

# Safeguarding Newsletter

Spring Term 2 2024



Our half termly newsletter gives advice and updates on all safeguarding matters to support keeping our whole community safe.

## The Safeguarding Leadership Team.



Mrs Wilkinson



Ms Stacey



Mrs West

10 Colleagues at TGGs recently took part in a Youth Mental Health First Aid training. We received some excellent resources and wanted to share the following to support parents.

Here are the first five Top Tips to support adults to **build resilience** in children and young people.

**Make connections –** Teach young people how to make friends. Build a strong network to support them through inevitable hurts.

**Help them to help others –** Young people who are feeling helpless can be empowered by helping others. Encourage them to volunteer in tasks they find engaging and will experience success.

**Maintain a daily routine –** this can be comforting to young people, who can then develop their own routines.

**Take a break –** Encourage children to take a break from anything they may find overwhelming, be it the news, internet, being involved in conversations that may worry them.

**Teach Self –** Care and concrete skills – be a role model, take good care of yourselves with a good diet, exercise and rest. Ensure they have time to have fun.

## Mental Health Support Team (MHST) @TGGs

We recently shared that we have been accepted to work alongside the MHST. This service is part of the NHS and was initiated in 2017 as a result of the green paper 'transforming children and young people's mental health'. Colleagues from the MHST team will be working with us after Easter. Parents can make referrals for their children alongside or in addition to TGGs staff. The MHST's focus is to work with children, parents, and staff to support with strategies on how to manage and recover from low to moderate mental health needs. This will further strengthen the excellent work conducted by current staff within our pastoral support networks and we are very excited to be working alongside the MHST team. Here is a short video to introduce you to the MHST. [Mental Health Support Team \(MHST\) - short version \(youtube.com\)](#)

On the next page I have shared the criteria in which the MHST team would work with a young person. If you would like to discuss the potential of a referral, please speak to your child's Head of Year or a member of the safeguarding team or contact the team directly.

As per the front page, this is the criteria for the Mental Health Schools Team engaging with a young person.

### Referral Criteria Traffic Light System (Who do we see/What can we support with)



Yes	Maybe	No
<p>Common mental health difficulties that may respond to early intervention/low intensity approaches.</p>	<p>Common mental health difficulties that may respond to early intervention/low intensity approaches, however consideration required concerning the severity and impact of the presenting difficulties to determine suitability.</p>	<p>Significant levels of need/complex conditions which are not suitable for brief early intervention/low intensity approaches.</p>
<ul style="list-style-type: none"> <li>• Low Mood/Mild to Moderately Severe Depression</li> <li>• Panic Disorder</li> <li>• Panic Disorder &amp; Agoraphobia</li> <li>• Generalised Anxiety Disorder/Worry</li> <li>• Simple Phobia (but not blood, needle, vomit)</li> <li>• Sleep problems</li> <li>• Stress management</li> <li>• Primary age behavioural support</li> </ul>	<ul style="list-style-type: none"> <li>• Anger difficulties</li> <li>• Low self-esteem</li> <li>• Mild social anxiety disorder</li> <li>• Some compulsive behaviours</li> <li>• Mild health anxiety</li> <li>• Assertiveness/interpersonal challenges (e.g. with peers)</li> <li>• Self-harm is disclosed but is assessed as linked to low mood but is not assessed as enduring and high risk in nature</li> <li>• OCD</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• PTSD</li> <li>• Bipolar Disorder</li> <li>• Psychosis</li> <li>• Personality Disorders</li> <li>• Eating Disorders</li> <li>• Chronic depression/ anxiety</li> <li>• Established health anxiety</li> <li>• Historical or current experiences of abuse or violence</li> <li>• Complex interpersonal challenges</li> <li>• Bereavement</li> <li>• Active, enduring and significant self-harm</li> <li>• Relationship problems</li> </ul>

<h1 style="color: green; font-size: 4em; text-align: center;">S</h1> <p style="text-align: center;"><b>Stay Safe</b></p> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1 style="color: green; font-size: 4em; text-align: center;">M</h1> <p style="text-align: center;"><b>Don't Meet Up</b></p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1 style="color: orange; font-size: 4em; text-align: center;">A</h1> <p style="text-align: center;"><b>Accepting Files</b></p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1 style="color: red; font-size: 4em; text-align: center;">R</h1> <p style="text-align: center;"><b>Reliable?</b></p> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1 style="color: blue; font-size: 4em; text-align: center;">T</h1> <p style="text-align: center;"><b>Tell Someone</b></p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Follow these SMART tips to keep yourself safe online!</p> </div> 
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SMART tips based on resources from [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Online Safety** We constantly remind our students of their digital footprint. The average teenager spends up to 3 hours a day on their phone accessing social media. It is so important that parents take an active role in ensuring children access the internet safely. We continue to publish advice through our website for our whole community. There is advice on our parent specific online safety page through our website [Online Safety - Parents | Torquay Girls' Grammar School \(tggsacademy.org\)](http://www.tggsacademy.org).

Please encourage your children to be **SMART online**. If you have any concerns with any content your child has received you can report this through the following sites:

[www.ceop.police.uk/Safety-Centre](http://www.ceop.police.uk/Safety-Centre) <https://reportharmfulcontent.com/>

**It is highly recommended that you do not allow your child to have access to their mobile phone overnight in their bedrooms.**

## Child exploitation

At the recent Torbay Childrens Services Partnership conference, it was shared with Partners that there has been a change in behaviour in and element of child exploitation. One of the key factors is that some children who had been exploited had been directed to exchange money via cryptocurrency through their bank accounts. It is therefore, really important that if you child has their own bank account that you, as parents are aware of any concerning transactions that are not in line with their normal use or banking. This has become more prevalent since money, in general, is exchanged more electronically.

## Contacts if you are concerned about a child.

If you are worried about a child, or if you are a child worried about your own safety, or your query is of a safeguarding nature, please call the MASH (Multi Agency Safeguarding Hub):

For Torbay residents call **01803 08100** or email [mash@torbay.gov.uk](mailto:mash@torbay.gov.uk)

For out of office hours please call 0300 4564876

For Devon residents call 0345 155 1071 or email [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

If you or a child is at immediate risk, please call **999**.

If you need support there is lots of helpful information such as websites available [here](#).