



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

World Mental Health Day on 10th October

Did you know? The theme for World Mental Health Day is Mental Health in an Unequal World

Stigma and discrimination around those with mental health issues is one key reason for these inequalities. Almost 9 in 10 people with mental health problems say that the stigma around mental health has a negative impact on their education and personal lives. World Mental Health Day aims to work towards the stigma around mental health, opening conversations and normalising discussions around mental health and wellbeing.

Nature and Mental Health

Did you know? Recent National Trust research found a link between feeling connected to nature and having improved wellbeing.

In this short video, Sir David Attenborough discusses ways that nature has been shown to improve mental health - for example, that recently bereaved people have found spending time in nature helpful for dealing with their grief. He discusses how nature has helped him during stressful times and suggests ways that people can better connect with nature.

[Click here to see the video](#)

Young Minds

Young Minds have made this guide for parents to help find support for their children if they're struggling with their mental health. It includes quick tips for accessing help, information about CAMHS, contact details for helplines, plus more.

YOUNG MINDS
fighting for young people's mental health

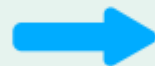
What is mental health?



Your mental health affects how you...



Your state of wellbeing



affects how you

- cope with stress
- relate to others
- make choices
- engage with your family, community, workplace and friends

Support your mental health

Boost your wellbeing

Little things can make a big difference to your wellbeing

- spend time with people who make you feel good
- express your feelings through journaling

Have a good night's sleep

Lack of sleep can increase risk of depression and anxiety

- aim for 7-9 hours of sleep per night
- avoid looking at screens one hour before bed

Keep active

Exercise can help relieve stress, improve memory and boost your mood

- use break time to get some fresh air and walk around
- join in PE lessons!

Need someone to talk to?

Call Education Support Partnership's free, national helpline for teaching staff

08000 562 561



Worried about a child?

Call NSPCC's expert helpline

0808 800 5000

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



Mrs S Sprouting
Designated
Safeguarding
Lead



Mrs S Gordon
Deputy
Safeguarding
Lead



Mr K Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead