

SMC SAFEGUARDING UPDATE

OCTOBER 2022



ST MARY'S
COLLEGE

MENTAL HEALTH AND WELLBEING

Research from the NHS shows that in England, 14% of primary school children have an identifiable mental health condition. This figure rises to 17.6% of secondary school aged children, and 20% of 17 to 22-year olds.

As children and young people spend so much of their time in schools, teachers and support staff are in a prime position to help them build strong mental health and wellbeing - and notice if something is wrong.

There are lots of things that schools can do to support children and young people's mental health and wellbeing. By strengthening their ability to cope with day-to-day difficulties – and helping them to feel good about themselves.

Schools can do this through developing children and young people's social and emotional skills to help them understand and manage their feelings, develop empathy, establish positive relationships, set goals, build resilience and boost self-esteem and confidence.

World
Mental
Health Day
10th
October



*'Make mental
health and
wellbeing for
all a global
priority'*

Safeguarding Team

Designated Safeguarding Lead (DSL):
Andy Turner

Deputy DSL (DDSL):
Rosa Flanagan

 ST MARY'S COLLEGE <small>Cyfrankin Avenue, HULL HU26 7TN Tel: 01482 851206 web: www.smc-hull.org</small> smc <small>ST MARY'S SIXTH FORM COLLEGE</small>		Designated Safeguarding Lead : Mr A Turner 	Deputy Designated Safeguarding Lead: Miss R Flanagan 
Safeguarding Officer Miss K Leathley 	Safeguarding Officer Miss R Clixby 	SM6 Safeguarding Lead Mrs S Appleyard 	SM6 Safeguarding Assistant Miss M Routh 
World Class Thinking - World Class Achieving 			

Common disorders among children may include the following:

- Anxiety disorders. Anxiety disorders in children are persistent fears, worries or anxiety that disrupt their ability to participate in play, school or typical age-appropriate social situations. Diagnoses include social anxiety, generalised anxiety and obsessive-compulsive disorders.
- Eating disorders. Eating disorders are defined as a preoccupation with an ideal body type, disordered thinking about weight and weight loss, and unsafe eating and dieting habits. Eating disorders — such as anorexia nervosa, bulimia nervosa and binge-eating disorder — can result in emotional and social dysfunction and life-threatening physical complications.
- Depression and other mood disorders. Depression is persistent feelings of sadness and loss of interest that disrupt a child's ability to function in school and interact with others. Bipolar disorder results in extreme mood swings between depression and extreme emotional or behavioural highs that may be unguarded, risky or unsafe.
- Post-traumatic stress disorder (PTSD). PTSD is prolonged emotional distress, anxiety, distressing memories, nightmares and disruptive behaviors in response to violence, abuse, injury or other traumatic events.
- Schizophrenia. Schizophrenia is a disorder in perceptions and thoughts that cause a person to lose touch with reality (psychosis). Most often appearing in the late teens through the 20s, schizophrenia results in hallucinations, delusions, and disordered thinking and behaviors.

What are the warning signs of mental illness in children?

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| <ul style="list-style-type: none">• Persistent sadness that lasts two weeks or more• Withdrawing from or avoiding social interactions• Hurting oneself or talking about hurting oneself• Talking about death or suicide• Outbursts or extreme irritability• Out-of-control behavior that can be harmful• Drastic changes in mood, behaviour or personality | <ul style="list-style-type: none">• Changes in eating habits• Loss of weight• Difficulty sleeping• Frequent headaches or stomach aches• Difficulty concentrating• Changes in academic performance• Avoiding or missing school |
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Tips for starting a conversation about mental health

- 1.If a student indicates that they want to speak to you, find an appropriate time and place where you won't be interrupted to have the conversation.
- 2.If a student discloses in class, offer empathy, invite them to talk in a safer, more private setting and let the safeguarding team know
- 3.If a student tells you their personal concerns, be clear what you will do with this information. If you are asked 'not to tell anyone' you will need to make it clear that this won't be possible, and that you will need to speak to others in the school about it.
- 4.Check if there are other trusted adults (parents, the wider family, teachers) or friends they have talked to or could talk to.
- 5.Listen carefully, be patient and friendly and give your full attention.
- 6.Check your body language so that the young person knows you are focusing on them.
- 7.Take what they're saying seriously. Ask open questions to encourage them to talk.
- 8.Be calm and acknowledge their feelings.
- 9.Children with SEND may struggle even more to articulate their feelings and thoughts and may need extra support.
- 10.Signpost young people to other sources of support if appropriate, including helplines.

Support within St Mary's College:

- Emotional Health and Wellbeing Officer – Ellie Sawyers —————→
- All sixth form students have 24-hour access to TogetherAll, an online mental health and wellbeing support service: <https://togetherall.com/en-gb/>
- National Online Safety Courses:
 - 1.Certificate in understanding anxiety and stress in young people
 - 2.Certificate in understanding mental health
- Useful websites:

www.youngminds.org.uk
www.childline.org.uk/info-advice/your-feelings/mental-health/
<https://camhs.humber.nhs.uk/contact/>



KEY REMINDERS

- Lanyards must be worn at all times.
- Please sign in and out of school on the Inventory system screen.
- Do not let visitors follow you into reception behind you as you walk in

