



Stillness Junior School

Safeguarding News

Issue 1 – Autumn Term 2023

Safeguarding is about ensuring that everyone is safe from harm / exploitation and feels safe in our school. Harm can take many forms; bullying, abuse (physical / mental), neglect, discrimination and harassment.

All our staff understand safeguarding to be of the highest importance and they know that their vigilance of the children and of the adults is critical. All staff and volunteers understand their responsibilities in being alert to the signs of abuse and their responsibility for referring any concerns to the Designated Safeguarding Lead (or in their absence the Deputy Safeguarding Lead). We are committed to the provision of child protection training for all our staff.

Safeguarding issues are regularly discussed at Governors, Leadership Team and Staff Meetings and we work closely with a range of outside agencies, including Children's Social Care.

For more information please read our Safeguarding Policy (which can be accessed on our school website www.stillnessjs.lewisham.sch.uk). This policy applies to all staff, governors, professionals and volunteers working within our school.

Safeguarding Leads:

Mrs Mitzi Nichol
Headteacher

Mrs Zoe Renner-Thomas
Deputy Headteacher

Mrs P Brown
Inclusion Lead

Please visit our school website for further safeguarding information

Safeguarding is a process of making sure vulnerable children and young people are protected from being abused, neglected or exploited. If you are worried or concerned about a child and/or family please do not hesitate to email the school on kim@stillnessjs.lewisham.sch.uk. Please be assured that all concerns will be treated with the utmost confidentiality.

5 Ways to Wellbeing

Step 1: Connect. Connecting with others can help us feel close to people and valued for who we are.

Step 2: Get active. Many people find that physical activity helps them maintain positive mental health.

Step 3: Take notice. Reminding yourself to take notice can help you to be aware of how you are feeling. It can help you understand what triggers your feelings of stress or anxiety.

Step 4: Keep learning. We are always learning new things – often without realising it. Feeling like you are learning and developing can boost your self-esteem.

Step 5: Give. There has been a lot of research about the effects of participating in social and community life. Studies have shown that people who help others are more likely to rate themselves as happy.

**KEEPING CHILDREN SAFE IS
EVERYONE'S**

What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. **How can I help my child's mental health?**

1. **Make conversations about mental health a part of normal life.** Anywhere is a good place to talk: in the car, walking the dog or cooking dinner together. Model every day talk about this for example by talking about a TV or book character's feelings.
2. **Give your full attention.** We all know it's horrible to be half-listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language.** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously.** Do not downplay what the child is saying or tell them they are "Just being silly". Resist the urge to reassure them that "everything is/will be fine".
5. **Ask open questions.** These will help extend the conversation.
6. **Calmly stay with the feelings that arise.** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions.** Show that you accept what they are telling you but do not try to solve every problem.
8. **Remember we are all different.** Respect and value the child's feelings, even though they may be different from yours.
9. **Look for clues about feelings.** Listen to the child's words, tone of voice and body language.

Ten more ideas proven to help anxious children:

Quiet Hugs: Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety so sitting quietly with lots of cuddles and empathising can often work better.

See your calm space: Remember a time when you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.

Draw your anxiety: Draw a picture of what you are worried about.

Blow bubbles: Research has shown that taking 10 deep breaths resets the automatic nervous system and helps to calm the amygdala in the brain. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or a straw and balled up paper offer other ways to do the same.

Pet a furry friend. Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 1 to 15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.

Jumping Jacks: Anxiety often causes shallow breathing. Asking your child to do an exercise forces them to take deep breaths that can reset the anxious feelings.

Remember past success: Encourage your child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it may be hard.

Problem solve the fear: Help your child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst, can help calm the fear.

Destroy the worry: Have your child write their anxiety on a piece of paper, then tear it up and throw it away.

The combined pressures of schoolwork, assessments, social-life, sports or other activities, plus lots of screen time have resulted in much higher levels of stress and anxiety among young people.

We can never completely eliminate stress for our children, in fact shielding them from the difficulties of life will not do them any favours. It is far more powerful to raise a resilient child who can bounce back from challenges and maintain a positive mindset.

Since stress is a natural part of life, your goal is to teach your child healthy strategies for coping with it.

Useful Safeguarding Acronyms and Vocabulary:

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CiN: Children in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn into extremism

CAMHs: Child and Adolescent Mental Health Services

SEND: Special Education Needs & Disabilities

If you think a child is in immediate danger, contact the police on 999. If you're worried about a child but they are not in immediate danger, you should share your concerns.



Please help us and your child by ensuring their attendance remains above 96%, allowing them to achieve their potential