

# SAFEGUARDING MATTERS



THE DEANERY  
Church of England High School and Sixth Form College

## Edition 1 - March 2025

### Welcome

Here is the first edition of our 'Safeguarding Matters' Newsletter. Each half term, going forwards, we will be bringing you news and information about support we can offer in school as well as in the local community.

In this edition we will be sharing information about:

1. Young Carers
2. Keeping Safe Online
3. Counselling
4. Mental Health
5. Support for our Families

### WHAT IS SAFEGUARDING?

Safeguarding is:

Protecting children from maltreatment

Preventing the impairment of children's mental and physical health and development

Ensuring that children grow up in circumstances consistent with the provision of safe and effective care

Taking action to enable all children to have best outcomes

Last week, I shared a questionnaire with every pupil to help us to understand how your child feels in school with regards to safeguarding. Please encourage your child to complete this before March 26<sup>th</sup>.

Please remember that if you have any questions, you can contact school and speak to the Designated Safeguarding Lead, Mrs Quirk, or a member of the Pastoral Team or email [enquiries@deanery.wigan.sch.uk](mailto:enquiries@deanery.wigan.sch.uk)

### WHAT IS A YOUNG CARER AND WHAT SUPPORT IS AVAILABLE?

A young carer is a child, or young person, who provides care and support to:

A family member who is ill, disabled, or has mental health or substance misuse problems.

This can include:

- Physical care: Helping with personal hygiene, dressing, feeding, and medication.
- Emotional support: Providing companionship, reassurance, and emotional support.
- Practical help: Cooking, cleaning, shopping, and managing finances.

Young carers may exhibit various signs, including:

- Emotional and behavioural changes: Anxiety, depression, low self-esteem, withdrawal, aggression, or acting out.
- Academic difficulties: Poor concentration, fatigue, difficulty completing homework, and low attendance.
- Physical health problems: Exhaustion, headaches, and sleep disturbances.
- Social isolation: Missing out on social activities and having few friends.
- Taking on adult responsibilities: Cooking, cleaning, managing finances, or caring for siblings.

If you need support...

School-based support: School can provide pastoral support.

- Local authority support: Local authorities offer a range of services, including respite care, financial assistance, and support groups.
- Carers' organisations: Organisations like Carers Trust provide

information, advice, and support to young carers and their families

If you suspect that a child may be a young carer, you can:

Talk to the child: Ask them about their family situation and how they spend their time.

- Speak to parents or carers: Explain your concerns and offer support.
- Contact the school's designated safeguarding lead: They can provide advice and support.
- Refer the child to local services: Contact your local authority or a carers' organization for further assistance.

Remember: Early identification and support are crucial for young carers' wellbeing.

By working together, we can ensure that young carers receive the help they need to thrive.

How to Register as a Young Carer:

Please use the link below to find the young carer registration form.

<https://wlcccarers.com/referayoungcarer/>

Useful Websites:

<https://www.wigan.gov.uk/LINC2/Survival-Guide/Local-services/young-carers.aspx>

<https://wlcccarers.com/im-a-young-carer/> <https://www.nhs.uk/services/service-directory/friends-of-young-carers-wigan-andleigh/>

<https://carers.org/help-for-carers/carers-services-near-you/150-wigan-leigh-carers-centre>

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-forcarers/> being-a-young-carer-your-rights/

## KEEPING SAFE ONLINE

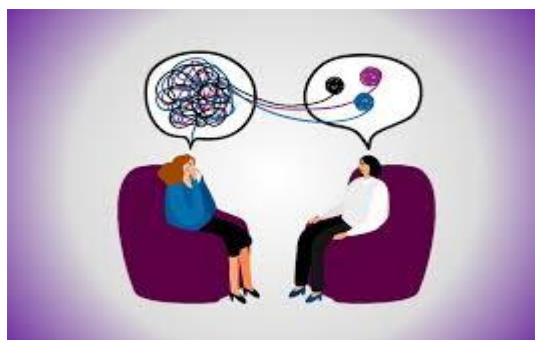
### Online Safety

#### Some tips for you to help keep your children safe online

- Consider locating your computer or mobile devices in a family area where children's online activity can be monitored or supervised.
- Talk to your child and ask them to show or even teach you how they use the internet and learn about websites or tools they like to use and why.
- Make sure your child knows it's important that they tell an adult they trust if anything happens online that makes them feel scared, worried or uncomfortable.
- Remind children that they should use the same caution online as they would in the real world. Tell them they should never go to meet someone they have only spoken to online.
- Install antivirus software, secure your internet connection and use Parental Control functions for computers, mobile phones and games consoles to block unsuitable content or contact.
- Familiarise yourself with the age limits of social networking sites such as Facebook, Twitter, Snapchat, Instagram etc. There's an age limit in place for a reason, if you decide to allow your children on to these sites make sure you know how they can protect themselves while using these sites – for example knowing how to set appropriate privacy settings. Most of the issues we deal with in school often arise from inappropriate use of social media outside of school.

Teaching Online Safety is an important part of keeping our children safe and we do this in school using age-appropriate resources to demonstrate the risks and how to avoid them. It is very important that children take these messages with them at the end of the school day and are supported when using technology at home. Each and every adult has a responsibility to protect children and this includes when they are on line.

## SCHOOL COUNSELLING SERVICE



We are fortunate to have a Wellbeing team who work with children who have been referred to this service as the most appropriate intervention. Sometimes children may not need counselling – they may need involvement from other services externally such as CAMHS or Pastoral support or mentoring. It is important to understand what Counselling is before deciding whether it is the right signposting for your child. If you have any concerns, please email your child's Head of Year for more advice. If you have immediate concerns that your child is at risk of harm due to mental health concerns, please see guidance below.

Counselling <b>is</b> ...	Counselling <b>is not</b> ...
<ul style="list-style-type: none"> <li>• Non-Judgemental.</li> <li>• Empathic.</li> <li>• Confidential – with limitations around safeguarding.</li> <li>• Available in school.</li> <li>• Listening attentively and non-judgementally.</li> <li>• Challenging for participants who feel strong emotions.</li> <li>• Collaborative.</li> <li>• Theory based and offered by a trained professional.</li> <li>• A process / journey with a start, middle and end.</li> <li>• Sometimes involves setting a goal.</li> <li>• To address anything that affects a person negatively or interrupts daily living quality.</li> <li>• Objective / neutral.</li> <li>• Providing validation and empathy as well as challenge.</li> <li>• Both educational and developmental.</li> <li>• Needs the capacity of the participant to be able to engage.</li> <li>• Has limitations depending on the level of engagement.</li> <li>• Involves assessment and reviews.</li> <li>• Not harmful</li> <li>• Built on a secure and safe relationship and space to express.</li> <li>• May involve homework, practice, and reflection.</li> <li>• Can only work with what the participant chooses to talk about.</li> <li>• Tracks progress.</li> <li>• Voluntary and agreed.</li> <li>• Takes work and commitment from all involved.</li> <li>• Promotes independence and autonomy through support.</li> <li>• Might use varied techniques and interventions.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>• Telling someone what to do.</li> <li>• Discipline.</li> <li>• Behaviour management.</li> <li>• Parenting.</li> <li>• Ethical if other counselling is already in place – dual therapy.</li> <li>• Pastoral support.</li> <li>• Always the most appropriate form of support.</li> <li>• Does not involve any form of diagnosis.</li> <li>• Is not psychiatry.</li> <li>• A guaranteed outcome.</li> <li>• Forced.</li> <li>• Medical.</li> <li>• A magic answer to problems.</li> <li>• Does not promote dependency on counselling services.</li> <li>• A silver bullet that solves all.</li> <li>• Colluding with or enable self-sabotaging habits.</li> <li>• An advice service.</li> <li>• Being a friend.</li> <li>• A quick or easy fix</li> <li>• A diagnosis.</li> </ul>

**WORRIED ABOUT YOUR CHILD'S MENTAL HEALTH?**

The following services provide useful information and resources aimed at helping to support mental health.

- <https://youngminds.org.uk/about-us/> (Includes Young Minds parent helpline too)

- <https://www.papyrus-uk.org> PAPYRUS is the UK Charity for the prevention of young suicide (under 35). For PAPYRUS HOPELINEUK call 0800 068 4141
- <https://www.mind.org.uk/> Mind Mental Health Charity.
- Calm harm app - free app, useful for delaying self-harm and providing alternative coping strategies.
- SHOUT texting-based help line **85258**
- Kooth.com

**Standard safety advice**

1. If your child discloses any thoughts around harm to self - CAMHS duty worker can be contacted for advice **01942 764473 (9 - 5pm)**
2. If they disclose self-harm or suicidal thoughts **after 5pm** please contact **0800 051 3253 (24/7** mental health crisis line for people of all ages in Wigan).
3. Your child should be taken to A&E for urgent assessment if suicidal plan or intent is disclosed or she/yourself feel unable to keep her safe.
4. **Any stated means used to attempt suicide or self-harm should be removed from access as a means to reduce risk, but this will not eradicate risk.**
5. It can be advisable to check social media content – search-based algorithms that influence news feed.

**FAMILY LIAISON OFFICER**

Hello. My name is Karen Dwyer and my role is to support families by being a bridge between the school and our community, providing support, information, and guidance to families, and facilitating access to relevant resources and services, as well as having a key Safeguarding role within school. Please contact me on [enquiries@deanery.wigan.sch.uk](mailto:enquiries@deanery.wigan.sch.uk) if your child is struggling and needs early intervention to help.

There are a number of charities in Wigan that can support with difficulties your family might be facing.

[maureen@daffodilsdreams.org](mailto:maureen@daffodilsdreams.org)



Mental Health	Debt & Welfare Advice	Domestic Abuse Support
Parenting Support	Infant Feeding Support	Housing
Intensive Targeted Family Support	Substance Misuse Support	Activities for children aged 0-5 years
Nutrition & Weight Management	Oral Health Improvement	Youth Justice Service
Reducing Parental Conflict	SEND Support & Services	Stop Smoking Support
Support for Separating & Separated Parent	Early Childhood Education & Care	Youth Services – Universal & Targeted
Early Language & Home Learning Environment	Health Visiting & 0-19 Public Health Services	Midwifery/Maternity Parent-Infant Relationships & Perinatal Mental Health

