



# Safeguarding Newsletter

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## MEET OUR SAFEGUARDING TEAM



**Mrs Victoria McNair**  
Designated Safeguarding Lead and  
Online Safety Coordinator



**Mrs Jo Osborne**  
Deputy Safeguarding Lead



**Ms Kate Nicholson**  
Deputy Safeguarding Lead



**Ms L Kirk**  
Deputy Safeguarding Lead



**Mr Gavin Luhrs**  
Deputy Safeguarding Lead



**Mr Armstrong**  
Deputy Safeguarding Lead

## Safeguarding at RSA

The purpose of this Safeguarding Newsletter is to provide important information to parents and students. Safeguarding is of the utmost importance and we want to ensure that all children learn in a safe, secure and caring environment.

Children are taught and offered support to ensure they are kept safe, develop positive and healthy relationships and to avoid situations where they might be at risk, including being exploited by others. We put our students at the centre of what we do.

If you would like to get in touch with a member of our Safeguarding Team, then you can email us at:

[safeguarding@robertsmyth.tgacademy.org.uk](mailto:safeguarding@robertsmyth.tgacademy.org.uk)



**MY VOICE®**

This term, we have launched 'My Voice' which is a system that will enable our students to report safeguarding concerns to our Safeguarding Team electronically.

### **How to access:**

To access the 'report a concern' form, students can visit the school website and select the main safeguarding page, to complete the form:

<https://www.robertsmyth.tgacademy.org.uk/about/safeguarding/>

### **REMEMBER:**

This form must only be used to report a safeguarding concern. Any information related to medical issues, teaching and learning matters or general concerns that relate to a member of staff, must still be reported via established processes and **not** via 'My Voice'.

It is necessary to state that any abuse of this system will not be tolerated and in the event of deliberate, inappropriate, or malicious use of this system, we will apply the Behaviour Policy. In serious cases, it may be appropriate for us to contact the Police.

We hope that you will support with this trial and that students use this system responsibly so that we are able to give them the help that they need.

## **ONLINE SAFETY**

### **Guidance for parents and guardians**

**Talking about online safety with your child:** Make sure that you have honest, open and regular conversations about staying safe online with your child. Some conversations can be difficult and even embarrassing but it is important to address some of the dangers of being online. This is such a broad area but for example, children and young adults may need to understand what personal and private information is or what is not appropriate to share online.





# MENTAL HEALTH

At Robert Smyth Academy, we promote positive mental health for every member of our school community; children, staff, parents and carers.

## What is mental health?

Mental health includes social, psychological and emotional well-being. Mental health refers to the ability to function and deal with daily life and everything it represents. Whilst the phrase 'mental health' often refers to mental health problems, we take a broader view that applies to all. We know that people have times when their mental health is good and also times when it isn't. Mental health can vary over time, just like physical health.

## Ways to support a child or young person



### Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



### Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



### Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



### Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



### Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



### Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. [The Sleep Charity has relaxation sleep tips for children](#).

If you have concerns relating to mental health, you can contact our Safeguarding Team.

**In addition, you can access our school website to look for guidance and advice:**

[www.robertsmyth.tgacademy/about/safeguarding/mental-health/information-for-children-and-young-people/](http://www.robertsmyth.tgacademy/about/safeguarding/mental-health/information-for-children-and-young-people/)

## TEEN HEALTH DATES

**February half term** - Real Love Rocks (Healthy Relationships): Year 8 and 9.

This will be offered in the community as a one day group over the summer.

**Deadline for referrals - 5th February**

**February half term - Easter (4 weeks)** - Exam stress and emotional wellbeing - focused on Year 10 and 11.

Sessions are 20 - 30 minutes long and young people will only need to attend **one** session. Referrals are not required for these sessions and these can be run in school as fits with the timetable and school needs.

**Please contact the Safeguarding Team if you wish for your child to be involved.**

**Easter Holidays -**

Week 1 - KS4 Friends - This will be offered as a one day group and will specifically focus around exam stress and managing this for KS4 (Year 11 will be prioritised)

Week 2 - Real Love Rocks (Healthy Relationships) - Year 8 and 9. This will be offered in the community as a one day group.

**Deadline for referrals - 18th March**

To make a referral for yourself or on behalf of someone else, please visit: [www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19](http://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19)

