



# Safeguarding and Wellbeing

What does it mean?



# Safeguarding

case. They were  
something has  
will not be charged  
going to law school  
**definition** /dɪ  
definition of a  
meaning, especially  
that something  
you mean that

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In what ways do we try and keep you safe at school?

Physical - safe environment  
with no hazards

Physical - from other people  
hurting or abusing you

Emotional - dealing with  
things that make you upset

Mental - making sure you know  
how to cope with stresses

Personal - making the right  
choices to keep yourself safe

# Care and Guidance Team



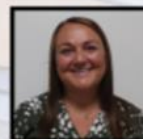
## Chellaston Academy

Safeguarding Team

### *Who can I talk to?*



Mr Metters  
Headteacher



Mrs Eyre  
Designated  
Safeguarding  
Lead



Mrs Horvath  
Deputy Designated  
Safeguarding  
Lead



Mrs Amps  
Deputy Designated  
Safeguarding  
Lead



Mrs Johnson  
DSL - Mental  
Health Lead



Mrs Burdis  
DSL - Student  
Welfare Officer



Mrs Church  
SENCo



Mrs Bola  
Attendance  
Officer



Mrs Grimwood  
SPL Year 7



Miss Perkins  
SPL Year 8



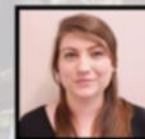
Miss Bailey  
SPL Year 9



Mr Howard  
SPL Year 10



Mr Shields  
SPL Year 11



Mrs Warren  
SPL Year 12



Miss Scullion  
SPL Year 13

Or you can speak to any member of staff

If you are worried about yourself or a friend, we can help  
in Student Services (The Hub/F-Ref office)

Worries might include:

- Personal safety
- Stress and anxiety
- Bullying
- Friendships
- Worries about school work
- Health and mental health issues

# What we do...



- ▶ Staff and Visitor Badges
- ▶ Take registers - absence alert
- ▶ Regular meetings with SG team, SPLs, SLT and tutors
- ▶ Form and school councils - your voice
- ▶ Assemblies and form time / PSHE lessons
- ▶ Workshops and Events
- ▶ Fire and Lockdown Drills

# Sometimes...

- ▶ Sometimes, things happen, in school or out of school, that don't allow you to feel happy, safe, secure or supported
- ▶ This doesn't happen with everyone
- ▶ This doesn't happen often

Knowledge = Power

What sort of things?

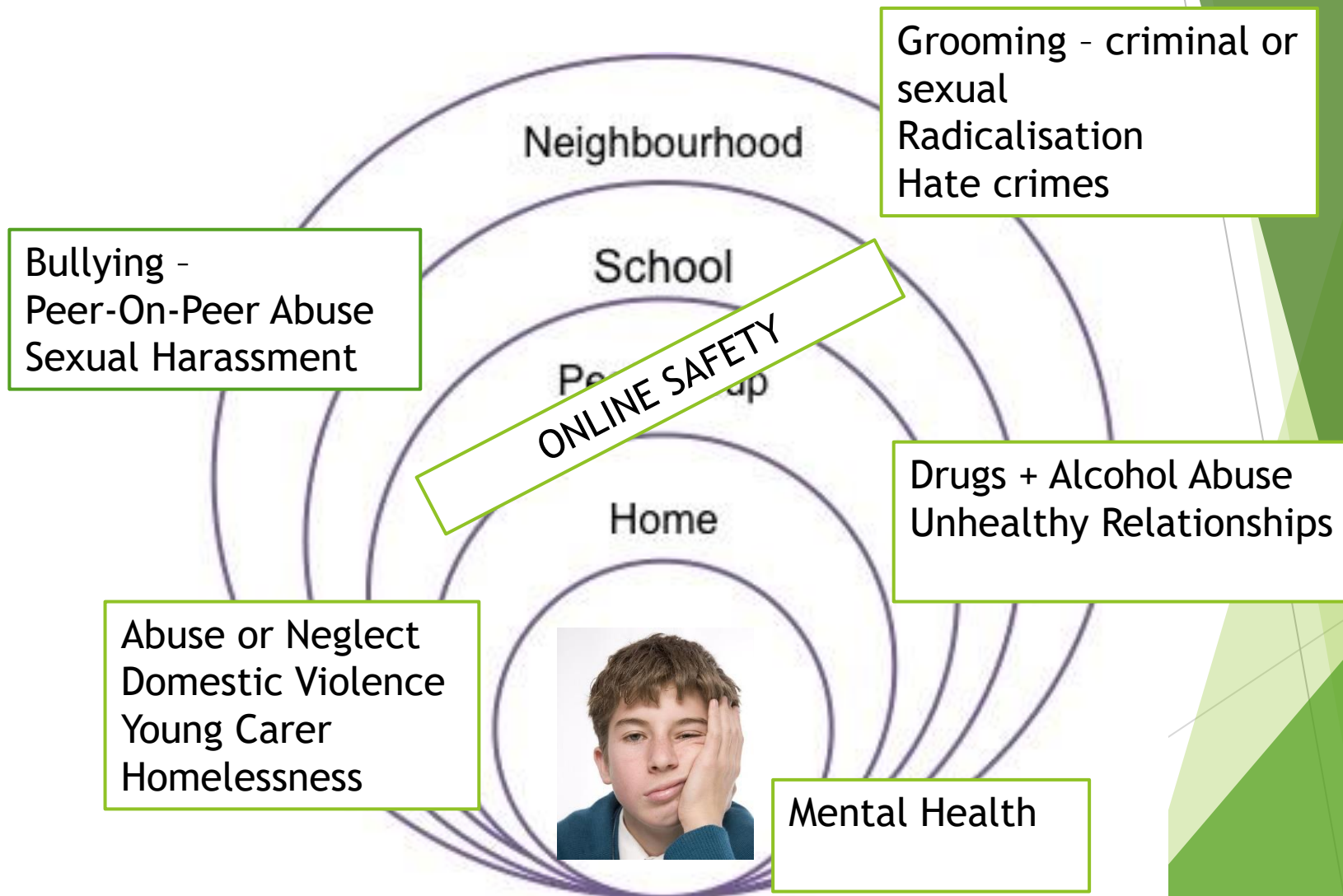
# Potential Safeguarding Issues

children missing from education	children missing from home or care	fabricated or induced illness	homelessness
bullying / cyberbullying	relationship abuse	private fostering	children with family members in prison
drugs	child criminal exploitation	faith abuse	children and the court system
domestic abuse	online safety	mental health issues	child sexual exploitation
preventing radicalisation	honour-based violence	violence	peer-on-peer abuse

# Forms of Abuse

- ▶ **PHYSICAL ABUSE** - Non-accidental cuts, bruises, wounds, burns, fractures, bites
- ▶ **EMOTIONAL ABUSE** - Extreme denial of love, attention or security
- ▶ **SEXUAL ABUSE** - The involvement of children in sexual activity with one or more adults which is inappropriate, illegal or beyond the child's understanding
- ▶ **NEGLECT** - Chronic inattention to children's basic needs

# Could be anywhere





# Let Someone Know

and physical scene. And not just the  
text scene, since the book itself will  
be part of the transmission and  
amplification of the plays in a wider  
context.

The particularity of quotation joined  
with the meditative, associative habit  
of your mind is the book's strength.  
It provokes a thoughtful response  
in return and, as such, will be  
a welcome addition to the critical  
reaction to Enid. It should deepen  
the sense of his complexity and  
modernity, while rendering a sense  
of those "truths: immensely  
possible" -- or whatever the  
philosophers have that Hugh liked  
to think he shared among  
in translation.

I'll hold on to the script,  
if I may. I want to keep  
murmuring in it. Sincerely,  
Simon, Henry



# Contact Us

## E-mail

- ▶ Any member of staff - type surname into 'To' box on e-mail
- ▶ It's a good idea to start with your tutor, as they know you best and see you every day. They will always refer on to the Care and Guidance team if they think you need a little extra support!
- ▶ [Group-WellbeingTeam@chellaston.derby.sch.uk](mailto:Group-WellbeingTeam@chellaston.derby.sch.uk) - you can use this email to request an appointment with a welfare officer, or if you would like some information sending to you.

## See Us

- ▶ Mrs Amps and Mrs Burdis - The Hub (between the field and 6<sup>th</sup> Form)
- ▶ Mrs Eyre - Office next to the Main Office
- ▶ Mrs Horvath- Office between male/female staff toilets in A block
- ▶ Mrs Johnson - in Art
- ▶ SPLs - FREF office

# Then what might happen?



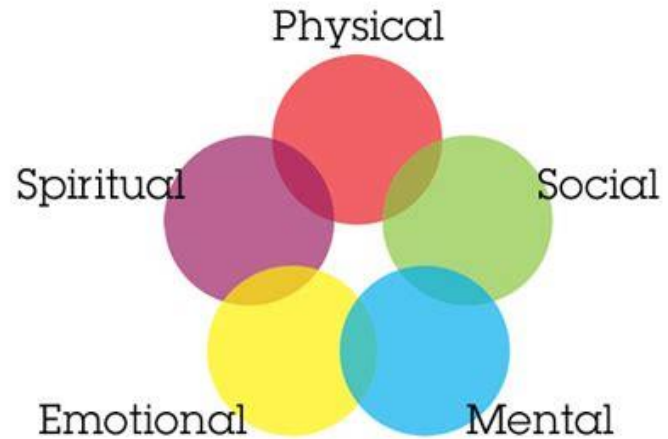
# School Support

- ▶ The Hub - Pastoral team (Mrs Burdis and Mrs Amps) there to guide and support you
- ▶ Regular Wellbeing Check-ins
- ▶ School Support Plan
- ▶ Learning Support - in the Main block. Here to help you feel happy with your learning!
- ▶ Posters
  - Safeguarding Board - Main Office
  - Toilets
  - The Hub
  - Teaching Rooms
- ▶ PSHE - SG and Wellbeing issues explored
- ▶ Workshops and Visitors - CSE, Online Safety, Consent
- ▶ Taking part in activities i.e. Hello Yellow, Mental Health Month, Anti-Bullying Week

Wellbeing Appointment Slip	
Name: _____	<div>"With the new day comes new strength and new thoughts."</div>
Date: _____	
Time: _____	
To see: _____	
Please leave your lesson 5 minutes before the time stated above and make your way over to The Hub to meet one of the Wellbeing Team. We look forward to seeing you!	

# Mental Health and Wellbeing

- ▶ Not safety, but how you feel.
- ▶ Hard to do your best, when you're not at your best.
- ▶ It's normal to feel anxious, worried, nervous, upset, deflated.
- ▶ We need a good 'Emotional literacy'
- ▶ When you need support...



# What we do

- ▶ Tutor time - 'check in', talk to your tutor, get organised.
- ▶ Staff / Student Link
- ▶ Student Council / Student Wellbeing Committee
  - your voice / suggestions will be heard
- ▶ Wellbeing Ambassadors - Year 11-13 mentors for Year 7-8 students
- ▶ Student Voice - Wellbeing Survey
- ▶ Academy website - Safeguarding page - links to other support for Mental Health and wellbeing

# Website links

Everybody  
Everyday

**Chellaston Academy**  
Learning Excellence Integrity

Everybody  
Everyday

## Student Support Guide

This guide explains what you should do if you feel worried about something and how to raise concerns about yourself or others.

It could be about anything, including:

- Bullying, including cyber bullying, or online safety
- Racist, homophobic, or gender-related abuse
- Worries about your home life
- Friendship or relationship issues
- Struggling in lessons, with your work or with exams
- Personal problems or confusion over your identity
- Mental Health or your wellbeing
- A friend of yours who is struggling with any of the above

**Firstly, tell someone. You can talk to or e-mail:**

- Your Form Tutor or a Mentor
- Your Student Progress Leader
- Mrs Eyre, as your Designated Safeguarding Lead
- Medical Room Supervisor
- Any other members of staff you know, your parents/carers, or another trusted adult

**There may be times when you feel you cannot talk to a member of staff. Consider:**

- Tootoot—to inform us anonymously of your concerns—link on school website
- Zumos—advice and links to support from other websites on lots of issues—[www.zumos.co.uk](http://www.zumos.co.uk)
- Child Line – **0800 1111** (FREEPHONE)
- Frank – National Drugs Helpline – **0300 123 6600** or text **82111**— [www.talktofrank.com](http://www.talktofrank.com)
- Victim Supportline - support after a crime— **0845 3030900**
- Samaritans - 24 hour emotional support – **116 123**—[www.samaritans.org](http://www.samaritans.org)
- NHS Choices - medical concerns - **111**
- Brook Services - relationship and sexual health advice— [www.brook.org.uk](http://www.brook.org.uk)
- Runaways—if you are thinking of leaving home—**116 000**—[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)
- Face up to it—Consent, relationships, and exploitation—[www.faceup2it.org](http://www.faceup2it.org)
- Mind—advice for Mental Health—**0300 123 3393** or text **86463**—[www.mind.org.uk](http://www.mind.org.uk)

Remember: everyone mentioned on this page is here to help you.

**Don't suffer in silence.**

These details and more updates can be found on the Safeguarding section of the school website.

## Anxiety - advice and guidance

This booklet is a resource to give you some information about:

- What anxiety is
- How to spot the signs
- Tips for parents
- Tips for young people
- Where you can find more help

You may find this useful in the build up to exams. You can download this by [clicking here](#), or by clicking the image opposite.

## Hub of Hope - Mental Health Support Network

This website provides a database of support that enables you to search for nearby services, including a 'talk now' feature.

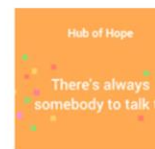
## Kooth - free, safe and anonymous online counselling

Please download the flyer for more details about this counselling and support service from Kooth.

## South Derbyshire LGBT+ Youth Group - The Proud Trust

A safe space for LGBT+ people aged 13-19 to get together and socialise, with activities and supervision and support of staff and trained volunteers. Meeting Saturdays.

More information...







Free, safe and anonymous  
online support for young people

Monday – Friday  
Saturday – Sunday



University of  
Nottingham  
UK | CHINA | MALAYSIA

UK  
China  
Malaysia

Research Business Global About A-Z

keyword(s)



University of Nottingham > University Counselling Service

## University Counselling Service

### The University Counselling Service

The University Counselling Service at The University of Nottingham provides a year-round service for all students and staff. We offer a range of services including groups and workshops, self-help resources and individual counselling.

Follow us on Twitter @UoNUCS



Counselling Service

Help in a Crisis Worried about someone? Self-help Workshops Wellbeing Mental Health Trauma

Want someone to  
understand or  
advice to help a  
friend?  
We're here for you.

and support  
We have a range of help for you

See our services

Latest news...

How to quit bad habits

Justin Brewer researches  
and what we can do  
to hear his TED talk

Looking after yourself

Friends can make a  
feeling low or over-  
whelmed. [mate](#) is a new guide  
how we can best lo

Appointments System

We operate same-day  
returning clients (th  
service in the last 2

Please be aware th  
have to call and sp  
on 3 days BEFORE  
appointment at th



# Safeguarding and Wellbeing Survey

- ▶ We conduct at least 2 student surveys each year, with many questions that focus on Safety and Wellbeing
- ▶ Discussed at SLT and have made decisions this year based on your feedback.

# Remember

- ▶ We are here to help everybody, everyday.
- ▶ Don't suffer, or let others suffer in silence



## Chellaston Academy

Safeguarding Team

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 Mr Metters Headteacher	 Mrs Eyre Designated Safeguarding Lead	 Mrs Horvath Deputy Designated Safeguarding Lead	 Mrs Amps Deputy Designated Safeguarding Lead	 Mrs Johnson DSL - Mental Health Lead
 Mrs Burdis DSL - Student Welfare Officer	 Mrs Church SENCo	 Mrs Bola Attendance Officer	 Mrs Grimwood SPL Year 7	 Miss Perkins SPL Year 8
 Miss Bailey SPL Year 9	 Mr Howard SPL Year 10	 Mr Shields SPL Year 11	 Mrs Warren SPL Year 12	 Miss Scullion SPL Year 13

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