mental health - The national picture

- We all have mental health, like we all have physical health.
  - 1 in 10 children and young people will experience a mental health problem before the age of 16. That's three students in an average-sized class.
  - 1 in 4 adults will experience a mental health problem in any year.
  - Even if a young person doesn't experience mental health problems directly, the statistics above suggest he/she is likely to know someone who is affected.
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## Being more open about mental health benefits us all

- It can be an effective preventative strategy; normalising the topic and the experience.
  - It enables young people to look after their own mental health and ask for help if they need it. It also helps them to support their peers or family members outside school.
  - Early intervention can have a huge impact and positively influence a young person's recovery.
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Anger	Hearing voices	Psychosis
Panic attacks	Hypomania and mania	Schizoaffective disorder
Anxiety	Loneliness	Schizophrenia
Bipolar disorder	Obsessive-compulsive disorder (OCD)	Seasonal affective disorder (SAD)
Body dysmorphic disorder (BDD)	Paranoia	Self harm
Borderline personality disorder (BPD)	Personality disorders	Self-esteem
Depression	Phobias	Sleep problems
Dissociative disorders	Postnatal depression and perinatal mental health	Stress
Drugs - recreational drugs & alcohol	Post-traumatic stress disorder (PTSD)	Suicidal feelings
Eating problems	Premenstrual dysphoric disorder (PMDD)	Tardive dyskinesia (TD)

## Support in School

- Pastoral Programme lessons with safeguarding focus including mental health and self-esteem
- Posters around school to remind students of key staff and importance of sharing problems
- Assemblies
- Regular staff training
- Buddy support
- Excellent pastoral support
- Rigorous logging of concerns and intervention
- Close liaison with external agencies
- Regular parent communication
- Professional and medical advice
- Building a culture of openness and dialogue
- School nurse

## Further help and support

- GP advice, guidance and referrals
- NHS Talking therapies
- Streetwise counselling service - 0191 2305400  
(Drop in sessions and online counselling service)
- Childline Website and 24 hour Helpline – 0800 1111
- Young Minds Website and 24 hour Helpline - 0808 802 5544
- NSPCC Website and 24 hour Helpline - 0808 800 5000
- Papyrus Website and Hopeline - 0800 068 4141
- Samaritans Website and Helpline - 116 123
- Family Lives Website and Helpline - 0808 800 2222

## Further help and support- Mobile Phone Apps

- Virtual Hope Box

*Tools for relaxation, distraction and positive thinking*

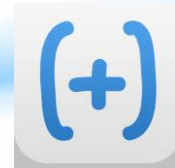


- SAM-Self help for anxiety management

*Designed to help people manage their anxiety. Users can learn more about anxiety, record their anxiety levels and identify different triggers*

- Mindfulness Daily

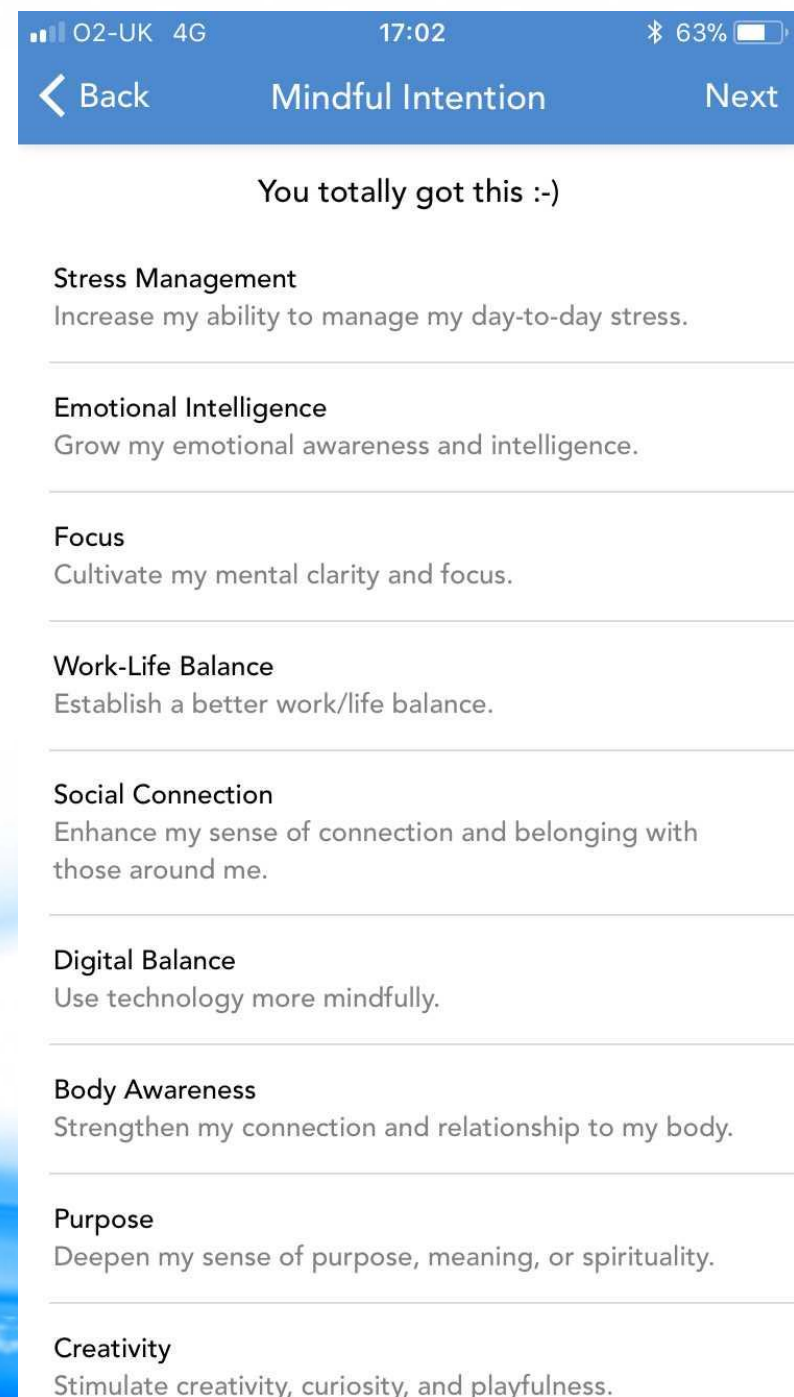
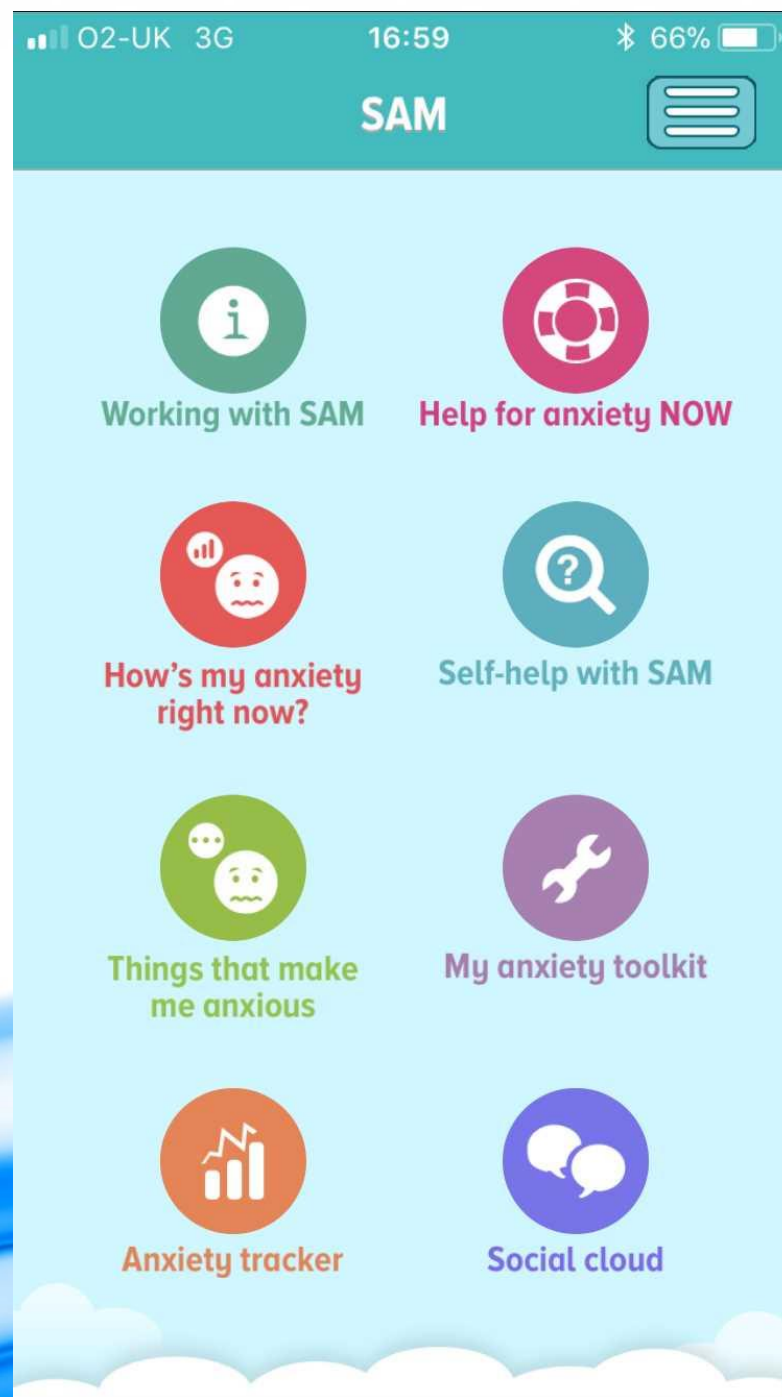
*For relaxation, stress management, support for depression and anxiety. We've had good feedback about this one – quick and easy to use*



- Smiling Minds

*Guided bite sized meditations. Help with thoughts and feelings and to self check on mood.*







## Signs and symptoms of mental health issues

All children are different but some of the common signs of mental health problems in children include:

- becoming withdrawn from friends and family
- persistent low mood and unhappiness
- tearfulness and irritability
- worries that stop them from carrying out day to day tasks
- sudden outbursts of anger directed at themselves or others
- loss of interest in activities that they used to enjoy
- problems eating or sleeping

## Student Wellbeing- social media and self esteem

Following a national survey of 753 students, researchers found that those who spent more than two hours a day on social networking sites like Facebook, Instagram or Twitter were more likely to report anxiety and poor mental health

## Student Wellbeing- social media and achievement

Instant nature of social media, internet and technology means that our young people often expect instant gratification and results.

# **Student Wellbeing- Guidance**

A decorative graphic at the bottom of the slide consists of several overlapping, curved blue bands that create a sense of motion and depth, resembling a stylized wave or a series of concentric arcs.

If you are ever concerned about the wellbeing of your child or of another child, please tell a DSL or your child's Head of Year as soon as possible. ***Nothing is too small.*** We would rather know, even if you feel it may not be important.