



Saint Benedict CVA

Safeguarding and well-being newsletter June 2020 Issue 1



St Ralph Sherwin
Catholic Multi Academy Trust

Welcome to the very first edition of the safeguarding and well-being Newsletter. As we begin the reopening of schools, families will have lots of questions regarding the process and we hope that we are able to support you with any queries you may have. If you are experiencing difficulties at home, be it personal, financial or other, as a school community we are here to support you and your children on the road back to normal life. How education will look in near the future is still very unknown to us all, and we recognise the fears and anxiety that exist due to this uncertainty.

We are here to support you on the journey, and together we will achieve our own 'normality' the Saint Benedict way, which is by providing the opportunities for our children to be the best they can be which Christ at the centre. This newsletter is the first edition of what we hope to be a strong line of

communication between school and home and we look forward to sharing regular updates regarding all things safeguarding and well-being related to help keep the children within our community as safe as they can possibly be. Each edition of the newsletter will have a "Hot Topic" where we hope to share current thinking from professionals in how to support children within this area, alongside many other helpful links to support you at home. We hope you find this regular communication useful and look forward to seeing this support the safety and wellbeing of our children.

D Kelly
Designated Safeguarding Lead

Upcoming Dates

15th June 2020 – School reopening to Year 10

1st July – School reopening to Year 12 for face to face support



Useful Links

Food Banks

<https://bit.ly/2MIOaZU>

Online Safety Advice

<https://bit.ly/2YpMs5d>

DfE Guidance for Parents on Schools

<https://bit.ly/2UwqUTa>

Online Mental Health Support

<https://www.qwell.io/>

NHS Covid-19 Symptoms and Advice

<https://bit.ly/2AqAaBo>



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[@StBenedictDerby](https://twitter.com/StBenedictDerby)



Instagram:
[saintbenwellbeing](https://www.instagram.com/saintbenwellbeing)

Safeguarding Team



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Contact us on 01332 557032

If you are concerned about the welfare of a child outside of school hours, please contact;
Social Care: 01332641172 or
Careline: 01332786968

Hot Topic - Screen Time

How long is too long? - Advice from Webwise

Unfortunately – there is no magic number; children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear boundaries on screen time and set a good example.

'Screen time' is an obsolete concept. As digital media becomes integrated into all aspects of daily life, it is more important to think about what your child is doing online and who they are doing it with than to consider arbitrary rules about time.

Parents should find out whether their child is being productive versus passive online. Is your child learning online, doing homework or are they spending their time scrolling through social media? The internet can be a wonderful resource for children and teens, allowing them to learn, create and grow – but only if they are using it productively. Passive use of the internet, such as scrolling through social media can have negative effects on well-being. Video link: <https://bit.ly/3heWTRI>

Top Tips

1. Agree on a clear set of rules with your child on screen time in the home.
2. Do as you say.
3. Restrict the use of computers/devices in the bedroom.
4. Buy an alarm clock for your child's bedroom and charge their phones in your room at night time.
5. Pick one evening a week where you do a family activity together
6. Join in –take an interest in their gaming/online lives.
7. Try not to rely on screens too much to keep the kids amused.
8. Don't have screens always on in the background.
9. Talk to your child about what they do online.

Additional parental guides on security settings on devices and apps can be found at <https://nationalonlinesafety.com/guides>



"Safeguarding is effective and leaders have swiftly ensured that a culture of vigilance has become firmly established. Pupils say that they feel safe." - Ofsted

Welcome To Our Academy

Thank you for taking the time to visit the Saint Benedict Catholic Academy website. At Saint Benedict we pride ourselves in being a happy school where our young people are at the heart of all that we do. As a Catholic school, we use the life of Christ as our inspiration and our values of love, acceptance and forgiveness can be seen in every aspect of our work.



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[Saint Ralph Sherwin Catholic Multi Academy Trust](#)

[Term Dates](#)

[Academy Calendar](#)

[School Prospectus](#)

[Academy Performance](#)

[The Week @ Saint Benedict](#)

[Sixth Form Prospectus](#)

We've updated our website

We have spent some time during this period of lockdown updating the safeguarding area on our website. This is still a work in progress, but you will now be able to find additional pages that are created to support you and your children. We now have a dedicated A-Z of support page, a parent's area with helpful advice and tips such as those found within this newsletter and additional pages to support both Well-being and E-Safety. These pages will be regularly updated, and we will use this newsletter to signpost any changes that we make. We hope you are able to make use of this new area of our website in accessing any additional guidance or support that you may require.

Supporting your child's return to school

The thought of returning to school will be on the minds of our children and parents during these uncertain times.

two very good resources that will provide information on supporting your child in this.

Whether your child is in Year 10 and has worries about the returning to school on Monday 15th June or just general worries regarding the eventual return to school for other year groups we have links to

Anxious about Covid-19
<https://bit.ly/2XR7wCl>

Coping with change
<https://bit.ly/3cLPjud>

Supporting your child's mental health

The closure of schools and the Coronavirus (COVID-19) pandemic has the potential to be an anxious and uncertain time for children, young people, parents and carers. A reminder that at this difficult time school is here to support our community in any way we can. Requiring no referral, the Kooth and Qwell services are available to everyone to provide access to counselling support from 12-10pm on weekdays and 6pm-10pm on weekends, as well as 24/7 access to online forums where concerns can be shared and discussed. The Kooth service is for children and young people aged 11-18, up to 25 for children in care, and the Qwell service is for parents and carers whose children are aged under 18.

Another useful site for young people and parents who may be struggling during this difficult time is YoungMinds. They are the UK's leading charity fighting for children and young people's mental health. There are a number of parent leaflets to help support your child on our parents area on the safeguarding section of the website.

Children – Kooth <https://www.kooth.com/>

Adults – Qwell <https://www.qwell.io/>



YOUR MENTAL HEALTH MATTERS

1 in 4 people in the UK will experience a mental health problem

You may feel you are struggling with mental health problems. You are not alone, we are here to help! Give our social media pages a follow. Our dm's are always open.

Samaritans 24/7 - 116 123 Sane Line - 0300 304 7000
C.A.L.M (for men) - 0800 58 58 58

@IsolatedMindsUK Isolated Minds UK Isolated Minds

Mental health and well-being group support

A support worker at Saint Benedict CVA has launched a new mental health and well-being support group with a video featuring a range of famous sporting faces.

Amateur boxer Sandy Ryan and former Derby County player Igor Stimac are among those who appear in the video created by Sean Hedley to promote his new support group, which is called Isolated Minds.

Sean retrained and achieved qualifications in mental health and safeguarding before taking on the role of support officer at Saint Benedict in the weeks before the Coronavirus pandemic hit the UK.

He used to work for Derby County Community Trust, where he was instrumental in setting up a mental health support group for men called Team Talk.

Sean said: "I have done quite a bit of work in mental health since I left Derby County, people have been saying to me that I should set something else up and I always planned to do that. Since everything that's happened with Coronavirus, this seemed like the right time. "I've set up the group on Facebook and Twitter and I came up with the idea of doing a video with well known people in it. It was quite hard to organise. I managed to get quite a few people on board and posted it on Facebook where

it has had about 3,000 views so far; it's had about 4,000 views on Twitter. It could be up to 10 times that much though because some of the people who were in it have also shared it themselves. I'm really pleased with how it's been received."

Sean has plenty of plans in the pipeline for Isolated Minds and he would also like to run something similar that would be particularly aimed at young people.

He said: "Ideally, when lockdown is over I'd like to organise some walk-in sessions for Isolated Minds and I've got lots of ideas; I'd also like to do a podcast. When I was involved with Team Talk we had a games room and we'd have tea and coffee and sit and have a chat. That group was for men and Isolated Minds is for men and women.

"The group meetings wouldn't be too structured, they would just be a chance to have a chat and find out how other people deal with issues that you might be going through. I've had quite a few messages from people since I launched the group, just talking about what they are struggling with at the moment.

"I'd like to look at a similar kind of concept for children and see if we could get some sports stars to reach out to them."



NSPCC

YOUNGMINDS

