



# Bredon Hill Academy

## Safeguarding and Wellbeing Newsletter



**Safeguarding Our Children Together**

Autumn  
Term 2024



### Smartphone Free Childhood



Smartphone Free Childhood is a parent-led movement on a mission to protect millions of children from the dangers and distractions of smartphones.

The movement, set up accidentally by 2 mums who wanted to gather a small group of like-minded parents together to support the delay in giving their child a smartphone, was created in February this year.

You can find out more by clicking the following links and clicking on the [attached flyer](#) included with the email sent, which includes links to local WhatsApp groups.

Smartphone Free Childhood: <https://smartphonefreechildhood.co.uk/>

A number of our parents are already in support of this movement and have set up their own groups. If this is something you are interested in, but don't know where to start then please see the [attached flyer](#) included in this email.

Here, at BHA our policy on phones is simple; if your child chooses to bring one in, then it stays in their bag and switched off, not to be used until they are off site at the end of the day. We also actively encourage parents to consider buying their child a 'brick phone' that has all the safety features of a phone, minus the social media elements.



### Online Safety and RSE Evening



A massive thank you to those of you who gave up your spare time on 6<sup>th</sup> November to come along to our Parents' Evening informing parents about current online safety concerns and sharing information about our Relationships and Sex Education (RSE) curriculum.

The evening was a chance for everyone to get together and talk about the things that worry us, but more importantly to share good practice, advice and tips.

Thank you once again for all who attended. We hold this event annually, so if you missed out this year keep your eyes peeled for our evening next year.

**Designated Safeguarding Lead: Mrs K Dunkley**

**Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan**



## Digital Parenting Club



Digital Parent Club

Following on from our Online Safety and RSE Evening, one parent shared they had attended a useful course on staying safe on WhatsApp. The course was facilitated by [The Digital Parenting Club](#). The website is a really useful hub of practical advice and courses (some of which are free) which we strongly recommend visiting and signing up to.

Head to <https://digitalparentclub.com/courses/>

### Report, Remove

Report, Remove is a new service to help young people under the age of 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.



**Nude image of you online?  
We can help take it down.**

Sadly, the sending and receiving of nudes is something the current generation of young people have to deal with as they navigate the online world in which they live in.

Pupils at BHA are taught about the law behind the making and sending of such images. However, apps like Snapchat make it very tempting for some to fall into the trap of doing so, despite it being illegal.

Up until very recently, it has been almost impossible to have an image or video removed once it has been shared. This can lead to humiliation and shame for the person who has posted the image/video even though they are often the victim.

Childline has created Report, Remove which enables the image or video to be removed from the internet by filling in an online form and reporting it. For further information click here: [Report, Remove](#)



### School Buses



If your child travels to and from school on a coach/bus provided by county then we would like to kindly ask you to discuss the following with your son/daughter:

- If there are seatbelts, these must be worn at all times.
- Children must remain seated at all times.
- Mobile phones should not be used to record or take photos of other pupils.
- Children should refrain from eating on the bus.
- Children should behave in a manner that allows the driver to concentrate in order to keep everyone safe.

Parents are also reminded that they should be escorting their child to and from the bus stop. Should you have any concerns relating to school transport please see below:

"All complaints regarding any Home to School Transport services must be made in writing to the Transport Team at Worcestershire County Council who can be emailed using [TCLUtransportcommissioning@worcestershire.gov.uk](mailto:TCLUtransportcommissioning@worcestershire.gov.uk) and they will require dates, times and details of the stop and details of what has happened. These will be logged and sent to operator for a response and feedback provided back to you. The County Council also has a 'contact us' icon on the Home to School Transport section of their website which feeds directly to the transport team to action."

**Designated Safeguarding Lead: Mrs K Dunkley**

**Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan**

## New App to Help Support Children With Anxiety



We are pleased to announce that Bredon Hill Academy is now signposting families to Lumi Nova, a new and exciting app that is designed to help children overcome mild to moderate anxiety.

The app is an effective and fun therapeutic mobile intervention that helps improve anxiety for children aged 7-12.

Lumi Nova can be used to support young people experiencing social anxiety, separation anxiety and phobias through highly effective Cognitive Behavioural Therapy (CBT).

The app, funded by the NHS is totally free and uses an interactive game platform to help breakdown fears and worries into manageable steps.

For more information please click here: <https://luminova.app/> or click the link to watch their video for parents: <https://www.youtube.com/watch?v=mmgrU4zXU3M>

Please contact Mrs Dunkley via the main office if you would like further information.



### Local Policing Team Drop-Ins



On Thursday 5<sup>th</sup> December we held our first police drop-in session. The aim of the drop-in session was for pupils to come along and meet our local policing team, ask questions, share worries and even discuss careers in the police force.

PC Alex Prentice commented how polite and patient our pupils were when asking questions. With over 60 pupils attending the session, there were lots of questions asked!

Drop-in sessions are going to be held fortnightly, with our next session on Tuesday 17<sup>th</sup> December at lunchtime. Sessions are open to all pupils.

### Medicines in School

May we remind parents that if your son or daughter needs to take medicine during the school day that you fill in a Medical Administration Form. The form can be found [here](#).



### Water Bottles

May we remind you that your child(ren) should come to school EVERY DAY with a water bottle.

We are trying to reduce our impact on the environment by using less plastic and encouraging pupils to refill bottles. We have a number of water fountains around school.

Please ensure water bottles are named!



For the latest information regarding online safety please visit: [#wakeupwednesday](#) and download their latest guides. You can also sign up for their #wakeupwednesday updates!

**Designated Safeguarding Lead: Mrs K Dunkley**

**Deputy Designated Safeguarding Leads: Miss D West, Mr M Horton and Ms S Vaughan**



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION



Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR



Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS



Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET



Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES



Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS



Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS



Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE



Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES



Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS



Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®