

Welcome to our safeguarding newsletter.

We know that safeguarding covers a huge range of topics; the safeguarding newsletter throughout the year will share **key updates, useful information, practical advice and links to support**.

Our aim is to keep you informed and make safeguarding information easy to access. If you have any concerns, please do not hesitate to contact a member of the safeguarding team.

Your Safeguarding Team at Broughton

Mr S Bailey	Mr D Botes	Mrs A Boardman	Mrs V Bamber	Miss E Cross	Mr C Banks	Mr A Ellis	Ms C Law
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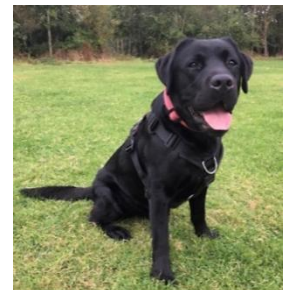
Supporting your child's well-being

We are very lucky to have access to a wide range of support to help our pupils with their emotional well-being and mental health.

We all need a little extra support sometimes, and there is no need to wait until a problem becomes a big concern before asking for help. Support might be something as simple as helping a child to build their confidence, manage their emotions or talk through something that is worrying them.

Below is some of the support available, but this is not an exhaustive list. If you feel your child could benefit from some extra support, or you would simply like to have a chat about what help is available, please speak to a member of the Safeguarding Team, we are always happy to listen and help you find the right support for your child.

- **Wilson – Therapy Dog** – Wilson comes into school twice a week to work with pupils 1:1 on well-being.
- **Compass Bloom** - Provide a free and confidential emotional health and wellbeing support for young people with mild to moderate emotional health and wellbeing.
- **PNE Game Changers** - Helping pupils develop confidence, resilience, relationships and positive life skills through engaging activities.
- **Our School Counsellor** - A confidential space where pupils can talk through worries and feelings with a trained professional.



Supporting a child who may be self-harming

Self-harm can be difficult for young people and their families to understand, and it can be worrying for parents and carers.

If you are concerned about a child, the most important thing is to **stay calm, listen and let them know they are not in trouble**. Try to create a space where they feel able to talk without fear of judgement.

You don't need to have all the answers. A simple, *"I'm glad you told me"*, can be a really important starting point.

A few helpful tips:

- Listen and give them time to talk.
- Avoid criticism or making them feel guilty.
- Let school know if you have concerns so that we can work together.
- Encourage healthy ways of managing difficult emotions.
- Seek professional support if you are worried about their well-being.



There are services available to support both young people and parents. **Young Minds, CALM HARM, Shout Crisis Text Line (Text SHOUT – 85258) and Young Minds Parent Helpline** all provide information and support around emotional well-being and self-harm.

Medical needs & allergies – please keep us updated

With the new legislation around allergies in place, 'Benedict's Law', as staff we have recently completed **Benedict's Law training**, helping us to continue supporting pupils with allergies safely and effectively.



If your child has an **allergy, medical condition, medication requirement or any other medical need**, please make sure school is aware.

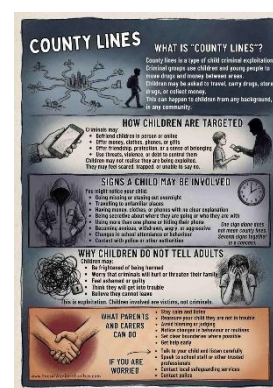
Even if you have previously told us about any medical needs your child has, please contact Mrs Murray – murrayd@broughtonhigh.co.uk if there has been any change, so that we can update our records. Keeping our records up-to-date means we can make sure the right support, and information, is available when it is needed.

County Lines

What is county lines? - County lines is a form of criminal exploitation. It refers to gangs using children and vulnerable adults to move, hold and sell drugs across the UK. It's known as county lines because children travel across counties and use dedicated mobile phone 'lines' to supply drugs.

Pupils recently took part in assemblies delivered by the **County Lines Team and the Police**. The assembly focused on recognising warning signs, making safe choices and knowing **where to go for help**.

As a parent or carer, you know if something is a change for your child. There is specific behaviour related to county lines which is important to talk to your child and support services about.



- Regularly going missing from their school, home or care.
- Being aware that they're travelling to unfamiliar locations.
- Noticing money, clothes, accessories or mobile phones they've received and been unable to explain why or where they came from.
- Having several mobile phone handsets or sim cards.

**If you're feeling worried, trust your instincts and talk to your child about it.
Do contact school and talk to the Safeguarding Team if you have any concerns.**

The NSPCC has a vast amount of information and advice if you feel your child is at risk - [County lines and protecting children from exploitation | NSPCC](#)

Support Outside of School

Our '**Where to Go for Help**' section on the school website brings together useful information and links for pupils and families. [Broughton - Mental Health and Wellbeing](#)

If you are in crisis and need immediate support please contact:

- The Samaritans – Call 08457 909090
- Childline (up to 25 years) – Call 0800 1111
- Shout (24/7 Crisis text line for young people) - Text Shout to 85258
- Domestic Abuse – Domestic Abuse Support Services - 0300 3033 581. If you are a victim or in danger call 999.
- Lancashire Mental Health Crisis Line - 0800 953 0110
- Present at A&E or call 999 if you think you are in danger or a danger to yourself.

Safeguarding is everyone's responsibility