



## Safeguarding and Wellbeing – Spring Term 1 2018/2019

### Young Carers Day

On the 31<sup>st</sup> January, Young Carers Awareness Day was held to raise awareness for young carers' mental health. Being a young carer is a risk factor for the mental health of children and young people. #CareForMeToo is a Carers Trust campaign that aims to raise awareness about mental health and improve support for young carers. The BBC estimates that **there are about 700,000 young carers in the UK**. Being a young carer often means looking after a family member who is ill or helping them by looking after the other members of the family while they can't. Young carers often do more chores than other children would. On top of providing emotional support to the person they are caring for they may also have to learn how to nurse them or look after their personal needs like bathing and dressing. Most recently, we have worked closely with YSS Worcestershire, to look further at how we can support our young carers in school. We have held assemblies to raise awareness with other pupils and offered young carers further support around their wellbeing. If you would like more information about young carers or would like to make a referral for support, please speak to school or go directly to [www.yss.org.uk](http://www.yss.org.uk)

### Children's Mental Health Week

The Children's Mental Health Week is on 4-10<sup>th</sup> of February and the theme this year is Healthy: Inside and Out. The idea of this week is to get young pupil to think about how they look after their bodies and minds. When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep. However, in order to be healthy overall, it's important that we look after our mind – our mental wellbeing too. During form time and assemblies next week, teachers will be discussing this with their classes and coming up with ideas on how we can keep healthy inside and out. If you would like to discuss it further at home, please visit [www.place2be.org.uk](http://www.place2be.org.uk)

### Safety Internet Day

Safer Internet Day is **celebrated globally** in February each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation.

Coordinated in the UK by the UK **Safer Internet Centre** the celebration sees hundreds of organisations get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

Globally, Safer Internet Day is celebrated in over a hundred countries, coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet. Get involved to play your part!

### Physical Behaviour

Please can you support school and our Behaviour Policy by having a talk with your child about the inappropriateness of unwelcome physical behaviour. Physical contact is not tolerated in school and there will be consequences but into place should your child use unwelcome physical contact towards another pupil. It is important that school is a safe and thriving place and all reports of physical behaviour are taken extremely seriously. Thank you for your support.