



Welcome to our termly Safeguarding Newsletter for parents/carers

In this term's newsletter there is a key focus on the safeguarding and wellbeing of our students whilst the College is currently closed due to the Coronavirus (COVID-19).

We are living in uncertain times and it is difficult to assess from where we are now what the impact of the Coronavirus will be. As a College, we hope to continue to support our students and their families through this difficult period. Here are some of the key questions parents and carers may have at this current time in relation protecting the wellbeing of their children.

How do I report a safeguarding concern if the College is closed?

What to do if you have a safeguarding concern about a Wymondham College student during a period of closure:

If you have a safeguarding concern for a child living in Norfolk you can do this through the Children's Advice and Duty Service (CADS). The Customer Service Centre can be contacted on: 0344 800 8020.

If you have a safeguarding concern for a child living out of Norfolk, please contact their local MASH (the Multi-Agency Safeguarding Hub). Information on this can be found online.

If you believe a child to be at risk of immediate harm, please call 999.

What can I do to promote the wellbeing of my child while Coronavirus is in the community?

Keep learning: Learning is good for confidence and can reduce boredom. Plan learning into every day. Wymondham College will deliver distance learning via the '365 Teams' platform. A '365 Teams' Help guide for parents and students can be found on the following new 'Coronavirus Support' page on our website (click the main menu button and it is top of the list or see link below). Also included on that page are:

- A range of learning resources for all year groups
- Access to other online learning platforms such as SENECA which caters for all subjects and year groups
- A list of web links specific to every subject in the curriculum for all year groups
- <https://www.wymondhamcollege.org/1586/coronavirus-support>



Keep in touch with friends and family: Social distancing is recommended by the NHS and is very important at this time. However, there are many ways to continue communication safely (e.g. share photos and messages through texts, calls, email or social media). Keeping in touch with friends and family will be good for your mental health as well as theirs.

Stay informed, not overwhelmed: The media is focussing a lot on health updates at the moment, and our conversations, social media and emails are too. Whilst it is important to keep updated, it may feel worrying to be hearing so much about it. Notice urges to keep checking, and if you're feeling overwhelmed perhaps restrict your use of social media/the news and encourage alternative conversations with friends/family.

This [video](#) provides guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption caused by the Coronavirus.

Mental Health and Emotional Wellbeing Support

There are several sources of support for mental health if children are finding it hard to cope:

Just One Norfolk website: <https://www.justonenorfolk.nhs.uk/>

A local resource providing advice on all aspects of life for a child/young person. Specific information about emotional health for young people and parents. An App is also available.

Young Minds website: <https://youngminds.org.uk/>

Lots of information about young people's mental health, with various resources available. Parents' helpline also available.

Childline website: <https://www.childline.org.uk/>

Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too

Safeguarding @ Wymondham College

March 2020



Nelson's Journey (Norfolk): <http://www.nelsonsjourney.org.uk/coronavirus-anxiety/>

Nelson's Journey are becoming increasingly aware that a number of children and young people are experiencing increased levels of anxiety connected to the Coronavirus and concerns that people around them will die. We have put together some professional guidance for adults supporting children and young people.

Norfolk and Waveney MIND: <http://www.norfolkandwaveneymind.org.uk/>

A local mental health charity offering an extensive range of support, advice and information to the people, businesses and communities.

On My Mind: <https://www.annafreud.org/on-my-mind/>

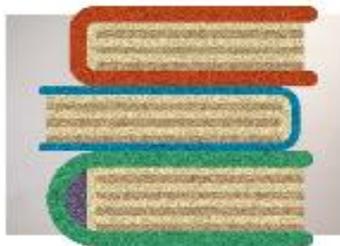
On My Mind is a free website to help young people find the mental health support they need, when they need it. The website has many simple self-care activities which young people can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults.

6 most commonly chosen approaches to self-care

As identified by children, young people, parents and carers



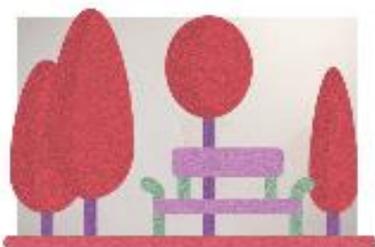
Listening to music



Reading or watching tv



Talking to someone you know and trust



Going outside



Laughter



Crying



Other Useful Safeguarding Contacts

Drugs and substance abuse www.talktofrank.com 0300 123 6600 or text 82111

Online safety advice www.thinkuknow.co.uk www.parentinfo.org/

Worried about FGM? Call the FGM helpline 0800 028 3550 or email fgmhelp@nspcc.org.uk

Childline - 0800 1111 (calls are free and don't show on BT or cable phone bills)

Samaritans - 116 123

NSPCC - 0808 800 5000

Young Minds Crisis Messenger - Free 24/7 mental health support for young people. Text YM to 85258

Norfolk Community Eating Disorder Association - 0300 300 0142

Norfolk Young Carers - 01603 219924

Leeway Domestic Violence and Abuse Services (Norfolk and Suffolk) - Helpline 0300 561 0077

All past editions of our safeguarding newsletter can be found on the College [website](#), including our new online safety newsletter which provides key information and advice to help support you and your family.

Whilst not attending College, parents are likely to find that their children are spending more time online and therefore it is important that parents keep an open dialogue with their children about their use of the internet and social media. To support parents and carers in keeping their children safe online while they are not attending their education setting, Thinkuknow.co.uk have produced a [helpsheet](#) with advice and links to resources they can use at home.