



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

Omegle

A new platform called Omegle has been reported as posing a risk to children and young people. The free anonymous chatroom randomly pairs strangers in a chat via video call or instant messaging. Although it does not have an app any more it can be easily accessed via a web browser. For further information regarding the risks associated with this please see the below link:



[Dangerous Online Chat Room - Safeguarding Alert - Ineqe Safeguarding Group](#)

Instagram Updates



There seem to be a lot of updates to social media sites to help parents, carers and safeguarding professionals keep young people safe when online. With Instagram being on of the most popular online platforms it is important to be mindful of every update they release. For more information please see the link below:

[Instagram Updates - An Online Safety Guide to the Latest Features - Ineqe Safeguarding Group](#)

How to Use Joy to Combat Stress and Burnout

The origins of the word 'joy' dates back to the 13th century from the French word 'Joie' meaning pleasure, delight and bliss. Joy doesn't just make us feel good, it can also lower anxiety, decrease stress hormones, promote heart health and even lessen pain. Click on the following link to find out how you can use joy to reduce stress:

[How to Use Joy to Combat Stress and Burnout \(thriveglobal.com\)](https://thriveglobal.com)



Well Being Portal

Just a reminder that there is a well being portal on the school website that has lots of information and resources to help young people with things from mental health to bereavement to exams. You can check it all out here:

<https://sites.google.com/view/wellbeingportal/home>



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
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Mr Quirke
Deputy
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Mr Cresswell
Deputy
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