

Safeguarding & Wellbeing update Information for Parents & Carers

Please check out our safeguarding and wellbeing pages on our website:

<https://www.westfieldacademy.co.uk/about-us/safeguarding.htm>

There is a host of information, advice and links to excellent websites to offer support and guidance.



If you need to contact the safeguarding team at Westfield Academy please use the reporting form on our website or use the following email address: safeguarding@westfieldacademy.co.uk This will be monitored by the Designated Safeguarding Lead and Deputy Safeguarding Lead only during normal school hours.

IF URGENT AND THE YOUNG PERSON IS AT RISK OF HARM PLEASE CALL the Police on 999 or Children's Social Care (Somerset Direct) on Tel:0300 123 2224. Out of hours service please call the Emergency Duty Team on Tel:0300 123 2327.

Mental Health Awareness week & Exam Wellbeing

It is Mental Health Awareness week between 13-19 May. This year's theme is 'movement - moving more for our mental health'. Moving can increase our energy, reduce stress and anxiety and boost self esteem & confidence. Movement gets our hearts pumping and muscles moving releasing the 'feel good' hormones that help reduce feelings of stress and anger. Going for a walk, putting on your favourite music & dancing around the living room - any movement counts!

The safeguarding team will be running assemblies all week promoting the benefits of moving more and sharing the activities staff complete that helps boost their wellbeing! We will also be promoting a student walk on the lunchtime of 'Wellbeing Wednesday' in that week.

Exam Wellbeing:

As you are all aware we are entering the exam season - here are some top tips with how to support your child through this potentially stressful period;



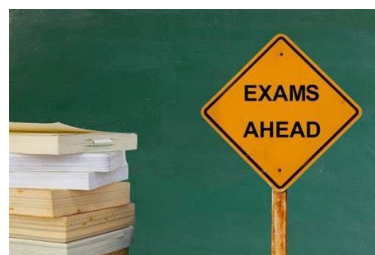
- **Listen to their concerns** - normalise any worries, encourage them to talk about their concern, reassure them their feelings are valid & you support them.
- **Help with exam practicalities** - help them plan a realistic revision timetable, discuss different techniques and identify what works best for them, ensure they have a distraction free place to study.
- **Encourage healthy routines** - sleeping well, eating well & relaxing. Encourage them to do things they enjoy which will inevitably reduce stress (exercise, doing something creative, just getting fresh air) Try some relaxation techniques (breathing, tense and release, grounding)
- **Promote perspective** - don't add to the pressure. Stay positive, be realistic with goals & reassure them you are proud whatever happens.
- **Look out for signs they are struggling** - sleep or appetite problems, concentration difficulties & physical symptoms - reach out for support early.

[Mind - coping with exam stress](#)

[Childline](#)

[Young Minds - supporting your child](#)

[BBC Bitesize - parents guide](#)



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Child Criminal Exploitation

The safeguarding team recently attended a county lines / exploitation conference run by the charity, Escapeline which highlighted how prevalent the issue is across the country.

Criminal exploitation is linked to county lines and is when gangs recruit and use children & young people to move drugs and money for them. Children as young as 10 are recruited, often using social media. They are exploited and forced to carry drugs between locations, initially on foot and push bike and then train / coach. They are also forced to sell drugs to local users. Young people may be criminally exploited even if the activity appears 'consensual'.

FACTS:

- The National Crime Agency (NCA) has estimated 70,000 young people are currently being exploited in England.
- A gang member can earn between £2000-5000 a day.
- This business model has been running for over 20 years and the annual turn over is £0.5 billion pounds!
- In 2018 the NCA identified 720 county line gangs in England & Wales - in 2020 they have identified over 2000.
- It is evolving all the time. More girls are being recruited than boys. Young people from more affluent and middle class families are being targeted due to less detection from the Police and being less on the radar. These young people are referred to as 'clean skins'.

For more information: [Escapeline](#)



Parent & Family Support Advisor (PFSA)

Just a reminder that we have our own PFSA Mrs Bates in school two days a week. PFSAs are appointed to provide direct support to young people and their families.

The PFSA can help in a variety of ways including: school attendance, participation, behaviour & parenting. Additionally, a PFSA can support parents accessing other agencies.

Aims of a PFSA:

- To promote communication between home and school
- To increase attendance and outcomes.
- To provide information, support and advice to parents in relation to outside agencies
- To promote the participation and partnership working of home and school.



The PFSA Service:

A confidential, informative and flexible approach to meet your families needs.
A one-to-one service which can be arranged in a families own home, by appointment.
Help and support to identify and access services available to families.

She can be contacted via email: Annabel.Bates@westfieldacademy.co.uk



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Keep your eyes peeled for termly updates from the PFSA with useful information & resources