



Welcome to the First Parent Safeguarding Newsletter of the New Academic Year, October 2020

During these extraordinary times, many of us have been feeling uncertain and anxious about the closure of our school, the cancellation of exams, the reopening of schools and what the new normal will look and feel like. It has been unsettling and may continue to feel overwhelming at times. We need to continue to take time to look after our own wellbeing and each other.



You cannot pour from
an empty cup.
Take care of yourself.

The Charlie Waller Memorial Trust has teamed up with fellow mental health charity Jonathan's Voice to produce a wellbeing guide especially for patent and trade mark professionals, whose work can involve a lot of pressure. Download it from their website [here](#).

The new **Safeguarding Team from Sept 2020** has increased to include Heads of Year, the Director of Boarding and the SENCO. These staff will take part in additional training and join the daily safeguarding meetings.



Public Health Nursing Service

Somerset County Council has launched a new mobile health service for parents and young people in Somerset making it easier for them to get health and wellbeing advice. ChatHealth is available Monday-Friday from 9am-4pm.

Parents of children 0-4: Confidential help from Health Visiting Team for parents and carers of 0-4 years. Just send a text. 07480 635514

Parents of children 5-19 years: If you have a child 5-19 and looking for confidential help and advice? Just send a text to your School Nurse Team. 07480 635515



Somerset Children & Young People Health & Wellbeing

Further Health & Wellbeing information and support for Parents and Carers can be found [Here - Parent Carer Toolkit](#) or www.cypsomersethealth.org



FAMILY WELLBEING

Get tips for supporting teenagers with anxiety. Click on the image

New website to find the right video games for your family

Video games are incredibly popular and, during lockdown, many families have found them a great way to entertain children and to enjoy family time by playing together.

The huge number of games available can make it challenging to know which games are the most appropriate for your family. Luckily, help is available in a brand new website:

<https://www.taminggaming.com/>

'This database is a unique way to find games for children, teenagers and young adults. Every game is presented for parents and carers to understand, to empower informed choice through understanding.'

It provides one page for each game with a jargon-free overview, hand-picked video, official game ratings, in-game spending, how many players and how long it will take to play. At the bottom of each game page, it suggests alternative games of different age ratings.'

Author of the site, Andy Robertson, a family gaming expert says:
"The database is to help parents and carers build understanding and confidence to guide children towards a richer engagement with the media of video games."



FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Adolescence is a time when many teenagers take risk and experiment, You probably can't stop your child from coming into some contact with drugs, but by staying as informed as possible, you can help them make the right choices when they do click on the image to find honest and useful advice

Young Minds is a brilliant website where you can get help from expert advisors about young peoples mental health. The service offer advise and practical strategies for you and your children.

YOUNG MINDS

Parent Helpline : <https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-helpline>

Specific information for:

Eating behaviours: <https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>

Self harm: <https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>