



Monday 21st February 2022

Safeguarding, Health and Well-being Newsletter

MESSAGE FROM OUR DESIGNATED SAFEGUARDING LEAD

Attitude Determines Altitude

Dear Parent(s)/Carer(s),

Welcome to the third Safeguarding, Health and Well-being newsletter of the academic year.

7th-13th February was Childrens' Mental Health Week. The theme of the week was 'Growing Together'. This week focused on promoting good mental health and wellbeing for children and young people. As such, the focus of this edition of the Safeguarding, Health and Well-being newsletter is to consider the concept of growing emotionally and to think about ways to help each other grow.

According to data published by the NHS, roughly one in six children and young people were identified as having a probable mental health disorder in 2021. Childrens' Mental Health Week presents an opportunity to highlight the importance of children's and young people's mental health, to encourage involvement from the wider community, and to spread the word about the impact of mental health on children and young people.

These last few years have been incredibly hard. Trying to adjust to not being able to see friends, family or go to school means many young people have struggled with feelings of loneliness, low mood and anxiety about what might happen in the future. This can be especially hard when no one seems to have the answers.

At Platanos College, we aim to promote positive mental health for pupils and staff. We pursue this aim using both whole school approaches and specialised, targeted approaches where a young person is having difficulties with their mental health.

This edition of the newsletter examines key what parents/carers and schools can offer to best support young people at what can be a very challenging time.

Ms Williams

What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have small feelings every day; these can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we can feel overwhelmed which can lead us to stop doing what we want to live our lives.



Mental health facts and statistics

- 1 in 4 people have a mental health problem of some kind each year in the UK.
- 50% of mental health problems are established by the age of 14.
- 75% of mental health problems are established by the age of 24.
- 16% of young people aged between 10-16 have a clinically diagnosable mental health problem (2020)
- Among 11–16-year-old girls, 63.8% with mental health disorders had seen or heard an argument amongst adults in their household
- 27.2% of young women aged 17-22 are likely to have a mental health disorder.
- 70% of young people who have experienced mental health problems have not had appropriate interventions at an early age.
- There is an average 10-year delay between young people displaying first symptoms and getting help

MHYPs 2020 Survey

TIPS FOR TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, when out for a walk or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "Do you fancy a chat?" "I'm happy to listen if you need a chat".



THE IMPORTANCE OF SLEEP

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

Children and young people should sleep for 8-10 hours per night. Lack of sleep affects an individual's overall behaviour as well as their physical health and mental well-being. It may cause problems with memory and concentration issues, stress, performance issues and reduction in reaction time. Sleep regulates hormones and allows the body to grow and repair muscles, organs and other cells. Whilst an individual sleeps special proteins are released, which support the immune system to protect an individual from illness and disease.

Lack of sleep has a major impact on concentration. Experts at Loughborough University have identified low attention span, slower thought processes and a drop in IQ as the first signs of tiredness.



How can I support my child to get enough sleep in order to stay healthy and be well rested for school?

1. **Limit screen in the bedroom.** If possible, do not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.
2. **Exercise for better sleep.** Regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60minutes' exercise every day. Exercising out in daylight will help to encourage healthy sleep patterns too.
3. **Cut out the caffeine.** Suggest that your child cuts out or drinks less caffeine- found in drinks such as cola, tea and coffee. Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.
4. **Do not binge before bedtime.** Allowing your child to eat too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.
5. **Have a good routine.** Encourage your teenager to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep.
6. **Create a sleep-friendly bedroom.** Ensure your teenager has a good sleeping environment- ideally a room that is dark, cool, quiet and comfortable.
7. **Talk through any problems.** Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better. You could also encourage them to jot down their worries or make a to-do list before they go to bed. This should mean they're less likely to lie awake worrying during the night.
8. **Avoid long weekend lie-ins.** Encourage your teen to not sleep in for hours at weekend. Late nights and long lie-ins can disrupt your body clock and make it harder to sleep come Monday.

Do you know how much sleep your child needs?

The amount of sleep that your child is recommended to have is based upon their age. The NHS recommends the following:

Age	Sleep needed
5	11
6	10 hours 45 minutes
7	10 hours 30 minutes
8	10 hours 15 minutes
9	10 hours
10	9 hours 45 minutes
11	9 hours 30 minutes
12 and 13	9 hours 15 minutes
14 – 16	9 hours

THE LINKS BETWEEN PHYSICAL ACTIVITY AND MENTAL HEALTH

Teenage mental health week: 'Growing together...'

Platanos College: Physical Education (PE) department

The impact and role physical activity and sport can play in someone's life is invaluable as the participation in team sports, can have a life-long effect. Many staff members and parents still participate in physical activity and sports; they find it integral for a balanced life and to assist in managing the daily challenges and stresses of life.



Year 7 Girls' football team vs Streatham & Common High School

Our primary objective as a department is to engage all our pupils in exciting and fun PE lessons and for them to discover the far-reaching benefits this brings. Additionally, we encourage all our pupils to get involved in an extra-curricular activity or club; with the hope that they will remain physically active for their entire life because of enjoyment-making health and well-being a way of life.

Team sports provide opportunities for children to boost and manage their self-confidence and self-esteem which will need to be carried on to all aspects of life in years to come. Those who participate in sports are less likely to be depressed, have anxiety, and for children it can deter bad behavioural patterns. Research supports findings that children who were involved in team sports tend to feel better about themselves socially, physically, and mentally as adults.

Throughout the pandemic so many young and old have realised the importance of sport and physical activity in achieving balance in life, after being restricted to being indoors and unable to interact and share experiences with others.



Year 7 Boys' Indoor Athletics team at the Lambeth Schools Competition

One of the biggest benefits is that they teach us to work together as a team toward a common goal. When one member of the team is struggling, the rest of the team is there to support them. Through team sports our pupils learn about commitment, training, setting and achieving goals. Furthermore, the value and rewards gained from hard work and that generally in life, there are few shortcuts.

Team sports also teaches invaluable lessons about how to handle defeats, losses and disappointments-the need to display great character, grit and resilience is much needed in everyday life. Every athlete experiences a loss in their games or career, and not dwelling on that loss but turning it into a unique learning moment to improve is an excellent way for our pupils to learn how to handle setbacks they may encounter in life.



Year 8 Boys' Indoor Athletics team at the Lambeth Schools Competition

What do our pupils have to say?

"It's great when you're able to play sport with friends and get exercise at the same time."- Year 7 pupil.

"In team sports you can thrive off the confidence of others when you're unsure or nervous before a match or competition."- Year 8 pupil.

"Even though athletics is an individual sport your efforts contribute to the team's overall success." – Year 8 pupil.

HOW READING BENEFITS YOUR MENTAL HEALTH

It is often said that books are food for the brain.

Research which states that reading enables a 360-degree growth of an individual as it develops one's thought process, expands your viewpoints and keeps your mind active.

New research suggests that reading could be hugely beneficial for our mental health and overall well-being. Reading novels, poetry or plays can help us understand and cope with times of emotional strain. Interestingly, it has been proven that classic books written by authors such as William Shakespeare and Charles Dickens can actually help relieve some symptoms of depression and chronic pain.

Abdimalik Elmi 8A

Reading can help you in various ways but one

way that impacts your everyday life is vocabulary.

Your vocabulary is increased by reading books often. Reading can broaden your capabilities within the English curriculum. Reading can also increase your creativity and ability to understand how the real-world works. Reading can also help you improve your fluency and overall confidence.



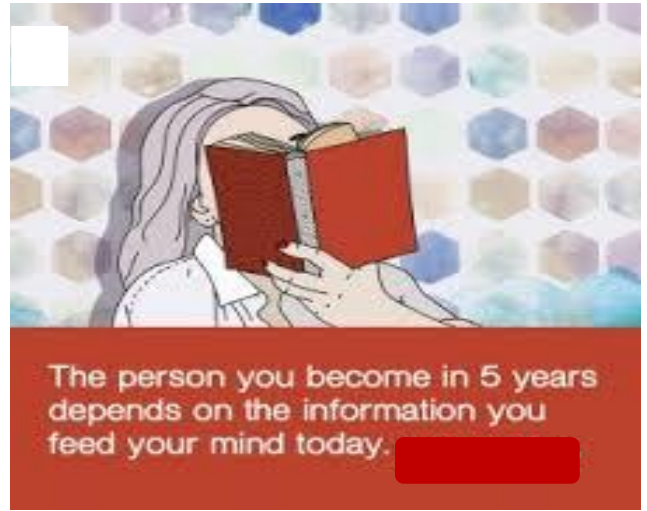
As with adults, reading can be a powerful and fun way for a child to unwind at the end of a long day, allowing their minds to run free from any negative thoughts they may be experiencing. For a child, a bookshelf can be the portal to an infinite number of worlds they can explore and escape to when feeling overwhelmed. Not all pupils respond to books in the same way: some will relate to the words, while others will be drawn to the pictures. A book does not have to be focused on emotions to help pupils with their wellbeing, often what we all need the most to cheer us up is simply a good laugh!

Mihad Saeed 7E

Reading can help me by improving my reading skills and spelling. Also, reading can help me with words that I did not know before so that I can use them in my class work or test. It makes you feel like you are living an experience.

Nataly Sandoval De Freitas 7B

Reading can help you expand your vocabulary. Reading has a good influence as you get to learn more about English Language. Furthermore, there are different genres of books that you can read and choose from. Sometimes you can learn a life lesson from reading as well as helping you to cope during difficult times.



During the COVID 19 lockdown, many people turned to the printed books on their shelves and the eBooks on digital devices for reassurance, reflection, or escape. The National Literacy Trust reported that their recent survey has shown that children and young people stated that reading, in particular, made them feel better. 3 in 10 (31.6%) said that reading helps them when they feel sad because they cannot see their family and friends. 1 in 2 (50.2%) also said that reading encourages them to dream about the future.

Aya Akarmass7B

Reading can help children and adults in many different ways. Reading can help build your imagination and vocabulary. You could learn two new words from reading for just fifteen minutes! Like I said, reading can impact us in a positive way. These are only two reasons but there are plenty others.

“The more that you read, the more that you’ll know. The more that you learn, the more place you’ll go”

Alaa Ouzane – 8A

I think reading can help with many things. For example; It can help you learn a range of advanced vocabulary, inspire you to create your own stories and help you expand your imagination to new heights. Reading books can also help you with your spelling because as you read, your brain becomes more familiar with the words. Lastly, it helps with your speaking skills and pronunciation which is beneficial for school and also life post-secondary school.

MENTAL HEALTH FIRST AIDERS

At Platanos College we have worked extremely hard to ensure the emotional wellbeing of both staff and students is supported. We have a team of specially trained Mental Health First Aiders overseen by our Designated Safeguarding Lead, Ms Williams. The Mental Health First Aid team are:

- Mr Hobson
- Mr Edwards
- Mr Augustus
- Ms Jordan
- Ms Wilson
- Ms Williams
- Ms Henry

Members of staff are in place across the school to ensure all students have a point of contact at any time throughout the day. If you would like any support for your child with their mental health please contact parentsafeguarding@platanoscollege.com.



SAFEGUARDING EVENTS

As well as teaching pupils about safeguarding, health and well-being through the curriculum, Platanos College also delivers this through workshops and assemblies. The following **safeguarding events** were delivered over the course of Spring term 1:

Spring Term 1			
Events	Year group	Overview	Intent
Sexual harassment assembly	7	In line with the Government drive that all schools educate pupils about peer on peer sexual harassment	To raise pupils' awareness and teach them how to safeguard and protect themselves against peer on peer sexual harassment, including where and who to report any potential safeguarding incidents to.
Sexual harassment assembly	8	In line with the Government drive to educate pupils about peer on peer sexual harassment	To raise pupils' awareness and teach them how to safeguard and protect themselves against peer on peer sexual harassment, including where and who to report any potential safeguarding incidents to.



ARE ALL OF YOUR CONTACT DETAILS UP TO DATE?

Please ensure the school office has all your current contact details, especially your current mobile phone number and email address and advise us immediately if any of your details change. If we do not have your correct details, this is a safeguarding issue. We must be able to contact you in case of an emergency.

If there are any changes, please let us know by informing the main office as soon as possible or email info@platanoscollege.com

MEDICAL CONSENT

If your child is required to take medication during the school day, please ensure that you complete the medical consent form.

ONLINE SAFETY

Online safety

It is more important than ever that parents/carers know what your child is doing online and to understand more about it. You can get more information and resources from helpful website including:

www.saferinternet.org.uk

www.thinkuknow.co.uk

www.net-aware.org.uk

www.internetmatters.org.uk

www.childnet.com

PARENT/CARER WORKSHOPS

As part of our safeguarding, health and well-being agenda, Platanos College will continue to run parent/carer workshops. Our parent/carer workshops were very successful last year and we intend to build on this success this academic year.

We would like to consult parents/carers about the workshops. Please follow the below link to give your views on the workshops.

[RSVP for Parent workshop on supporting your child to study at home \(9th March: 9.30 - 10.30am\) Survey \(surveymonkey.co.uk\)](#)

We thank you in advance for taking them time to do this.

PARENTAL VIEWS

At Platanos College, we are proud to work in partnership with our parents and carers. As such, we invite you to share your views as to what you would like to see in our *Safeguarding, Health and Well-being* newsletter.

Equally, we invite you to share anything that you would like to add to the newsletter. This could include how you have dealt with health and well-being matters.

Please send your suggestions to parentsafeguarding@platanoscollege.com

SAFEGUARDING CONCERNS

If you are concerned about a child, please contact Safeguarding Team using the below e-mail addresses:

- pupilsafeguarding@platanoscollege.com
- parentsafeguarding@platanoscollege.com
- safeguardingconcerns@platanoscollege.com

Please note that if a child is in immediate danger, you should call the police.

ACCESSING EXTERNAL SUPPORT

There are a number of different services available to parents/carers. Some of the services available to support your child's well-being are:

Mental well-being

Young Minds Parents Helpline

Below are a series of links that offer advice and support to parents/carers on supported their child's mental well-being.

- <https://www.youngminds.org.uk/parent/a-z-guide/> - Parents A-Z Guide for support – Young Minds
- <https://www.youngminds.org.uk/parent/supporting-your-child-during-the-coronavirus-pandemic/> - Supporting your child during the coronavirus pandemic – Young Minds
- <https://www.youngminds.org.uk/parent/survival-guide/> - How to help your child – Young Minds
- <https://www.youngminds.org.uk/parent/starting-a-conversation-with-your-child/> conversation



KOOTH



Kooth is a free online mental health & well-being service available to all young people aged 11-25 in Lambeth. Students can log onto Kooth until 10pm every single day of the year to speak to a fully-qualified counsellor about anything they wish. Kooth also has self-help tools & activities, an online magazine & forums which are designed to support a young person's well-being too

Kooth's monthly information sessions for parents and carers offers information about the service and a chance to ask any questions. Kooth can also provide letters that you can share to support parents in knowing that you are offering Kooth to their child. Please contact your Kooth Engagement Lead to request these and other support resources.

Further details of this can be found at www.kooth.com.

TWITTER

We are on Twitter! If you want to see our latest successes as they happen follow us @platanoscollege.

#attitudedeterminesaltitude

MEET THE EDPSYCHS TEAM AT PLATANOS



ALISON RUSSELL
Senior Educational Psychologist



JO RAIKES
Assistant Psychologist



MOLLY EVANS
Assistant Psychologist

ONLINE PARENT WORKSHOPS

9TH MARCH 9:30 - 10:30AM
TOP TIPS FOR SUPPORTING YOUR
CHILD TO STUDY AT HOME

HOW DO I SIGN UP?

FILL IN YOUR
DETAILS ON THE
SURVEY MONKEY
LINK BELOW:



<https://www.surveymonkey.co.uk/r/D8CVL3N>



PLATANOS COLLEGE
An outstanding school for
pupils of all abilities