



# Parents and Carers Safeguarding Newsletter

## April 2022



**Young Somerset's Wellbeing Service** – This service provides free wellbeing support for young people experiencing low level mental health needs. For more information visit: [Young Somerset](https://www.youngsomerset.org.uk)  
Young Somerset's Wellbeing Service also offer a **The Virtual Hub**.

**What is the Virtual Hub?** This is a safe online space for young people & parents to find out about what support is available in your area. We also have interactive workshops each week on social media, led by Young Somerset's team to give you professional advice and guidance on how to maintain positive Wellbeing, and look after your Mental Health. - find out more here: [www.youngsomerset.org.uk/the-hubs](https://www.youngsomerset.org.uk/the-hubs)

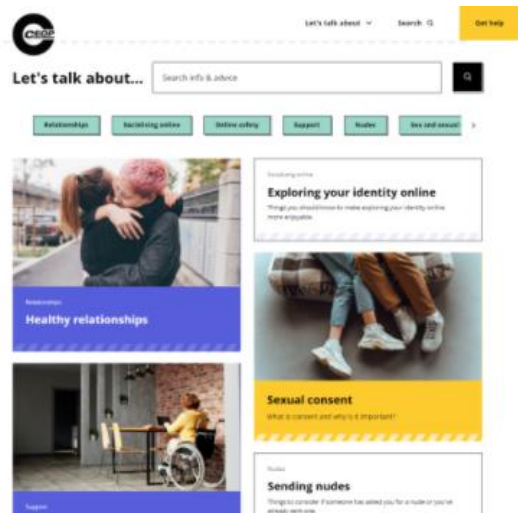


The internet,  
relationships & you  
Website and toolkit for 11-18s

**CEOP Education** - CEOP Education team is part of the National Crime Agency who work to provide resources and information, which is appropriate, and relevant to the experiences of young people aged 11-18. This website replaces CEOP's old sites, which previously separated into 11-13s and 14+.

The website offers advice articles and signposts clear ways young people can access help and support across 7 key categories:

1. Relationships
2. Socialising online
3. Nudes
4. Sex and sexual content online
5. Sexual abuse
6. Support
7. Online safety



[Look at the new CEOP Education 11-18s website](https://www.ceop.education)

## Retirement of home activity packs

The #OnlineSafetyAtHome 'home activity packs' created to support parents and carers during school closures are no longer available.

We recommend that parents and carers start conversations about online safety using our [family activity sheets](#) and [#AskTheAwkward](#) resources.

You will still find many of the #OnlineSafetyAtHome activities in our [online safety toolkits](#). We encourage you to use these and our other resources (such as [Jessie & Friends](#), [Play Like Share](#) and [Send me a pic?](#)) if you work in an education setting.

## How to talk to your teen about vaping

There is a national awareness of the increase in popularity of vaping. It is important to talk to your child about the dangers of E-Cigarettes. Honest, open communication with our teen support them to deal with peer pressure.

The following link to the Addiction Education Society provide advice to guide conversation with teens.



[How to Talk to Your Teen About Vaping and 10 Facts About E-Cigarettes | Addiction Education Society](#)

## Somerset Drug & Alcohol Service (SDAS)

SDAS is run by Turning Point. They provide free, confidential treatment and support across Somerset to anyone who is experiencing difficulties with their substance use or is affected by someone else's.

SDAS vision is for young people across Somerset to receive the right support at the right time to help make the best choices for their lives.

They have further information and contact details available on their website: [Somerset Drug & Alcohol Service | Turning Point \(turning-point.co.uk\)](#)



Exam season is a matter of weeks away for our Year 11 and 13. It is important to recognise the increase levels of stress our teens may be feeling around this. Young Minds have collated a list of helpful tips to support your teen through this period.

## Things that can really help

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

More information and support can be found on the Young Minds website : [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)



**Teenagers and sleep** - We have had a number of recent enquires around tips to support students have better sleep. Family lives have published an article to help parents understand teen's body clock and tips to ensure they get enough sleep.

### Tips for better sleep

- Keep lights dim at night to encourage melatonin production.
- Get them out into sunlight in the morning - to switch off melatonin, increasing alertness.
- Curb caffeine, advises The Sleep Council. For some people, caffeine can reduce the ability to sleep for up to 10 hours after it's consumed. Try a warm milky drink or herbal tea in the evening.
- Avoid stimulating activities like listening to loud music, playing computer games and watching TV for an hour or more before bed.
- Don't eat too much too late: A overfull stomach will interfere with sleep (but don't go to bed hungry, either!).
- If stress or exam nerves are triggering insomnia, calming foods like warm milk, lettuce or turkey can help. Or try the herbal remedy valerian, which calms nerves and promotes sleep.
- Don't try and catch up on sleep at weekends: Late nights and long lie-ins further disrupt the body clock.
- Too much junk-food diet, too little exercise, smoking and alcohol will only make sleep more difficult so try and encourage a healthy lifestyle.

For the full article visit: [Teenagers and sleep | Family Lives](#)



**Kooth** – Safe and anonymous online support for young people until 10pm – friendly counsellors, self-help and community support. [kooth.com](https://www.kooth.com)

## Anxiety

We are all aware of the increased numbers of young people experience anxiety since the start of the the Covid-19 pandemic.

An article from the Centre for Clinical Interventions explains 'The Vicious Cycle of Anxiety' explain the impact avoidance of worries have lead to increased anxiety. The article offer support to reverse the cycle, and hopefully reduce some of those anxieties

There is great advice and tips for everyone in here. Find the article at: [The Vicious Cycle of Anxiety \(health.wa.gov.au\)](https://www.health.wa.gov.au)



The Big Tent Somerset is a fantastic site providing help and advice for young people. The website signposts young people to a range of services that have all been through quality and safety assurance process. This is a great site to find and access local services for a range of support your local area. <https://www.somersetbigtent.org.uk/>



### School Nursing Team:

Chat Health is a new mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. Available Monday-Friday 9am - 4pm.

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. Text 07480 635515

Young People 11-19 years: Discreet and quick. If you're aged 11-19 it only takes one text to start making a difference. You'll get confidential advice from a local School Nurse. You don't have to give your name if you don't want to. Text 07480 635516

For further Health & Wellbeing tips, advice & information including support for parents and carers go to the Public Health website: [www.cypsomersethealth.org](http://www.cypsomersethealth.org)

For further information & support for young people during the Coronavirus go to: [www.youngsomerset.org.uk/coronavirus-support-for-young-people](http://www.youngsomerset.org.uk/coronavirus-support-for-young-people)



**Sexey's Wellbeing Twitter - @SexeysWellbeing**

**Tweets from Sexey's School Pastoral Hub**

Follow for relaxation and coping techniques, fun ways to keep happy and healthy and top tips for staying safe!

Further support and advice organisations can be accessed through our website [here](#)

If there are any specific, areas you would like to have further information on that are not covered here please email Bryony Channon Safeguarding Administration Officer – [bchannon@sexey.somerset.sch.uk](mailto:bchannon@sexey.somerset.sch.uk) who will forward further information and resources to you.

