



For many parents and carers, finding time for yourself can be a challenge. With the practicalities of day-to-day life, it can be easy to forget to look after you and can result in feelings of stress and being overwhelmed. Find information from the Anna Freud National Centre for Children and Families [here](#).

Please make sure you follow the Sexey's wellbeing twitter page @SexeysWellbeing. Rachel Guest regularly shares useful information that can be supportive for you and your family.



Last week we enjoyed a visit from K9 Deployment who specialise in the provision of expert drugs search and detection services with highly trained sniffer dogs and handlers.

Throughout the day Nisa and her team of dogs visited the whole school site, the boarding houses, all classrooms, sports halls and surrounding outside spaces. We are pleased and proud that no drugs were detected.



The National Crime Agency/CEOP/Thinkuknow provides support for parents and carers to keep their children safe online



This short video from the National Cyber Security Centre gives some advice about how you and your family can work together to make small changes to become more cyber aware.



As a teenager's interest in sex develops, you can support them to develop their understanding of positive sexual behavior. Click on the image to take you how to start and continue a conversation with your child



[The Lucy Faithfull Foundation](#) can be used by parents and carers who want advice on how to protect their children from sexual abuse or who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour.



**Let's Talk About It** provides advice for parents and carers to keep children safe from online radicalisation. You can download ideas how to talk to your child about extremism [here](#).

***Safeguarding is Everybody's Responsibility.  
It Could Happen Here!***