



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



Joyful June – Let's Look for What is Good

Every month Action for Happiness put together a monthly calendar focusing on specific things that can help to make us happier. This month the focus is on looking for the things that are good and that makes us feel joy. To download the calendar please follow the link below:

<https://actionforhappiness.org/calendar#download-block-anchor>

The Complex Pathways to Violence in the Home

A study by former Interventions Alliance researchers undertaken in 2021 sought to identify who the perpetrators of domestic violence are and the early signs that may indicate someone is at risk of becoming abusive in the future. The findings were drawn from narrative interviews with 10 adult males, aged 22-53, all of whom were known to the Criminal Justice Systems (CJS) as perpetrators of DA. To read the full report please follow the link below:

<https://www.russellwebster.com/understanding-men-who-perpetrate-domestic-abuse/>

Healthy and Unhealthy Relationships

Children and young people form bonds with others at all stages of their development. Positive bonds can help children feel safe and secure but sometimes children and young people are unable to spot the signs of an unhealthy relationship. It is important that adults are able to spot when a child is in an unhealthy relationship and have strategies in place to be able to deal with it. Below is a link to an NSPCC resource that can help:

NSPCC Learning

<https://learning.nspcc.org.uk/safeguarding-child-protection/healthy-and-unhealthy-relationships#heading-top>

Practicing Gratitude



There is a strong link between being grateful every day and increased feelings of happiness. Practicing being grateful is an easy practice that can be incorporated into your daily routines. In the article below there are some suggestions of how to do this and why it is so beneficial:

<https://edition.cnn.com/2022/05/19/health/gratitude-wisdom-project-chasing-life-wellness/index.html>



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
Lead



Mr Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead