



## Student Wellbeing Newsletter

Dear Parent/Guardian

It seems like a lifetime ago that our students returned to school following the first national lockdown. In the time since, the students have demonstrated incredible **resilience** and **positivity**, despite the continued challenges and restrictions forced upon us as a result of the pandemic.

While the fundamentals of learning in the classroom remain largely unchanged, the expectations placed on students and staff to wear a **mask**, follow a **one-way system** and regularly **sanitise** are all reminders that we live in extra-ordinary times. For many of our students, the loss of extra-curricular activities is a particular area of frustration, and we appreciate that this is something that lots of our students are very keen for us to resume as soon as possible.



In addition to the challenges faced within school, we are also acutely aware of the **pressure** that the current situation is placing on **students** and their **families** at home and in the community. It is only to be expected, therefore, that we are offering more **support** than ever to **students** who are feeling **anxious**, **stressed** and in need of **additional support** with their **mental health** and **wellbeing**.

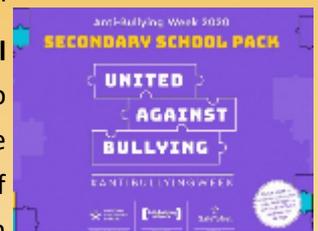
Over the past few weeks, students have been introduced to Kooth - a **free online counselling service** that is available to students struggling with their **mental health**. I would strongly advise



taking the time to have a look at this resource online, and what it provides to assist your child. I have outlined **further details** about this service on the next page, and have also included some useful **links** and **resources** that may be of help should your child be struggling, and in need of **additional advice** and guidance in this area.

In addition to our support for students through the pandemic, we have continued to work hard to support our students with their wellbeing in a variety of other ways:

The week beginning 16<sup>th</sup> **November** was **National Anti-Bullying Week** and so our students spent time looking at the issue of **bullying** with their form



tutors, with a focus on the nature, causes and consequences of it. While instances of bullying at Sandy Secondary School are thankfully very rare, it is essential that students know what bullying is, and how they should respond should they become a victim of it, or witness it taking place. We are also committed to ensuring that students know who they can turn to for **advice** and **support**, both in school, and externally, should they witness it, or be a victim of bullying. I have included **further information** and guidance on this, **later** in this edition.



In addition to the above, students have also been working closely with their form tutors on a variety of **social issues** that may impact on them and their peers, as part of our SMSC (**spiritual, moral, social**



and **cultural**) programme. The focus for the first half-term has been on **peer-influence**, **youth offending** and the dangers of **illegal drugs**.

There have been some excellent conversations in tutor groups concerning these issues, and our students have shown a mature and focused approach to their learning. They have now begun to look at **careers**, **aspirations** and **future learning**, all of which are critically important, regardless of the year group a student is in, or the stage that they are at in their learning journey.



As with previous editions of the Wellbeing Spotlight, over the next few pages, I have outlined some **information** and **links** to key pieces of **information** and advice that you and your child may find helpful.

If you have any comments, or suggestions on areas of focus for future editions of the Wellbeing Spotlight, then please do not hesitate to let us know, using [parentcontact@sandysecondaryschool.com](mailto:parentcontact@sandysecondaryschool.com). Our core

purpose remains to ensure that our students are **happy** and **safe** and are given every opportunity to reach their **academic potential**.

I wish you and your family a very relaxing and happy Christmas, and a wonderful New Year.

Kind regards.

Mr A Rutter  
Vice Principal

## Resources & Guidance

### Positive Mental Health and Wellbeing:

#### Within School:



Students who are feeling anxious, stressed or worried are encouraged to speak to their House Achievement

Leader, Pastoral Support Worker, Form Tutor or a trusted adult. We understand and appreciate that young people face many challenges, and we are in a unique position to signpost them to support, and help gain access external resources to help them. This is perhaps more relevant than ever at the moment given the pressures placed on young people as a result of the pandemic.



#### Kooth:

Kooth provides free, safe and anonymous online support and guidance to young people. It is aimed at young people aged between the ages of 11-24 and is focused on supporting people with their emotional and mental health and wellbeing. It is available up to 10pm each day.

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



## Resources & Guidance

### YoungMinds:

YoungMinds is a superb charity that has a range of resources and materials that are designed to promote children's wellbeing and mental health. It has a range of information, advice and support to help students, parents/guardians and professionals.



<https://youngminds.org.uk/>

### Stormbreak:



Stormbreak is a charity which 'aims to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life'. The Stormbreak challenges help primary-aged children develop resilience, relationships, self-worth, self-care and hope and optimism.

<https://www.stormbreak.org.uk/>

### Introducing Ollee – A Virtual Friend (ParentZone/BBC Children In Need)

Ollee is a digital friend for children aged 8-11, created by Parent Zone and funded by BBC Children in Need's 'A Million and Me' initiative, which aims to make a difference to children's emotional wellbeing.



It's designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers – and it does this by offering them advice about a range of subjects: school, family, friends, their body, the internet and the world.

For each of these subjects, children can choose an emotion that matches how they feel about it: happy, angry, sad, confused, frustrated, stressed or worried.

Next, they can choose from a list of topics – for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read then or save for later.

<https://parentzone.org.uk/Ollee>



## Anti-Bullying

### Within School

Sandy Secondary School does not tolerate bullying, and will respond swiftly and robustly to any instances of bullying. Students should speak to their House Achievement Leader, Pastoral Support Worker, Form Tutor or a trusted adult who will quickly act to deal with the issue. It is important that students never suffer in silence. We are committed to working with the student to address the issue and will ensure that we work closely with them to stop it from happening.



### Kidscape



<https://www.kidscape.org.uk/>

Kidscape is a charity dedicated to the eradication of bullying, and is committed to the prevention of harm to children by equipping them with the tools and mindsets to keep them safe. It also includes lots of resources and materials for parents/guardians.

### Childline



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Childline has a lot of information for students and parents/guardians on the different types of bullying, and how students can get advice and support. It is an excellent starting point, and gives a range of suggestions for how students can proactively tackle bullying.

### Safety and Wellbeing over Christmas:

Unfortunately 2020 has seen an increase in domestic abuse and reports of abuse to children and young people, but Christmas often brings with it extra stresses. It is often a time where support services can be closed, or the strategies young people use to alleviate the family issues are unavailable.

For some of the most vulnerable or at risk children Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK. Young people can access the text-message based service by texting YM to 85258.



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Student Wellbeing, Issue No 1, 11<sup>th</sup> December 2020

## E-Safety

There is a list of helplines as a starting point for finding suitable support and guidance on a range of issues at the end of this newsletter.

### E-safety:

Thinkuknow have produced a series of [#OnlineSafetyAtHome](#) packs that are available parents and guardians to use at home. These include fun activities, conversation starters and practical tips on topics such as:

Sharing images

Watching videos

Live streaming

Cyber security (developed in partnership with the National Cyber Security Centre)





## Helplines

### Addiction

Children of Addicted Parents and People (COAP) ..... via website only  
 National Association for Children of Alcoholics ..... 0800 358 3456  
 Young People and Gambling ..... 0808 8020 133

### Bereavement

Child Bereavement Network ..... via website only  
 Child Death Helpline ..... 0800 282 986  
 Childhood Bereavement Network ..... 020 7843 6309  
 Cruse Bereavement Care ..... 0808 808 1677  
 Grief Encounter ..... via website only  
 Hope Again ..... 0808 808 1677  
 Winston's Wish ..... 08088 020 021

### Bullying

Anti-bullying alliance ..... via website only  
 Bullying UK ..... via website only  
 Ditch The Label ..... via website only

### Cancer

Macmillan Cancer Support ..... 0808 808 00 00

### Children of Prisoners

National Information Centre on Children of Offenders ..... via website only  
 National Prisoners' Families Helpline ..... 0808 808 2003

### Children Missing

Runaway Helpline ..... 116 000

### Children's Charities

Action for Children ..... via website only  
 Barnardos ..... via website only  
 Childline ..... 0800 1111  
 Children's Society ..... via website only  
 NSPCC ..... 0808 800 5000



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## Helplines

### Counselling

British Association for Counselling and Psychotherapy..... via website only

### Crime

Crime Stoppers.....0800 555 111

Fearless (Crime Stoppers for Young People)..... via website only

### Domestic Abuse

Galop (LGBT) ..... 0800 999 5428

National Domestic Violence Helpline..... 0808 2000 247

Refuge ..... 0808 2000 247

### Drugs

Talk to Frank..... via website only

### Faith

Muslim Youth Helpline ..... 0808 808 2008

### FGM

Africans Unite Against Child Abuse ..... via website only

Daughters of Eve ..... via website only

Forward UK..... 0208 960 4000

NSPCC FGM Helpline ..... 0800 028 3550

### Forced Marriage

Karma Nirvana ..... 0800 5999 247

### Housing

Shelter ..... 0808 800 4444

### LGBT

Stonewall ..... 0207 593 1850



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## Helplines

### Looked After Young People

Coram Voice .....0808 800 5792  
 The Care Advice Line .....020 7017 8901

### Mental Health

Anna Freud National Centre for Children & Families..... via website only  
 Anxiety UK .....03444 775 774  
 B-eat eating disorders.....0808 801 0711  
 Bipolar UK .....0333 323 3880  
 CALM (Campaign Against Living Miserably) .....0800 58 58 58  
 Charlie Waller Memorial Trust ..... via website only  
 HeadMeds ..... via website only  
 Heads Together ..... via website only  
 Kooth ..... via website only  
 Mentally Healthy Schools ..... via website only  
 MindEd for Families ..... via website only  
 National Self Harm Network ..... via website only  
 OCD Action.....0845 390 6232  
 OCD-UK..... via website only  
 Papyrus (Suicide support) ..... via website only  
 Rethink Mental Illness..... via website only  
 Samaritans.....116 123  
 Sane .....0300 304 7000  
 Selfharm UK ..... via website only  
 The Mix .....0808 808 4994  
 The Royal College of Psychiatrists ..... via website only  
 Young Minds ..... via website only  
 Young Minds Parents Helpline .....0808 802 554

### Migrant Children

Migrant Children's Project.....0207 636 8505

### Online Safety

Child Exploitation Online Protection Centre..... via website only  
 National Professionals Online Safety Helpline .....0344 381 4772  
 Net-Aware ..... via website only  
 Safer Internet ..... via website only  
 Think U Know ..... via website only



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## Helplines

### Parent Support

Parent Line Plus .....0808 800 2222

### Self-Harm

Harmless..... via website only  
National Self Harm Network ..... via website only  
Self-injury support (Girls).....0808 800 8088

### Sexual Abuse

MOSAC (Mothers of Sexually Abused Children) .....0800 980 1958  
Stop It Now .....0808 1000 900  
The Lucy Faithfull Foundation .....01527 591922

### Sexual Health

Check Your Bits (Chlamydia Testing)..... via website only  
Getting It On ..... via website only  
Sexual Health Helpline .....0300 123 7123  
Brook ..... via website only

### Staff Support

Education Support Partnership.....08000 562 561

### Whistleblowing

NSPCC Whistleblowing Helpline .....0800 028 0285