



Welcome to our second edition

We hope that this provides useful information for you and your family. Please reach out to us if you need support or have concerns of a safeguarding nature. Please contact the school reception and request to speak to someone from the safeguarding team.

What is safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child. (credit: NSPCC)

Listen Up, Speak Up

It's up to all of us to keep children safe. That's why the NSPCC are encouraging every adult in the UK to **Listen up, Speak up**.

Through a free, 10-minute training and series of follow-up emails, Listen up, Speak up shows:

- some signs a child might be at risk, and steps you can take to help
- how to approach difficult conversations to help keep children safe
- who you can contact if you're ever concerned about a child or their family

Learn more and play your part:

nspcc.org.uk/listen-up-speak-up



It's time to say goodbye

On 25th March we unfortunately had to say goodbye to Josephine Murudzwa, Deputy Designated Safeguarding Lead, as she is moving to a new role at Reading University. She has been a great support for our families and will be very much missed. She also wanted to pass on her goodbyes and share that it has been a pleasure working with families.

Useful guides

In our last newsletter I highlighted some useful websites and resources for information around safeguarding. In this newsletter I have included some guides from these providers for you. If there is an area you would like us to feature in a future newsletter please contact the school office for the attention of the safeguarding team.

Ask for ANI

Ask for ANI (Action Needed Immediately) is a codeword scheme to provide a safe and confidential way to seek support if you are a victim of domestic abuse.

Ask for ANI is delivered in partnership with Safe Spaces, a safe, confidential room for victims in pharmacies, or job centres.

For more information on the Safe Space, or Ask for ANI scheme and to find the nearest participating location please follow this link:

[Ask for ANI](#) If you feel you are in immediate danger please call 999.

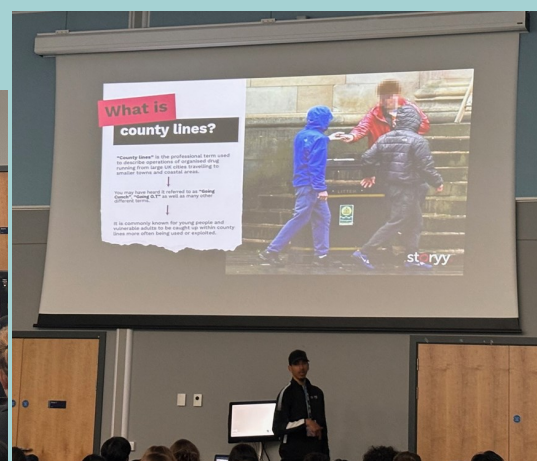
If you're experiencing domestic abuse, help is available

ASK
FOR
ANI



Educational Interventions

At Maiden Erlegh School in Reading we try to integrate opportunities for educational preventative work with our students to build their awareness. This term we have had some brilliant visiting assemblies around Drug Exploitation Awareness from Storyy Group and Alcohol Awareness from Smashed Live. These are great opportunities to build students understanding and awareness of these potential dangers and is something we are proud to offer at Maiden Erlegh School in Reading.



PARENT AND STUDENT GUIDES



MISSING DAY OR NIGHT

Missing from home or education. Not knowing where they are or who they are with.



NEW PLACES

Discovering they have been going to new places where they have no obvious connections.



ONLINE USE

Spending more time online. Secretive activity, refusal to come offline. Have they distanced themselves from family, friends and usual activities?



CHANGE IN APPEARANCE

Clothing, personal hygiene, talking differently, tired.



CHANGE IN BEHAVIOUR

Have they become unusually secretive, fearful or withdrawn, aggressive, distanced themselves from family and friends, involved in anti-social behaviour.



CHANGE IN FRIENDS

Sudden changes in who they are 'hanging out' with including meeting new people from social media.



INJURIES

Unexplained bruises, cuts, burns, marks. Reluctance to seek medical attention.



COPING MECHANISMS

Alcohol/drug use/self-harm – what they may be doing or using in order to cope.



POSSESSIONS

Unexplained items e.g. New clothing, money, phone, drugs.



HELP US STOP EXPLOITATION

SAY SOMETHING, IF YOU SEE SOMETHING SUSPICIOUS. CONTACT:

Crimestoppers  Police 
0800 555 111 101

WWW.STOP-CE.ORG

Contact:

SPEAK TO A MEMBER OF THE
SAFEGUARDING TEAM



STOPCE

Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

1. WARNING SIGNS, PART 1

Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



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This guide is part of
The National College
staffroom poster series
A collection of information posters
for your school staffroom.



Meet the Expert: Anna Bateman
Anna Bateman, subject matter expert
on mental health & wellbeing and
school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

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