



SAFE AT SUMMERHILL

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of Safeguarding and mental well-being issues, giving you useful links and resources to use if you have concerns. Please do not hesitate to contact us on the main school number (01384 816165) or via email on studentsupport@summerhill.dudley.sch.uk

Play Safe (Football Association)

Did you know? The Football Association has a new national safeguarding campaign

The Football Association and the NSPCC have launched 'Play Safe', a national campaign to focus attention on the vital importance of safeguarding in football.

At the centre of the campaign are three short films to emphasise the importance of safeguarding. Another aspect of the campaign is prompting parents to ask questions:

- Do you know your child's club Welfare Officer?
- If so, do you have their telephone number in your phone as well as that of the NSPCC?
- Are you up to speed with your child's club's safeguarding policies and procedures?
- Do you regularly check in with your child to see what they are enjoying/not enjoying and why?

More information and the videos can be found by clicking on the image below.



National Grief Awareness Week

Did you know? The coming week is dedicated to raising awareness for all aspects of grief and loss.

The infographic features a light purple background with decorative elements like white stars and dark purple leaf-like shapes. At the top, the 'Cruse Bereavement Support' logo is displayed in a purple script font. Below it, a white banner contains the title 'Five reasons why National Grief Awareness Week UK matters:'. A list of five reasons is presented, each with a number in a dark purple square followed by a white box containing the text. At the bottom, the 'hopeagain' logo is shown in green, with the tagline 'young people living after loss'. Two website URLs are listed at the very bottom.

Cruse
Bereavement
Support

Five reasons why National Grief Awareness Week UK matters:

- 1** Grief will affect us all in our lifetime
- 2** To challenge societies unrealistic expectations of what grief should look and feel like
- 3** To highlight how forever world-changing experiencing a bereavement can be
- 4** To tackle the taboo surrounding grief
- 5** To educate in order to allow for better support for ourselves and others

hopeagain
young people
living after loss

www.cruse.org.uk
www.hopeagain.org.uk

If your child has been affected by grief and may need some extra support please reach out to hopeagain@cruse.org.uk.

If you are an adult, you can contact your local Cruse office here: www.cruse.org.uk

You can also call the freephone Cruse helpline on: 0808 808 1677.

Remember - you matter, your grief matters and so does your loved ones memory.

Icy Conditions and Winter Weather

Slip and trip accidents increase during the autumn and winter season for a number of reasons:

- There is less daylight
- Leaves fall onto paths and become wet and slippery
- Cold spells cause ice and snow to build up on paths.

There are actions that students can take to effectively reduce the risk of a slip or trip. A warm winter coat will mean they aren't rushing to get out of the cold. Sticking to main pathways and pedestrian areas, which are more likely to have been gritted, is safer – as is avoiding distractions (such as walking whilst using a mobile phone).

5 Ways to Wellbeing

Do you know about the 5 ways to wellbeing?

Evidence has suggested that there are 5 steps you can take to improve mental health and wellbeing. Trying these things can help you feel more positive and able to get the most out of life.

- Connect with others
- Be active
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)

The [NHS](#) website and [Mind](#) both have useful advice and guidance on this.

We hope you have found this newsletter useful. If you have an feedback about the issues raised, or would like to suggest topics for a future edition, please email studentsupport@summerhill.dudley.sch.uk



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