

Safeguarding Newsletter - Spring 2023 (Issue 3)

Latest advice for parents & carers

Welcome to the third edition of the Newsletter from the Brymore Academy safeguarding Team. We aim to provide the latest and most relevant advice, guidance and support on issues we feel will be important to you.

This edition provides information and advice about supporting young people through the exam period (and the advice applies to students who are struggling to manage their homework demands!), and how Early Help can support you & your family. If you would like any further information on the issues raised in this edition, please contact the safeguarding team at Brymore who will be happy to help. We hope you have a lovely half term break!

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you have a concern about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safe-guarding Leads at Brymore:

- Miss Chloe Doble (DSL)
- Mrs Debbie Roberts
- Mrs Harriet Featherstone

They can be contacted through the school office on 01278 652369 or via email at: concerns@brymoreacademy.co.uk

Managing Exam Stress

As we move closer towards exam season, we will share some tips to help you support your child throughout this time. We will also share advice which is great for managing homework stresses too– so there is something for everyone here!

It is normal to feel a bit worried about exams– especially if you feel under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this may impact on your sleeping or eating habits. If you recognise any of these feelings, you are not alone– there are things you can do!

- Let your trusted friends and family know if you are struggling.
- Ask for help! And accept the support being offered to you.
- Try studying with others– creating study groups can be really motivational and re-search shows that teaching others is one of the best ways to learn!

Mind have shared some of their best tips to get you started with revision:

- 1) Start by doing SOMETHING– it doesn't matter how small... just that you've started!
- 2) Organise your time with a revision timetable– set things out in small chunks.
- 3) Look over past exam questions, or practice answering in exam conditions.
- 4) Use apps to temporarily block social media, so you can concentrate!
- 5) If you want to listen to music, play instrumental/white noise to help you concentrate.
- 6) Break your revision down into small 30-45 minute chunks (and don't forget to plan in breaks!).
- 7) Don't forget to look after yourself– exercise, eat properly, and get a good amount of sleep.
- 8) Remember, everything will be okay! Focus on yourself and reach out for help if you need it.

If you are struggling, take a look at page 4 of this newsletter to find out where you can access confidential support, or speak to a trusted adult in school.

Useful links:

[14 ways to beat exam stress](#)

[Help your child beat exam stress– advice from the NHS](#)

FOCUS ON: Early Help

How can we support your family in times of need?

Helping you to help your family is the key principle of early help.

It starts with a conversation between you and the school:

- The conversation looks at different areas of life for you and your family.
- You can talk about how things are going for you with home, housing, work or gaining employment, health, school, college any social or community issues.
- The conversation will highlight what you feel is working well and what you feel could work better for you and your family.
- It helps to understand what the most important issues to you are.
- After your conversation, you and the school will be able to agree whether you just need some information or advice, or if you need a bit more support.

What support is out there for me?

You can seek support for:

- Behavioural issues
- Family relationships/dynamics
- Financial/Housing concerns
- Mental health/Wellbeing impacting on the family home

BTCT Family Support Team



Our staff:

Susan Nutt (Parent and Family)
Val Bown (Child & Family Support)
Adrian Darby (Family Therapy)

I can offer support to parents and carers with concerns that arise in day to day life



I am able to support you and your children through life's challenges and help you find the strategies to cope

I'm a warm and caring person who wants to help your child feel happy in school.



I'm a Family Support Worker with a wealth of knowledge and experience of working with

I can signpost you to relevant support agencies for specialist support if needed.

Family Support Worker

I can work with your child individually or with the family together

EVERY CHILD
ACHIEVES



If you would like some more information on how we may be able to support you and your family, please contact Chloe Doble (DSL) or Debbie Roberts (DDSL) via school reception or 01278 652369.

Is your child a Young Carer, or have caring responsibilities?

The definition of a Young Carer is: if you are under 18 and look after someone by providing substantial and regular care that persists over time and is important in maintaining the health, safety or day-to-day well-being of the person cared for and the wider family.

The types of tasks being carried out are often regular and substantial, which would usually be associated with an adult– for example, shopping, cooking, cleaning, managing medicines or providing personal care.

This could be helping to care for a physically disabled parent or sibling, or a parent experiencing mental ill health, alcohol or drug misuse. The caring role would usually be having a detrimental impact on the young person's development, such as difficulties at school, emotional difficulties or social isolation.

- As many as **1 in 12** secondary school-aged children could be young carers. That is two in every class (BBC 2010).
- **27%** of young carers (aged 11–15) miss school or experience educational difficulties. This figure is 40% where children care for a relative with drug or alcohol problems (Dearden & Becker 2004).
- Young carers have **significantly lower attainment** at GCSE level – the difference between nine B's and nine C's (The Children's Society, Hidden from View, 2013).
- Young carers are **more likely** than the national average not to be in education, employment or training (NEET) between the ages of 16 and 19 (The Children's Society, Hidden from View, 2013).
- A **quarter** of young carers said they were bullied at school because of their caring role (Carers Trust, 2013).

Somerset Young Carers Project

Children & Young Peoples' Team

Taunton

Somerset

TA1 3WF

Contact:

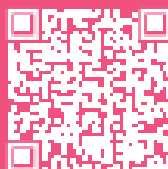
John Grundy

0300 123 1224

[Website](#)



YOUNG CARERS ACTION DAY 2023



#YoungCarersActionDay

<https://carers.org/about-caring/about-young-carers>

Useful contacts for guidance & support



On Kooth you can



Kooth is a free, online counselling and emotional wellbeing support service providing young people in Somerset aged 11-25 years with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

The young minds website contains lots of support and advice for both young people & parents.



0808 802 5544 (Free)

9:30am - 4pm, Monday - Friday

The Parent Helpline provides detailed advice, emotional support and signposting about a child or young person up to the age of 25.



<https://www.childnet.com/young-people>

This website provides guidance, tips and advice to help young people to use the internet safely, responsibly and positively.

NSPCC provides advice and guidance around parenting issues— from Mental Health issues to Drug and Alcohol misuse. Supporting parents to have difficult conversations with young people. Their helpline is open 24/7.



Call 0300 123 6600

Call FRANK 24 hours a day, 7 days a week.

Text 82111

Text a question and FRANK will text you back.



● Live chat (online)

Our live chat service operates from 2pm - 6pm, 7 days a week.

PROBLEM?

NOT SURE WHO TO TURN TO?

WHY NOT **WHISPER** IT?

**Whisper is our school's
confidential system for reporting
problems at school or at home**

WHO IS IT FOR?

You, your friends or family



Click where you see this button



LINK

**Click on where you
see the link:**

www.swgflwhisper.org.uk/report/bry1

BUTTON

**Click on the button
on your school
website:**



TEXT

**Send an anonymous
text to:**

**BRY1 + your message
to**

07860

021 584