



Safeguarding Newsletter – February 2021

Covid-19 Support and Advice from the NSPCC

The NSPCC has posted numerous helpful guides and advice on how to support your child during the covid-19 pandemic.

Staying home alone

We can help you decide if your child is ready to be left alone and have tips on keeping them safe when you aren't there.

[Click here to read more](#)

Online Safety

We've got loads of advice to help you keep your children safe online – from setting up parental controls to how to talk about online safety.

[Click here to read more](#)

Talking to children worried about coronavirus

We've got advice if you are worried a child is struggling with their mental health or has anxiety about coronavirus

[Click here to read more](#)

Supporting SEN students

Support for parents and carers to help with children with special educational needs and disabilities during the coronavirus pandemic

[Click here to read more](#)

Returning to school

Over the coming months more and more children and young people might be returning to school. If your children have questions or worries, we've got advice to help.

[Click here to read more](#)

10 ways to find support with children and young people's mental health

This list of hyperlinks to organisations that can support schools, their staff and their students with mental health challenges is by no means comprehensive but is intended as a useful reference for teaching staff to signpost help to students, colleagues or for themselves.

1. **YoungMinds** (youngminds.org.uk) is a great source of advice, resources, toolkits, reports and workshops for children and young people.
2. **Kooth** (kooth.com) An online community offering immediate, anonymous online support for children and young people.
3. **Shout** (giveusashout.org). Text 85258 to receive immediate support, or go online to access support, information and resources to support mental health.
4. **The NHS – Every Mind Matters** (nhs.uk/oneyou/every-mind-matters). Expert advice and practical ideas to help everyone look after their mental health. The website includes a special section for children and young people.
5. **Head Ed** (education.stem4.org.uk). Not only does Head Ed offer both quizzes, information and activities to help teenagers learn more about mental health independently, it also includes four free teaching modules for schools.
6. **Mental Health Foundation – Make it Count** (mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count). The site provides guides for teachers, students and parents/carers on understanding and protecting student mental health.

Belfairs Designated Safeguarding Leads:



Mrs Foster
Asst. Principal



Mr Zweistra
Vice Principal



Mr Evans
Asst. Principal



Mrs Morenas
Asst. Principal

Covid-19 Information & Updates

We are regularly posting information and links on our dedicated page for Covid-19 [here](#).

For any queries please email us at:
enquiries@belfairs.southend.sch.uk

Follow us @belfairsacademy



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Student Wellbeing Newsletter

Our student wellbeing newsletter has been shared with students today via SMHW.

Please encourage your child to read the newsletter as it contains numerous recommendations and ideas on how to keep positive and focused.

You may even enjoy reading it yourself!



Student Newsletter

Welcome

to our first student wellbeing newsletter. We felt it would be useful for us to gather all our information in one place so we can signpost you to useful links for wellbeing, receive quotes from your peers to support during lockdown and recommendations from staff on books to read, and words of wisdom. We recognise how isolating home learning can be. Please look after yourselves and keep safe. Following this challenging time we are looking forward to welcoming everybody back over the next half term.

Mrs Williams

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that maybe easy for you might be difficult for someone else.

OFFER TO HELP

BE POSITIVE

Think about things that make you happy and that you're thankful for. It could bring a smile to your face.

Mr Zweistra Quotes

"You only get out of life what you put into it"

"The only things worth having are the things that you have had to work the hardest for"

"You cannot change or influence the past but you can learn from it so that this positively impacts the future"

"Life is a journey, enjoy the ride"

Year 11 Ambassadors Positive Messages

Craig Jolly
"So I would say the best way to keep positive would be to call your friends and catch up nearly every day or do something that makes you happy. This could either be a walk, playing video games or be creative with something. We all know this is going to end sometime and you can see friends and family but for now the best thing is to keep smiling and carry on doing activities that you think you enjoy. I know some people are having a tough time right now but the best thing you could do is to know we are all our way out of this pandemic and hopefully you will be with your friends and family soon. Just keep positive and stay safe!"

Windha Hareesh
"My advice is that do whatever you are interested in, in your free time and spend time discovering new skills and try to develop them. Don't hide your problems and stress, share it with the appropriate person and ask them if they are free to talk. Listen to some music which will refresh your mind, practice yoga or draw some pictures from your imagination. This will help relieve stress. Just think that this is a time to test our self-belief, confidence and willpower, so crack on and move forward! There are no problems without solutions!"

Elle Wright
"Set a goal to do one thing for yourself everyday. This could be having a nice bubble bath with some music on or go out for a walk for an hour to get some fresh air and to clear your mind or maybe do some drawings/paintings or even something simple like making yourself a hot chocolate with whipped cream!"

Upcoming Virtual Parent Forum Events

Wednesday 3rd March
Literacy

Wednesday 17th March
Mental Health

Wednesday 21st April
Equality & Diversity

Wednesday 26th May
Exam Dispensation

Wednesday 30th June
Personal Development

All information regarding our parent forums and information on previous events can be found at:

<https://www.belfairsacademy.org.uk/parents/parents-forum>

Who to contact?

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

First Contact Team (Social Care): 01702 215007 (Mon-Fri)

Out of Hours Team (Social Care): 0845 6061212 (365 days)

NSPCC Helpline: 0800 800 5000

Childline: 0800 1111

Police: 999 (Emergency) or 101 (Non-Emergency)