



Safeguarding Update November 2020

& 10 minutes on anxiety

A reminder that should you have a concern you must complete the 'Safeguarding Concern Form' on MIS.

Click [here](#) to access it.



Kingston and Richmond Safeguarding Children Partnership

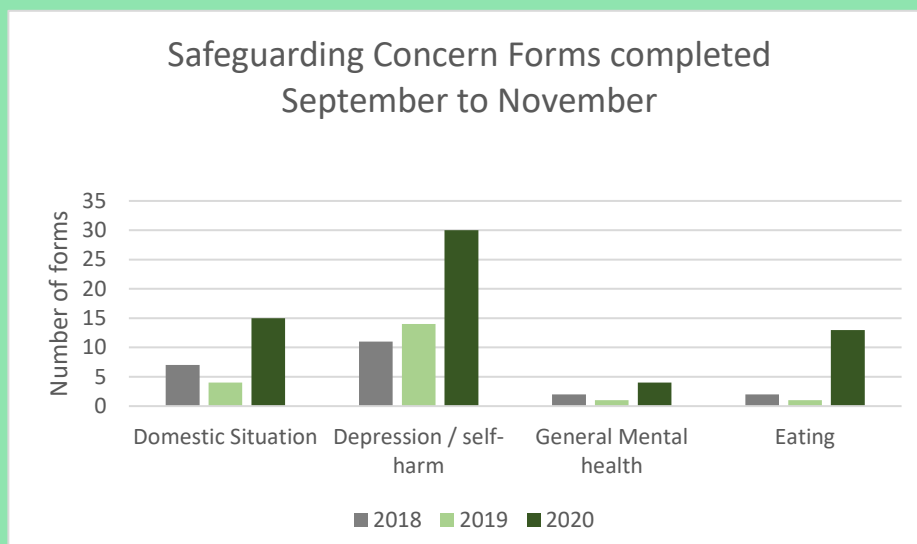
If you are interested in attending a Safeguarding related course, the LSCB run a number of training events. Information can be found [here](#).

A reminder that should you know who the Designated Safeguarding Lead (DSL), Deputy Designated Safeguarding Lead and safeguarding officers are and what to do if you receive a disclosure. Click [here](#) for guidance.

Matt Close	Jon Owen	Clemmie Stewart	Tracey Chong	Garnette Watts	Stuart Murphy	Sam Holliday
DSL	DDSL	ADSL	ADSL	ADSL	ADSL	NURSE
Designated Safeguarding Lead	Deputy Designated Safeguarding Lead	Assistant Designated Safeguarding Lead	Assistant Designated Safeguarding Lead	Assistant Designated Safeguarding Lead	Assistant Designated Safeguarding Lead	

Lockdown and mental Health

We have seen a larger than normal number of safeguarding concern forms so far this year than in any other year. Whilst we cannot say Covid is the cause, it would be safe to argue it is a contributing factor. We are also aware of an increase in general anxiety, particularly amongst our Year 10 and 11 pupils.



10 mins training on Anxiety

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

All children and young people feel worried sometimes, and this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

Our approach to children who are anxious

- Our goal isn't to eliminate anxiety, but to help the children manage it
- We won't avoid things just because they make the children anxious
- We will have positive – but realistic -expectations
- We respect their feelings but don't empower them.
- We won't ask leading questions
- We encourage children to accept that some anxiety is normal and indeed healthy'
- We will think things through with the children

Click on the image to watch Dr Pooky KnightSmith discuss phrases and words that can help manage children with anxiety



Other sources of information and support. Click on the logo to access their resources

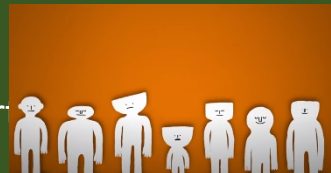
YOUNGMINDS

**MENTALLY
HEALTHY
SCHOOLS**

**The
Children's
Society**

Something to share with your tutees?

Who is here to listen? Click on the image to open a short



Try to encourage your tutees to talk. Remember the 1:1 tutors sessions could unlock many things.

Speak to the Head of Year if you think a pupil might benefit from seeing one of our mentors, LSAs, or the School Counsellor.

Remember, if the girls won't open up to you, they might talk to Sam Holliday (our School nurse) Faz Gore (School Counsellor) or Dimple Yadev (Mentor). Encourage them to see them and let them and the Head of Year know you have done so.

Important updates to safeguarding policy documents

Please be aware that links to the **Armed Intruder** and **Bomb Scare** Policies can be found via the icon on your Ipad. Please familiarise yourself with both of these policies.

Click on the link to read our new [Bereavement Policy](#). It can also be found in the Pastoral Folder of the Staff Handbook on MIS. It outlines how we manage bereavement at Surbiton High. This has been a while in the making and I want to thank all staff who contributed to its creation.



United Learning Hub

Frazer Smith is the Lead Safeguarding Officer for the Group.

The Hub has a range of publications as well as links to statutory guidance and useful websites.

[Click here to access the safeguarding page.](#)

To log into the Hub, you will need to click on Surbiton High in the drop-down menu and then use your School username and password.