



Co-op Academy
Swinton

Safeguarding, Mental health and Well-being Bulletin



Edition One | May 2022

Introduction

Welcome to this, our first safeguarding and well-being bulletin for May 2022.

At Co-op Academy Swinton we firmly believe that safeguarding, mental health and well-being is more than ever a collective responsibility between the academy, students, parents and carers. In that spirit we will be sharing a range of safeguarding, mental health and well-being information, assistance and updates with you monthly from now on.

We appreciate that some of the content may be sensitive and at times may not be pleasant, however our children are facing more issues of an increasingly serious nature by the day and we firmly believe that the more that we, collectively as educationalists and parents and carers, know and understand, the better we can protect those in our care.

Mental Health Awareness Week

As part of our protective curriculum, we had a form time focus on the theme for this year's mental health week which was "Loneliness".

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental in protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, this Mental Health Awareness Week, we are raising awareness of the impact of loneliness on our mental well-being and the practical steps we can take to address it. Reducing loneliness is a major step towards healthy mental health.

Useful websites you can seek help from:

- Young Minds: <https://youngminds.org.uk/>
- Mind: <https://www.mind.org.uk/information-support/for-children-and-young-people/>



- NHS: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
- Childline: <https://www.childline.org.uk/> or call 0800 11 11
- Kidscape: <https://www.kidscape.org.uk/> or call 020 7730 3300

Sexual Violence and Sexual Harrassment



Earlier this year Ofsted was asked by the government to carry out a rapid review of sexual abuse in schools and colleges. This report summarises their findings and recommendations:

<https://www.gov.uk/government/publications/review> of sexual abuse in schools and colleges. As a response we conducted a “Keeping yourself Survey” with year groups year 7 to 10, to get student feedback on their understanding

and knowledge of how to keep themselves safe. As a result of the feedback, we will be tailoring our protective curriculum and our PSHE curriculum to refresh and build on current knowledge around grooming and use of appropriate language.

BeeWell Greater Manchester Programme



As you are aware the academy has been part of the Greater Manchester BeeWell project that was launched by the Mayor of Manchester Andy Burnham.

The aim of the BeeWell programme was to look into the well-being (e.g. happiness) of young people across Greater Manchester. The programme also wanted to know what influences their well-being (e.g. relationships, physical activity).

Year 8 and Year 10 took part in the anonymous survey to compile results which would tailor the academy’s support and intervention in areas that the students found a particular need. The results were very encouraging and overall students survey responses suggest their well-being is in line with Manchester peers. The boys show lower experience of negative emotions than their Manchester peers. Next steps for the academy is to feedback results to years 8 and 10 and to engage with students in deciding on improvement priorities through student voice. Watch this space for future updates. If you would like to know more information please visit <https://gmbeewell.org/>

Kooth

Kooth is a free online counselling and emotional well-being support service for young people. It is a safe, secure and anonymous means of accessing support with their emotional health and well-being needs from a professional team of qualified counsellors. As well as other supports such as discussion boards and magazines with peer to peer and community elements. All of which are safe and secure and pre-moderated. Kooth ensures that young people have access to a range of mental health and well-being services. Kooth operates out of hours service weekdays from 12 -10 pm and the weekend from 6pm to 10 pm 365 days a year.



To watch a 1 minute video about Kooth click here <https://vimeo.com/318713056/3b5ea08a52> or alternatively visit the Kooth Website at <https://www.kooth.com/>

Dealing with Exam stress



For better
mental health

Exams can come with a lot of pressure and make students feel really stressed. If your child is struggling to cope, they are not alone. We're here to help you and your child to manage their feelings around exams and find ways to cope. There is lots of helpful advice and guidance on the Mind, Young Minds and NHS website, which includes tips and advice to help your child through examinations. Please visit:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/exam-stress/#DuringExamPeriod>

Having someone to talk to about their work can help. Support from a parent or carer, tutor or study buddy can help young people share their worries and keep things in perspective. Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.