



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

Children’s Mental Health Week – 6th – 12th February

Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends, and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. As parents and carers, you play an important role in your child’s mental health. Check out this link which is free resources for families. [Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

Dealing with Body Confidence

The world is now more superficial than ever before – tiktok, Instagram, snapchat and others have standardized, what the world expects people to look like. What the world expects when someone is termed ‘beautiful’. For young people, the standard idea of beauty has always been an immense pressure for those transitioning between being a child and being a young person. Most of this transition occurs during secondary schools, and this puts an immense pressure on pupils to conform with these ideas in order to be popular, or to fit within a group of friends. Bullying and stigmatization against those who don’t fit or don’t think they fit within these standardized visions of how you should look, has an immensely negative effect on young people’s mental health. And that can have a negative effect on educational performance and attendance. To help young people with this, ChildLine has created a page over on their site with advice on these issues.

<https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>



Safer Internet Day 2023

This year’s theme for Safer Internet Day is ‘Want to talk about it? Making space for conversations about life online.’ According to a study conducted by The Conversation, most children and young people in the UK think their parents, carers, and teachers will “misunderstand or overreact” to what they believe is “normal, unproblematic behaviour and experiences.. That is why it is important to have non-judgemental, calm discussions about the internet and the online world with those in your care. It will always be the most effective way to learn about what they are experiencing and help them be safer.



What is Yubo?

Children and young people across the world use a range of online platforms to communicate and find connection with others. One app is redesigning itself entirely around this idea. Yubo (formerly known as Yellow) now describes itself as a “platform that celebrates the true essence of being young” and encourages “you to just be you.” Take a look at this link to find out more information about Yubo

[What is Yubo? - Safer Schools \(oursaferschools.co.uk\)](http://oursaferschools.co.uk)



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
Lead



Mr Quirke
Deputy
Safeguarding
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Mr Cresswell
Deputy
Safeguarding
Lead