



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-health 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

Time to Talk Day: Thursday 3rd February 2022



The nations biggest mental health conversation day is nearly here! Friends, families, communities and workplaces will get the chance to come together to talk, listen and change lives. This event is being run by Mind and Rethink Mental Illness in partnership with the CO-OP. The link below will provide you with a host of ideas about how you can get involved from organising a local event to sharing information on social media.

<https://timetotalkday.co.uk/>

Healthy Eating Food Scanner App

Help to bring your food labels to life and make healthier choices with the NHS Food Scanner App. Simply scan the barcode of any food to see how much sugar, saturated fat and salt is in your food and drink. Then all you need to do is choose one of the healthier swap suggestions. This app is part of the healthy eating campaign and can encourage children and young people to build healthier habits for life.

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>



Gambling

The Young Gamers and Gamblers Education Trust (YGAM) is a national charity with a social purpose to inform, educate and safeguard young and vulnerable people, helping them build resilience and understand the potential harms caused by gambling and gaming. In a world of constantly advancing technology it is easy to feel overwhelmed but YGAM are keen to provide simple, usable resources to help parents speak to their children around gaming and gambling. For more information and resources follow the below link:

<https://parents.ygam.org/about-ygam-parent-hub/>

Sepsis

Every year approximately 25,000 children are affected by sepsis. The UK Sepsis trust is working to raise awareness of an often treatable infection if caught early. Awareness of the symptoms really does help to save lives. You can find out more by clicking the following link:

<https://sepsistrust.org/wp-content/uploads/2021/11/15967-Paediatric-Leaflet.pdf>



Mrs S Sprouting
Designated
Safeguarding
Lead



Ms S Gordon
Deputy
Safeguarding
Lead



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Deputy
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Mr Cresswell
Deputy
Safeguarding
Lead