

SAFEGUARDING AND WELLBEING



Issue 1



The Sutton Academy

As a result of the recent safeguarding Parent Survey, moving forwards we will be sending home useful safeguarding information every two weeks. This will include top tips and links to any outside agencies that offer support. It will also give you potential signs to watch out for.

The topic for this week will be mental health and well-being, focussing on self-harm.

ASSISTANT PRINCIPAL



Miss Seddon

Head of Year Team

Year 7 - Mrs Bibby Year 8 - Mr Friar Year 9 - Mrs Boylan
Year 10 - Miss Keenan Year 11 - Mrs Wilson
Sixth Form - Mr Hughes

SAFEGUARDING TEAM

SAFEGUARDING OFFICER



Mrs Potter



Miss Tickle

TRUSTEE



Mrs Kearney

Five potential signs & symptoms of mental health difficulties



1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

Useful information from Barnardo's

Barnardo's St Helens Resilience Service
Offering emotional wellbeing and resilience support to all secondary aged children and young people

Support for you, when you need it

Self-Harm Awareness
A supportive group session for parents and carers caring for young people who may be self-harming or had thoughts of Self-Harming.

In this hour long Zoom session we will look at what Self-Harm is, the emotional cycle attached to Self-Harming, functions and purpose of Self-Harm, how to talk to your child about Self-Harm, connecting rather than reacting and strategies and techniques you can use with your young person.

There are 2 Zoom sessions to choose from on Monday the 7th of February 5.30pm-6.30 or Wednesday the 9th of February 9.30am to 10.30am.

If you would like to attend please get in touch with us on the contact details below. We also offer individual parent sessions - if you would prefer this please get in touch.

Contact us on:

07783 763382
sthresilience@barnardos.org.uk
Alternatively speak to a member of staff at school
Follow us on Instagram @barnardoswellbeingsth

SCAN ME

Believe in children
Barnardo's

Incredible things happen when you believe in children
Barnardo's Registered Charity Nos 214250 and 5233780

Understanding self-harm for Parents/Carers

- Do you know the "triggers" for their self-harm? Is there a particular person, object, situation that you can link your child's self-harm to?
- Try not to panic or overreact. The way you respond will impact on how much they open up to you in the future.
- Remember that self-harm is usually someone's way of managing very hard feelings or experiences and that in the majority of cases it is different to suicidal feelings.
- Try to be non-judgemental and let them know you are there for them
- Relate to them as a whole person – not just their self-harm
- Remind them of the positive qualities that they do well.

Please visit our website for lots of useful information regarding safeguarding and wellbeing at The Sutton Academy with useful links to external agencies.

As always, if you have any issues around your child's mental health and well-being, please contact a member of the safeguarding team, or your child's Head of Year.

