SAFEGUARDING BULLETIN

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The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

These fortnightly bulletins will reach out to parents to give them the tools and skills to support their children too so that we are better, together. For the first half term, our focus will be on supporting our students' mental health.

Preventing Teenage Suicide

With World Suicide Prevention Day on September 10th and Youth Mental Health Day fast approaching on 19th September, it is a good time to discuss the support of our young people who experience difficulties with their mental health. Sadly, there has been a rise in the suicides of teenagers over the past three years. The schools in the Achieve and Learn Trust work very hard to train staff and educate our young people to have the skills and resilience meet the mental health challenges they encounter every day.

If a young person experiences suicidal thoughts, he or she may be feeling too ashamed to talk about them. Suicidal thoughts are usually temporary and it's okay to talk about suicide. The following 4 minute video gives some conversation starters and the importance of opening the conversation and creating a safety response plan https://www.youtube.com/watch?v=TokWrCfq_Cc

Young Minds

Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone. The Young Minds website has lots of advice and resources to support parents and young people. There is also a free helpline for parents on 0808 802 5544 which is open Monday to Friday from 9.30am to 4.00pm The website can be found by following this link; https://www.youngminds.org.uk/parent/?scrlybrkr=ea769de3

Back to School Photos

At this time of year it has become a tradition to post 'back to school' content, to Facebook and Instagram. However, this practice comes with unseen dangers. On his blog Wayne Denner has written about this issue and in a short but worthwhile read he exposes some of the potential issues, lurking in the e-space. If interested, please follow the link below: https://www.waynedenner.com/protect-your-child-the-hidden-dangers-of-posting-back-to-school-photos-on-social-media/