

Mullion School

Safeguarding Newsletter

March 2024



SAFEGUARDING – EVERYBODY, EVERY DAY

As we end the spring term, I wanted to share with you some safeguarding news and advice. Keeping our young people and families safe is always at the forefront of our minds. Year 11 are embarking on a potentially anxious time as they head into the examination season. Please take some time to read our newsletter and I wish you all a very happy Easter.

Spring Term at Mullion School

Over the last term there have been many exciting things happening to help our students develop the skills to be safe and positive members of society.

- Assemblies on kindness and how kindness promotes safety
- PSHE lessons on online safety that include sending and sharing pictures
- PSHE lessons on inclusion, extremism and radicalisation and diversity
- Lessons and assemblies about healthy relationships and healthy behaviours such as getting good quality sleep, eating well and getting exercise to support both physical and mental health
- Supporting our students with advice for their futures, including supporting National Careers week and holding business breakfast network events
- We have had an excellent response to our campaign to improve attendance with many children making significant improvements to reducing the number of broken weeks they attend school. We know there is a direct correlation between outcomes and attendance. Moments matter – attendance counts!

To come next term: Brook assembly for Year 11, School of Sex Education to speak to Year 10 about consent, YZUP (organization to support young people experiencing issues with drugs and alcohol) to speak to Years 10 and 11.

Meet the Safeguarding

Team @ Mullion

Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community.



Mrs H Mathias
Designated Safeguarding Lead



Mr Kevin Gilbert
Deputy Designated Safeguarding Lead

In addition to our safeguarding team we have three excellent Senior Pastoral Leads – Sarah Brown, Nikki Sutherland and Natalie Marsland. Please do get in touch if you feel your child needs support.



I have recently been contacted by rehab 4 addiction and have put a link to their organisation on our website but here it is again for anyone that might find it useful.

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-cornwall>

Rehab 4 Addiction offers a wealth of resources and information about addiction and mental health, which could be invaluable to those in need. They also provide a helpline that offers immediate assistance to those struggling with addiction in Cornwall, a service that could be life-saving for some.

As we approach Easter, it's important to remember that this can be a particularly challenging time for those dealing with addiction and mental health issues. Many people feel more vulnerable during this period and may be in desperate need of the resources and support that Rehab 4 Addiction can provide.



Self-Harm Guidance

Self-Harm is a significant issue among young people nationally. The causes behind self-harm can come from many places, sometimes it's a reaction to difficult emotions. In other cases it can be related to poor self-worth and self confidence. In any case it is not only a traumatic practice for many, it is also physically perilous. Attempts at self-harm can sadly result in unforeseen injuries that may take years to heal, and produce life-long mental and bodily scars. To find out more about self-harm and how to deal with it, please follow the link below:

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm>



GAMING AND GAMBLING HARM PREVENTION WORKSHOP FOR PARENTS/CARERS



IS GAMBLING A BIG DEAL FOR YOUNG PEOPLE?

- ✦ An estimated 55,000 young people in the UK aged 11-16 are considered 'problem gamblers' (The Gambling Commission, 2019)
- ✦ Friends and family play a hugely influential role in shaping gambling behaviour
- ✦ Young people are most vulnerable to experiencing gambling-related harm once they achieve independence from their parents (The Gambling Commission, 2021)

WHAT CAN WE DO ABOUT IT?

As parents we often don't understand gaming but for many of us we have children who are gamers.

By attending one of our workshops you will increase your knowledge around gambling and gaming, understand the potential risks, how to best support your child, and access expert advice & support.

AS A PARENT ARE YOU WORRIED ABOUT THE FOLLOWING ?

- ✓ The amount of time your child spends playing computer games?
- ✓ The amount of time spent gaming could be impacting their health, school and social life?
- ✓ Is your child asking for money to spend on games? Are you worried about what they are buying?
- ✓ Are you worried about the links between gaming and gambling in young people?



BOOK YOUR WORKSHOP NOW!

Contact Mel Mugford to arrange your free gambling awareness workshop:

MMugford@helston.tpacademytrust.org



Easter Support

We know that, despite the hopeful rest and relaxation, school holidays can also bring additional difficulties, stress and worry. Therefore, we thought it would be useful to remind you of some sources of support in Cornwall, while school and other services may be closed.

A good starting point for support is the **Early Help Hub**. You can find a list of the different support services they offer at [Early help - Cornwall Council](#) (01872 322277)

Your GP will also be able to signpost you to specific support that may help.

If at any time you feel that someone is at risk of immediate harm, you should contact the **Multi-Agency Referral Unit** on **0300 123 1116** or the Emergency Services on 101/999.

For specific areas of need, you may find the below useful:

Need	Agency	Contact	
EMOTIONAL WELLBEING/ MENTAL HEALTH	 Kooth	http://www.kooth.com/ http://www.xenzone.com/	
	 NHS Mental Health Helpline	Mental Health Helpline for Urgent Help - NHS (www.nhs.uk) 0800 038 5300	
	 Child Adolescent Mental health Service (CAMHS)	CAMHS Cornwall Partnership NHS Foundation Trust (cornwallft.nhs.uk)	
	 Young Minds <small>The voice for young people's mental health and wellbeing</small>	YoungMinds Mental Health Charity For Children And Young People YoungMinds	
	 Cornwall Minds	Welcome to Cornwall Mind - Cornwall Mind	
	 Action for Children	Kernow Connect	https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/ 01872 321486
		Action for Children Webchat	1:1 chat - Parent Talk (actionforchildren.org.uk)
	 Childline <small>ONLINE, ON THE PHONE, ANYTIME</small>	Childline	Childline Childline 0800 1111
	 Whatever you're facing We're here to listen <small>Call the helpline on 116 123 email jo@samaritans.org</small>	Samaritans	Samaritans Every life lost to suicide is a tragedy Here to listen 116 123
	 Young People Cornwall <small>Making Waves</small>	Young People Cornwall	Making Waves - Young People Cornwall 01872 22244
BEREAVEMENT	 Penhaligon's Friends <small>Helping bereaved children</small>	Penhaligon's Friends - A Cornish charity supporting bereaved children & young people	
DRUG/ALCOHOL MISUSE	 YZUP <small>WISC - drugs & alcohol</small>	https://www.wearewithyou.org.uk/	
SEXUAL HEALTH	 brook <small>Cornwall and Isles of Scilly</small>	0300 30 30 714	