

# SAFEGUARDING UPDATE

OCTOBER 2023



ST MARY'S  
COLLEGE

## MENTAL HEALTH AND WELLBEING

### What is World Mental Health Day?

Tuesday 10th October

World Mental Health Day's purpose is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

It's a day to talk about mental health and what more we need to do to make mental health care a reality for people worldwide. 2023's theme is 'Mental health is a universal human right'.

#### 5 simple ways to support students' mental health

There are no magic 'fix-alls' to maintaining good mental health and wellbeing in pupils and it certainly can't all be done via a handful of World Mental Health Day activities.

For children and young people, issues around friendships, hormones, home life, navigating the day to day pressures of growing up and becoming more independent, all while being stuck in a 'no man's land' between childhood and adulthood, can at times seem insurmountable and incredibly difficult. But as teachers and support staff in school there are several things that we can do to relieve this burden and ensure that the students in our care are supported and listened to.

So, how can we help? These simple, common sense ideas can help to ensure that students who are facing, or have faced, mental health issues have someone they can talk to. →



Director with responsibility for  
Safeguarding:

- James Sargeant ( [jsargeantgov@smchull.org](mailto:jsargeantgov@smchull.org) )



Trust Safeguarding Leads:

- Andy Turner ( [aturner@smchull.org](mailto:aturner@smchull.org) )
- Angela Spencer ( [aspencer@ehchull.org](mailto:aspencer@ehchull.org) )



### Our Safeguarding Priorities



Neglect



Mental Health & Wellbeing



Domestic Violence



## 1. Pastoral Support

Pastoral support is absolutely key to ensuring that students have access to guidance and support. Having an individual / trusted adult that the student is able to speak to in confidence is essential. Year teams and personal tutors have a key role in supporting students

## 2. Time

If a student is distressed or upset then the best thing anyone can give is a bit of time to sit down with them and listen. It's not always easy in a school day when everyone is busy and under pressure. And it can feel frustrating to have to take the time out when your to-do list is lurking ominously in the background. However, finding a moment to speak to a student who is on the edge is one of the biggest things you can do. And it can really make a difference.



*"Finding a moment to speak to a student who is on the edge is one of the biggest things you can do"*

## 3. Know Your Students

Whether this is in classes, during tutor time, in student support or just from simply from seeing pupils around the school, it's important to know your students. Try to see breaktime and lunchtime duties less as a 'must-do' inconvenience, and more of an opportunity to get to know the students a little better.



## 4. Notice

This links in really nicely to knowing your students. Have you spotted a drop in output from a previously conscientious student? Have you noticed a change in their demeanour, or spotted an aura of unhappiness about them? Are you aware of something that has happened in a pupil's life that could potentially make them feel upset, depressed, uncertain? Or is there a sense that something has changed or is different?

## 5. Communicate

Make sure that information about a student is communicated as and when it is relevant, and to whom it is relevant. Alert the year team if you have any concerns or notice any changes and log this on CPOMS so the appropriate support can be identified.



## LOOKING AFTER OUR OWN MENTAL HEALTH

Potential signs and symptoms that could be indicators of mental ill health. These might include physical signs, such as:

- Stomach problems
- Frequent minor illnesses, such as colds
- Headaches
- Weight loss or gain
- Extreme tiredness
- Frequent tearfulness
- Increased consumption of caffeine, alcohol or cigarettes



However, a range of behavioural changes may also occur, including:

- Failure to meet deadlines
- Complaints about workload
- Irritability with colleagues
- Inability to concentrate
- Difficulty with memory
- Taking on extra projects
- Withdrawal
- Loss of confidence

## WHAT SUPPORT IS AVAILABLE?

Togetherall: All staff have free access to Togetherall – an award-winning digital mental health service available at [www.togetherall.com](http://www.togetherall.com) It offers 24/7 support, with trained clinicians online at all times as well as a range of helpful tools and resources. To sign up you will need to use your work email and indicate that you are a member of staff. This is an anonymous service.

National College: There are a range of courses available on the National College platform on mental health including stress and anxiety awareness in children and young people and understanding low mood in children and young people

Mental Health First Aid (MHFA). – Level 2 Qualification

<https://freecoursesinengland.co.uk/mental-health-first-aid-mental-health-advocacy-in-the-workplace/>