



Grange Primary School

Safeguarding Newsletter

Spring 1 2024 – Issue 3

Dear Parents/Carers,

Welcome to the 3rd edition of our newsletter, to provide you with safeguarding news and help you stay up to date with essential information to assist you in keeping your child safe, both physically and emotionally.

For our 3rd issue, we will be focussing on Children's Mental Health – To coincide with National Children's Mental Health Week.

Please remember, if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team; details of which are available from the school office or via our school website.

Communication Is Key!

'My Voice Matters' has been the focus of Children's Mental Health week. It is about empowering the children, by providing them with the tools they need to express themselves.

As parents and carers, you play a pivotal role in your child's mental health, by allowing their voice to matter.

This year, we want to empower the children at Grange to work together, to create a positive change for their mental health and wellbeing.

Mental Health is as important to a child's safety and wellbeing as well as their physical health. It can impact all aspects of their life, including their educational attainment, relationships and physical wellbeing.

Mental health can also change over time, to varying degrees of seriousness and for different reasons.



Conversation Starters



Some ways to start a conversation with your child about mental health could be...

- Tell me about your day
- What was the best thing about today?
- What is the biggest thing you worry about?
- Is there anything I can do to help you, with your worries?
- If you could be anywhere in the world right now, where would you be and why?

Here are some tips to encourage more meaningful conversations with your child:

1. Meet Eye to Eye. It's important to get on their physical level.
2. Know their Space. Get to know your child's comfortable spaces.
3. Keep a Constant Line of Communication open.
4. Ask Open-Ended Questions.
5. Be Patient.
6. Be Neutral.

Please find below a list of websites, that can help you to support your child's Mental Health

<https://parentingsmart.place2be.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/?source=ppc-generic>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

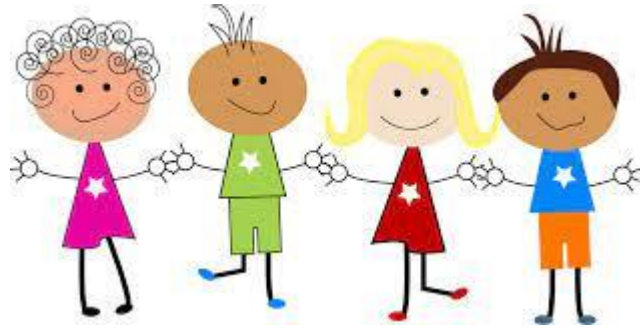
<https://www.groundwork.org.uk/themes/supporting-young-people/>

Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost



Wellbeing



The Mental Health Support Team (MHST) is a government initiative designed to increase access and availability of mental health and wellbeing support for children and young people in school. MHST is made up of Educational Mental Health Practitioners (EMHPS). EMHPS are assigned to support children and young people and their families in schools through a range of strategies, to implement a whole school approach to mental wellbeing. Grange is very lucky to be part of the programme, which consists of two Mental Health Practitioners - Folu Oshin (Senior Practitioner) & Annabel Hutson (Trainee Practitioner). They attend Grange weekly, to support our parents whose children are experiencing anxiety or low-level behavioural issues.

This year, in addition to the practitioners above, we are fortunate enough to have Katrina Jenkins (Family Therapist).

If you feel you would like some support to help your child with anxiety or low-level behaviour, please speak to a member of staff, who will then refer you to the relevant school-based staff that can complete a referral.

We are here to help, so please reach out if you need support.