



Welcome to the Half-termly newsletter from the Safeguarding Team.

We aim to bring parents and students the latest, relevant help, advice and reference material on issues that we feel will be of importance to you.

## *Celebrating Black History Month*

October marks Black History Month, an annual celebration of the history, achievements and contributions of black people in the UK. It's also all about sharing positive black contributions to society and most importantly about black cultural heritage.



Black History Month launches with hundreds of events across the country this month, amid a new campaign encouraging people of all ages to share what they are [proud to be](#) on social media.

Now in its 34th year, this [Black History Month](#) has a renewed focus on black British resistance to racism – inspired in part by last summer's Black Lives Matter protests – and celebrates key figures who have made substantial contributions to the country. Surrey County Council launched The Minority Ethnic Group and Allies (MEGA) Network to support Surrey's commitment to becoming a more inclusive organisation.

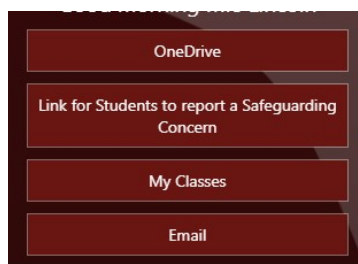
This month in PSHE, Tutor time and subject areas, we will be continuing to discuss the importance of being an inclusive community and we aim to make Black History Month 2021 personal and unique to all students and their families.

For further articles and information- <https://www.blackhistorymonth.org.uk/article/section/news/proud-to-be-black-history-month-uk-launches-theme-for-black-history-month-2021/>

## Speaking to a member of staff at All Hallows - How to report a concern

If you are a student and you or anyone you know has been harmed or is at risk of being harmed in any way, then please speak to a member of staff at All Hallows. We will be able to offer you help and support. You can speak to any teacher but you may decide to speak to your form tutor or Head of Year. You may prefer to speak to one of the Designated Safeguarding Leads (DSL), teachers who are responsible for Safeguarding. They are;

**Mrs Fanshawe, Mr Rees, Mr Antrobus, Mrs Gill and Mr Carney,**



You are able to email any Safeguarding concerns to [dsl@allhallows.net](mailto:dsl@allhallows.net) using your school email account.

We also have an area on SharePoint which is available for you to report any concern you may have. This link will take you to a form to complete and submit.



## 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 sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

## How can I help my child's mental health?

- 1. Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog 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?" "I'm happy to listen if you need a chat."

## 24/7 mental health crisis line for children, young people, and families

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched.

The freephone number **0800 9154644** is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. No referral is needed. Click the link below for help.

[Get help in a mental health crisis :: Surrey and Borders Partnership NHS Foundation Trust \(sabp.nhs.uk\)](https://www.surreyandborders.nhs.uk/partnership-nhs-foundation-trust)

## Counselling at All Hallows



Counselling is a space to identify and work through difficult feelings or issues in your life which may be causing distress with the help and support of a trained therapist. Counselling is about helping you to find your own answers to problems, an opportunity for you to look at your problems in a different way in a non-judgemental and safe environment.

**To access this opportunity please contact your HOY or Mrs Fanshawe for more details.**

## Our All Hallows Website

<https://www.allhallows.net/useful-information.html>

Has many different links to help children and families get help. Please look at the website and you will be able to click on the links from our webpage.



## PSHE at All Hallows

Within our PSHE and Personal Development programme this year students have covered topics including emotional wellbeing, relationships and anti-bullying. Topics of focus this year will include online safety, consent, equality, planning for the future and careers.

Next PSHE lesson is on the 14th of October



**All  
Hallows  
Catholic  
School**

**Safeguarding Team:** [dsl@allhallows.net](mailto:dsl@allhallows.net)  
Telephone: 01252 319211  
Email: [admin@allhallows.net](mailto:admin@allhallows.net)  
Website: [www.allhallows.net](http://www.allhallows.net)

## Summer time ends on 31st October



The weekend of 31st of October sees us putting the clocks back an hour marking the end of British Summertime. Road traffic collisions increase by 20% in the fortnight after the time change. Sadly, some of those collisions will involve child pedestrians and cyclists. Children under-16 are one of the most vulnerable groups of road users. The latest available government statistics (2015) \* show that 58% of children who die or are seriously injured in a road collision are involved in incidents between 3 and 7pm. From Sunday 31st October, much of those will happen in darkness. Whilst younger children are at risk, the data shows that 11 - 15-year olds are actually more at risk from accidents that kill or result in serious injury.

The resources below will help you to remind your children, especially teenagers, about road safety and safe cycling.

Teaching Road Safety: A Guide for Parents <https://www.rospa.com/media/documents/road-safety/teaching-roadsafety-a-guide-for-parents.pdf>



## Do you know the ages when children can start to use Social Media apps like Instagram, Facebook, Snapchat and WhatsApp?

The answer is **13 years old** apart from **WhatsApp which is 16!** See further details by clicking below:

<https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking/>

## Keeping our school records up-to-date

Are all your contact details up to date? If you change your home phone/email/mobile number, please let the school Front Office know, so that we have the most up-to-date contact details. We must store at least two emergency contact numbers for you.

## KOOTH

As part of Mental Health services for young people. It is a free online counselling and emotional wellbeing support service providing young people aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

[Click here to go to Kooth.com](https://www.kooth.com)  
[to sign up](https://www.kooth.com)

## Free, safe and anonymous online counselling and support



**All  
Hallows  
Catholic  
School**

**Safeguarding Team:** [dsl@allhallows.net](mailto:dsl@allhallows.net)  
Telephone: 01252 319211  
Email: [admin@allhallows.net](mailto:admin@allhallows.net)  
Website: [www.allhallows.net](http://www.allhallows.net)