



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - July 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



Donna Rogers

DESIGNATED
SAFEGUARDING
OFFICER



Dave Card

DESIGNATED
GOVERNOR FOR
SAFEGUARDING



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 

I can't believe we are nearly at the end of the academic year, and what a year it has been! I hope you all manage to have a restful summer holiday and hopefully we will get to see some more sunshine as it always lifts people's spirits.

Mrs Vicky Mitchinson

Designated Safeguarding Lead/Pastoral and Well being Lead

Key Dates

25th July - National Schizophrenia Awareness Day

Who can you talk to at POPS?

There are a number of staff who you can contact. You can speak to your child's class teacher, you can email me at v.mitchinson@pop.hslt.academy or hello@pop.hslt.academy or alternatively call the school office to make an appointment.

Action for happiness calendar - Jump back up July

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Transition

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At POPS we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this:

Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people.

Focus on the constants for your child, the things that will be the same.

Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them.

Listen to any concerns but don't go looking for them— remember that most children will be excited about the move and are more than ready for it.

If your child is moving between Key Stages, talk about what this will look like at drop off and pick up times—you can even do some practice runs.

Keep in touch with their friends over the holidays so that those connections remain strong.

Mental Health and Wellbeing at POPS

We are extremely fortunate at POPS to have a wonderful wellbeing offer. We have the Wellbeing In Mind Team (WBIM), Donna Rogers (ELSA) and Paul McGrath from the wellbeing team at the Local Authority. On top of this both Miss Collier and myself are Mental Health First Aiders and I have recently completed a Diploma in Trauma Informed Practice in Schools and trained to become the Senior Mental Health Lead. Miss Rogers has also recently completed training to become a DSO (Designated Safeguarding Officer) and joins our safeguarding team in school (see poster above).

If you feel that your child may require some help in school please speak to their class teacher or contact me directly.

What the wellbeing team are doing in school

- One to one CBT sessions with parents and children
- Daily wellbeing check ins
- One to one ELSA sessions with children throughout the school

- Training for staff around Trauma informed practice and Zones of regulation
- Small group work
- Self belief work with groups
- Bullying vs banter workshops
- In school we have 14 wellbeing ambassadors



<https://www.tewv.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parents-carers/>

Support information from the Local Authority <https://www.yor-ok.org.uk/sws.htm>

Drop in dates

Every first Tuesday of the month we are holding a parents' drop in session from 8.45am in the Upper School Hall. The Wellbeing in Mind team, myself and SENCO will be present for you to chat to.

Drop in's will continue in September 2024

School website

Please do take the time to have a look at our school website, there is a wealth of information on there regarding wellbeing, our new school values and many many more things.

Here is the link to our wellbeing page <https://pop.hslt.academy/mental-health-wellbeing/>

Self-Care Summer Toolkit - Anna Freud Mentally Healthy Schools

The Anna Freud organisation, aimed at delivering mentally healthy schools, has been looking at the importance of self care during the summer holidays. They have produced a self-care summer toolkit.

If interested in looking at their resources, please follow the links below:

<https://www.mentallyhealthyschools.org.uk/resources/self-care-summer-toolkit/>

<https://www.mentallyhealthyschools.org.uk/resources/helping-children-after-long-holidays-and-key-transitions/>

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 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

It is really important that we as parents are aware of what our children are doing online. We live in a world where nearly every child has access to some sort of online device and it is extremely important that as parents we are aware of the dangers and make sure we have controls in place. Please ask if you have any questions.

Here are some useful websites for you to look at

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

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

<https://www.internetmatters.org/>

<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>

10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more**: Explore reliable resources for parents so you can educate yourself.

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