



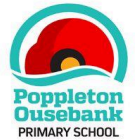
Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - February 2024

Our Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general well-being, please ensure that you speak with a member of our safeguarding team straight away.



01904 795930 OR EMAIL

V.MITCHINSON@POP.HSLT.ACADEMY | HEADTEACHER@POP.HSLT.ACADEMY | D.CARD@POP.HSLT.ACADEMY



Vicky Mitchinson

VICE PRINCIPAL AND
DESIGNATED
SAFEGUARDING LEAD



Linda Collier

PRINCIPAL AND
DEPUTY DESIGNATED
SAFEGUARDING LEAD



Dave Card

DESIGNATED
GOVERNOR FOR
SAFEGUARDING



Philippa Goodwill

EARLY YEARS LEADER
AND SAFEGUARDING
TEAM MEMBER



Julie McGregor

HEALTH & SAFETY
AND SITE
MANAGEMENT

Safe Children | Safe Adults | Safe Environment

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.

Hope SENTAMU
LEARNING TRUST

City of York
Safeguarding Children Partnership

Hello, and welcome to our new and improved newsletter format! We are now into February and hopefully the mornings and evenings will start to get a bit lighter.

This month there is quite a lot going on so please have a read and ask any questions.

Mrs Vicky Mitchinson

Designated Safeguarding Lead/Pastoral and Well being Lead

Time to Talk Day - 1st February

On Thursday 1st of February 2024 it will be 'Time to Talk Day'. The initiative seeks to give us all a chance to be more open about our mental health, and talk about how we really feel. The celebration is given in partnership with the Co-Op and follows two subsequent years of successful 'Time to Talk' days. The organisation's site currently hosts resources, ways to get involved and stories about how opening up about mental health has aided people up and down the country. To find out more, please follow the link below:

<https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/time-to-talk-day>

Who can you talk to at POPS?

Please email Mrs Mitchinson at v.mitchinson@pop.hslt.academy or email hello@pop.hslt.academy or alternatively call the school office to make an appointment

Well being - Parent Guide for Self Care

From time to time parents may need some support with their own mental health, particularly when they are stressed or anxious about their child's wellbeing. Young Minds has a great support page on their website that you might like to signpost your parents/carers to. The advice looks at blame, asking for help, taking time for yourself and recognising when you might need to see your GP for specific support.

<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself>

There is also a 4 minute read that some parents might find helpful

<https://www.youngminds.org.uk/parent/blog/looking-after-yourself-as-a-parent/>

Well being - Children's Mental Health awareness week

Help give a voice to children and young people across the UK in Children's Mental Health Week, from 5-11 February 2024. Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.



Everyone can take part in Children's Mental Health Week! Download free resources for families and find out how you can take part to raise vital funds and awareness for children's mental health.

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, our theme is 'My Voice Matters'.

<https://www.childrensmentalhealthweek.org.uk/take-part/>

Who to contact if you need support or are worried about a child or family



If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131**.



NSPCC - Helpline - 0808 800 5000 www.nspcc.org.uk



For women and children.
Against domestic violence.

24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



Raise York
Your Family Hub Network

The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you.

York Inspirational Kids



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk

Online Safety - Safer Internet Day - 6th February



Safer Internet Day

Safer Internet Day takes place in February of each year to raise awareness of a safer and better internet for all, and especially for children and young people. As part of this annual celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join "Together for a better internet". Save the date for Safer Internet Day 2024 which will take place on Tuesday, 6 February 2024.