



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

Safer Internet Day 8th February 2022

Tuesday 8th February was Safer Internet Day and was celebrated with the theme 'All fun and games? Exploring respect and relationships online.' The day celebrated the role that young people play in creating a safer internet and the ways that they are shaping the interactive entertainment spaces that they are part of. Young people are being challenged to foster supportive relationships and respectful communities, whilst equipping themselves with skills needed to keep safe in these spaces.



<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/educational-resources>

Children's Mental Health Week 7th – 13th February 2022



The theme of this year's Children's Mental Health Week is GROWING TOGETHER which is about growing emotionally and finding ways to help others grow. Sometimes challenges and setbacks can help us grow and adapt to situations whilst trying new things can help us to move out of our comfort zones. Emotional growth can be gradual and happen over a period of time. For more information please click on the link below:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Young Minds : Dealing with Anxiety

With all of the uncertainty and change that Covid 19 has brought it is no wonder that more people are going through periods of time where we feel more anxious than normal. There are plenty of resources and organisations that can help in dealing with this anxiety. Young Minds is the UK's leading charity leading the fight for children and young people's mental health. They strive to see a world where no young person feels alone with their mental health and get the help and support they need no matter what. For more information on how you can help your child if they are struggling with anxiety visit the website below:

https://www.youngminds.org.uk/parent/a-z-guide/anxiety/?utm_source=email&utm_medium=february_newsletter_2022



Mrs S Sprouting
Designated
Safeguarding
Lead



Ms S Gordon
Deputy
Safeguarding
Lead



Mr K Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead