

# PARENT SAFEGUARDING NEWSLETTER LEARNING PROGRAMME 1

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 Back**, to our learning programme 1 safeguarding newsletter for parents and carers. World Mental Health Day is fast approaching, therefore this learning programme we will focus on providing you with advice on supporting you with your child's mental health.

## Mental Health

As parents and carers, we play an important role in teaching children and young people how to understand and manage their feelings as they grow up.

## What can I do at home?

- **Find time to talk, just the two of you** – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.
- **Do things together** – take the time to understand what they enjoy; this is when they will open up to you.
- **Be a role model** – Show how you cope with difficult feelings and look after yourself.

## Does my child or young person need mental health support?

It's normal to feel angry, sad, worried or stressed sometimes.

However, your child might need extra support if they struggle to cope with those feelings.

Look out for:

- sudden changes in behaviour
- negative thoughts and low self-esteem
- arguing and fighting
- sleep problems
- avoiding school or staying with you all the time
- aches and pains.

**Remember – everyone is different, and these signs might not be related to a mental health problem.**

## Our Safeguarding Team at BHA



**Tina Adlington**  
Designated  
Safeguarding Lead



**Louise Toach**  
Deputy  
Designated  
Safeguarding Lead



**Leon Ashman**  
Deputy  
Designated  
Safeguarding Lead



**Emily Marren**  
Deputy  
Designated  
Safeguarding Lead



**Hannah Savage**  
Deputy  
Designated  
Safeguarding Lead



**Sophie Garratt**  
Deputy  
Designated  
Safeguarding Lead



**Lindsey Spencer**  
Deputy  
Designated  
Safeguarding Lead



**Daniel Jones**  
Deputy  
Designated  
Safeguarding Lead



**Laura Sparkes**  
Deputy  
Designated  
Safeguarding Lead



**YOUNGMINDS**



**WINSTON'S WISH**  
Giving hope to grieving children

**Children and young people can be affected by significant changes like:**

- death or illness in the family
- parents separating
- moving school or moving house
- tests and exams
- adolescence and puberty
- relationship and friendship problems.

Where can I get support from?

## Big changes

- Bereavement and grief - **Child Bereavement UK** or **Winston's Wish**.
- Divorce and separation - **Young Minds**.
- Getting ready to start school - **Place2Be**.
- Adolescence and growing up - **The Mix**.
- Exam stress - **Place2Be**.

**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.**