

# Safeguarding Newsletter

Summer Term 2020



Welcome to this term's Safeguarding Newsletter. The aim of this newsletter is to communicate key information to parents concerning safeguarding and how as a school we aim to keep you informed to actively promote the safeguarding and welfare of all our pupils. This term, we have tried to include information which may be of particular use at this time.

every mind matters

## Mental Wellbeing while Staying at Home

COVID-19

This information is taken from <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Please visit this site to find out more.

**NHS**

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

The tips and advice on this webpage are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

1. Find out about your employment and benefit rights.
2. Plan practical things.
3. Stay connected with others.
4. Talk about your worries.
5. Look after your body.
6. Stay on top of difficult feelings.
7. Do not stay glued to the news.
8. Carry on doing things you enjoy.
9. Take time to relax.
10. Think about your new daily routine.
11. Look after your sleep.
12. Keep your mind active.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> has lots of help, advice and further information on all of the above. Please have a look if you feel that it would be useful.

**COVID-19 isolation** may cause tensions to rise and domestic abuse to increase. Help is available.

**YOU ARE NOT ALONE**

**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL  
FREEPHONE

**WCWAid**

West Cornwall Women's Aid  
**01736 367539**

<https://www.wcwaid.co.uk/helpline>

AT HOME SHOULDN'T MEAN AT RISK

#YOUARENOTALONE  
FIND SUPPORT AT: [gov.uk/domestic-abuse](http://gov.uk/domestic-abuse)



## FamilyLine

We shared this information last term but have included it again in case it is helpful to anyone who may have missed it before.

### FamilyLine

Family pressures can sometimes be difficult to manage without emotional support and guidance to help.

The free FamilyLine service tackles these issues in a new and innovative way by using a network of trained volunteers from across the country with the knowledge and experience of family issues to support family members over the age of 18 through telephone calls, email and text message.

They can provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. They can also provide longer-term support through regular sessions with their Befrienders and Counsellors. All support takes place via telephone, text message or email and is free.

Family members aged 18 years old and over from anywhere in England and Wales can get in touch with the service for free using the details below.

#### Opening times:

Monday to Friday 9am to 3pm and 6pm to 9pm

#### Contact details:

Telephone: 0808 802 6666

Text message: 07537 404 282

Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

Live web chat: <https://www.family-action.org.uk/what-we-do/children-families/familyline/>

### Online Safety

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

## Who can I talk to if I am worried about a child?

**If you see it, hear it or know about it - report it!**  
**This could be a child being neglected or any other kind of abuse.**  
**Remember - safeguarding is everyone's responsibility.**

**Mr Higgs** is the Designated Safeguarding Lead for Alverton School and **Mrs Wicks** is the Deputy DSL. They will always be willing to listen to any concerns you may have.  
If they are not available, Mrs Clemens, Mr Dawe, Mrs Daylak, Mrs Hall, Mrs Hughes, Mrs O'Neill and Mrs O'Rourke have all received additional safeguarding training and will be able to help you.  
01736 364087

**Cornwall Multi-Agency Referral Unit**  
0300 123 1116

**NSPCC**   
**HELPLINE**  
**0808 800 5000**  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**ChildLine**  
**0800 1111** 