

# PARENT SAFEGUARDING NEWSLETTER

## LEARNING PROGRAM 3 2024

Birches Head Academy is committed to safeguarding and promoting the health, safety, and well-being of every student. We expect **all staff, governors, and volunteers** to share this commitment.

**Welcome**, to our first safeguarding newsletter for parents and carers. Safeguarding and Child protection is such an important issue for our children and young people that we have decided to share a newsletter once a learning program. The newsletter will share key information and advice for parents and carers so that we can all work together with the same aim of keeping children safe in school, at home and in the wider community. At BHA, we feel it is crucial to work with our parents and with the high-quality agencies that support schools and young people so that we can offer a safe environment that allows children to be aware of the risks they may face and how to respond to them safely.

In this edition we would like to focus primarily on eating disorders and remind you of our safeguarding team.

### Eating Disorders

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities, and backgrounds. People with eating disorders use disordered eating behaviour to cope with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours.

### Our Safeguarding Team at BHA

#### Designated Safeguarding Leads



Mrs S Williams



Mrs T Adlington



Mr L Ashman

#### Deputy Designated Safeguarding Officers



Deputy Designated Safeguarding Officer  
Hannah Savage



Deputy Designated Safeguarding Officer  
Sophie Garratt



Deputy Designated Safeguarding Officer  
Lindsey Spencer



Deputy Designated Safeguarding Officer  
Nathan Watson



Deputy Designated Safeguarding Officer  
Ryan Bourne



Deputy Designated Safeguarding Officer  
Daniel Jones

### Useful Acronyms & Vocabulary

**DSL**- Designated Safeguarding Lead

**CAHMS**- Child and Adolescent mental health services

**EHAT**- Early help assessment

**CHAD**- Children's advice and duty service

### Statistics on Eating Disorders

⇒ Between 1.25 and 3.4 million people in the UK are affected by an eating disorder

⇒ Around 75% of those affected by an eating disorder are female.

⇒ Most eating disorders develop during adolescence, although there are cases of eating disorders developing in children as young as 6 and in adults in their 70's

⇒ The earlier that eating disorder treatment is sought, the better the sufferer's chance of recovery.



## Getting help

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

<https://www.eatingdisorderhope.com/treatment-for-eating-disorders/international/united-kingdom/u-k-eating-disorder-organizations-charities>

## Further reading:

There is a great deal of support for parents, giving helpful advice and tips on how to help keep your child safe online, including children who are SEND. We have listed below a range of websites you can access this information:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/keep-teenager-safe-online/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

<https://www.theparentsguideto.co.uk/post/ways-to-keep-your-teen-safe-online> <https://>

[www.ceop.police.uk/Safety-Centre](http://www.ceop.police.uk/Safety-Centre)

<https://eephonesmart.co.uk>

<https://eephonesmart.co.uk/kids>

## Further support for your child's wellbeing

If you have a child who is struggling with their wellbeing and needs to talk to someone when away from school, please use the contacts below:

North Staffordshire urgent mental health helpline: call 0800 0 328 728 option 1 (covers Stoke-on-Trent, Newcastle-under-Lyme, Staffs Moorlands).

Advice for children & their families, from early help support through to safeguarding call Staffordshire Children's Advice and Support Service on 0300 111 8007

For mental health support: Visyon Call 01260 290000, out of hours support The Staffordshire Crisis Team on 0300 123 0907

Samaritans [www.samaritans.org](http://www.samaritans.org)

Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)

For help with any sort of worry, big or small:

NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)

Childline [www.childline.org.uk](http://www.childline.org.uk)

**If you believe that a child or an adult is at immediate risk of harm and in need of protection then you should call the Police - 999, straight away.**

**Alternatively, if you want advice from the Police and the child or adult is not in immediate need of protection, you can call the Police on the telephone number**

**101.**