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Who can I contact if I have a safeguarding concern during the Easter holiday?

If you have a safeguarding concern for a child living in Norfolk, you also 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.

Young People and Sleep

Sleeping is an important aspect of our daily lives however during times of lockdown many have found having a good night's sleep difficult and often frustrating. Sleep is vital for all ages but having a good night sleep has a profound impact upon the physical, emotional, mental, social and developmental aspect of young person's life.

Sleep and mental health are closely linked and up to 40% of children and young people will experience a sleep problem at some point in childhood. These figures are rising due to the ongoing pandemic.

There are several reasons why our young people have a poor night's sleep however doing the following will help ensure a good night's sleep:

1. Budget at least 8 hours of sleep per night.
2. Creating a consistent bed-time routine.
3. Not using electronic devices (laptops, computers, tablets, consoles, phone) an hour before bedtime and keeping them away from the bed.
4. Avoid caffeine and energy drinks in the late afternoon and evening.
5. Provide quality bedding, a decent mattress and pillow.

For further information, please go to www.thesleepcharity.org.uk

Mr Griffiths - Head of PSHE



A message from the Wellbeing Team

In this edition, Mrs Kelly (Wellbeing Nurse) gives her top tips on nutrition for good mental health.

Maintain stable sugar levels

Our brains use up more energy than any other organ in our body. Despite the adult human brain weighing an average of around 1.4 kgs – it steals about 20% of the body's energy requirement. It requires a continuous stream of energy, even when we may not appear to be using our brain, such as when we are sleeping, there is still a high baseline consumption of glucose. Two thirds of the brain's energy are used to help neurons, our brain cells, send signals, but the remaining third is used for basic housekeeping, or in scientific terms cell-health maintenance. So, despite the brain's sophisticated mechanism for ensuring a constant supply of energy from the sugar in our bloodstream, it is still sensitive to drops in blood sugars which can consequently affect cognitive function and mood.

By eating regular meals including breakfast of foods that release energy slowly, we can avoid sharp peaks and drops.

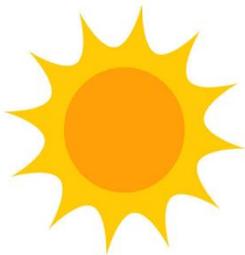
How many of us are all familiar with the mid-afternoon dip in energy where nothing else but something sweet will seem to do the trick? These "sugar crashes" can leave us feeling irritable, fatigued and moody.

How we can help our brains?

AVOID refined carbohydrates such as white pasta, white rice, white bread & other sugary goods such as confectionary, sweets, fizzy drinks, sugary cereal bars.

REPLACE with wholemeal bread and pasta, brown rice & other grains like quinoa and oats. Nuts and seeds, pulses, lentils chickpeas & cannellini beans are also important. Sugar is released SLOWLY – helping to avoid sudden lows.

Ensure good levels of Vitamin D which are provided by foods like oily fish & eggs. Researchers have found a direct correlation between low levels of Vitamin D & depression & increased risk of depression.



It is still poorly understood as to how deficiency in Vitamin D can cause or contribute to mood disorders, however scientists have found Vitamin D receptors in areas of our brains that are associated with the development in depression which could be an indicator that Vitamin D may play a role in mental health.

Roughly 20 mins of unexposed sunlight onto your skin during hours of the day (when the sun is not at its strongest) is enough. We can store Vitamin D in our bodies for approximately 30 - 60 days.



Let's hope we can all look forward to some sunshine now that spring is here!

Further information can be found via these factsheets from [Mind](#) and the [BDA](#).

Mrs Kelly - Wellbeing Nurse

Earlier this term, the College's wellbeing team presented several videos to support students with a range of topics including anxiety, self-care and the return to College.

There were also five videos posted in recognition of the Mental Health Awareness Week and the 'five ways to wellbeing'. All the videos can be found on our Wymondham College YouTube channel [here](#).

Mrs Hill - Wellbeing Manager

A message from the Medical Centre

As we come out of lockdown and return to College there will be a significant change in our routines. One thing that will almost certainly change for everyone is their eating habits. During lockdown, whilst home learning eating may have included more snacks, and mealtimes, quantities and types of food may be very different from what is available in College.

During the recent Eating Disorders Awareness Week, I gave an assembly for Heads of House to share with all students where I spoke about what constituted a balanced diet and about the benefits of taking some form of regular exercise. It is important to ensure we neither eat too much or too little food as both can be equally as damaging to our health. We have a display in the Medical Centre about healthy eating, along with information we can provide for students to take away if they are concerned about this or want further information. Equally, if a student is concerned about their own eating or a friend's eating, I would encourage them as a first point to talk with House staff who can then help with offering further support.

Mrs Almand-Chinn - Lead Nurse



Healthy Relationships

There has been much publicity in the media over recent weeks around healthy relationships and the safety of women in the community. Our PSHE curriculum includes teaching about consent and respectful and safe relationships, however we recognise that there is always more we can do as a College to support and highlight these key messages.

In light of this, we will be supporting [Denim Day](#) on Wednesday 28th April and will invite our students to wear jeans with a purpose, support survivors, and educate themselves and others about all forms of sexual violence. We will be asking for a £1 donation in support of local charities – our Headteacher's Council will provide more details about this after the Easter holiday.

We are also hoping to work with our local Sexual Assault Referral Centre (SARC) and MensCraft organisation with a view to them talking to our students about their services and giving age and stage appropriate advice and guidance. Links to these organisations can be found below:

[The Harbour Centre](#)

[MensCraft](#)

I will be contacting parents and carers at the start of next term to outline further plans to develop and enhance this area of our curriculum to ensure our community receives ongoing age appropriate education around the theme of healthy relationships.

Miss Marsh - Lead DSL

Support for Parents and Carers

Parent Helpfinder

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Find the helpfinder [here](#).





Online support group for parents of young people who misuse substances (Norfolk)

Drugs and alcohol can affect the whole family. [The Matthew Project](#) offers parent support groups for six weekly sessions in a confidential setting, providing a chance to meet other parents who are experiencing similar difficulties. The group aims are to help deal with the worries and stresses faced and provide strategies to help to cope and deal with the challenges that often arise. Further details about these sessions can be found [here](#).



Advice from Norfolk and Suffolk Foundation Trust (NSFT)

The Norfolk and Suffolk Foundation Trust (NSFT) have a YouTube channel. Videos include parenting advice, supporting anxiety, breathing techniques and recorded workshops. Their YouTube channel can be found [here](#). NSFT are also running a series of parent workshops on a variety of topics related to the mental health of children and young people. The next workshop on Thursday 25th March is titled “*Supporting our young people with eating difficulties/disorders*”. Further details and booking information can be found [here](#).

Online support group for parents of young people who identify as LGBT+

The Norfolk LGBT+ project is now offering a support group for parents and carers of children who identify as LGBT+ or are questioning this. In addition, they are now providing bi-weekly zoom meetings for children with like-minded LGBT+ young people. To find out more, see the poster on the next page.



Support group for parents/carers of LGBT+ children and young people living in Norfolk and Waveney

Do you have a child of any age who identifies as lesbian, gay, bisexual, transgender or questioning?

Are you wondering how best to support, and perhaps advocate, for your child?

We are here to offer a safe space for parents/carers to find support and to connect with other parents/carers.



Group meets 1st Monday of each month 6pm – 8pm.

If you would like to join us in our monthly zoom to either provide or seek support from other parents/carers then please email info@norfolklgbtproject.org.uk for more details.

NORFOLK
LGBT+
PROJECT

SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

Providing support, information and advice relevant to the health and wellbeing needs of the LGBT+ community in Norfolk and Waveney since 2002.
Registered Charity No. 1129710



Online Safety

How does the College monitors inappropriate/harmful activity by a student on the College network?

Smoothwall: Monitors and filters inappropriate/harmful internet searches on College devices. Notifications come through via email **the day after** the student has made an inappropriate search.

Securus: Captures inappropriate/harmful internet searches on College devices. It will also capture when a student has typed something that is inappropriate/harmful and therefore may be a cause for concern. This is live monitoring.

When does the College monitor inappropriate/harmful activity by a student on the College network?

Term Time Monitoring:

Smoothwall & Securus:

- Monitored Monday-Saturday by the Safeguarding Co-ordinator/Lead DSL
- Issues raised on Sunday will be checked on Monday.

Out of Term Time Monitoring (when students are not in school):

Smoothwall & Securus:

- The final check of each term will take place on the penultimate day of term.
- No monitoring checks will be made from the last day of term until the 1st day back at the beginning of each term.

Out of Term Time Monitoring (when boarding students are in school):

Smoothwall & Securus:

Exeat:

- It will not be checked on the Sat/Sun but will be followed up on the Monday

Holiday:

- Monitoring ONLY of boarding students staying in College for the holiday
- Lead DSL to check once a week to triage any notifications
- If non-urgent, this will be sent to the Head of House to pick up after the holiday



- If more urgent/concerning, this will be sent to staff in charge of the open boarding house(s) to speak to the student(s)

NB: If students are using Wymondham College devices at home it is the responsibility of parents/carers to monitor their online activity when the College is closed.

Omegle: Key Things Parents and Carers Need to Know

You may have noticed have heard about the app and website “Omegle” in the news recently due to a surge in usage, particularly by teens and younger children.

Omegle is a website and app that pairs random strangers for live text or video chats. There is an option for adult (18+) content and a section for people aged 13+ with parental permission however there is no age verification.

The BBC have reported that they carried out an investigation and found a significant amount of disturbing content. Omegle has been known to feature pornography and inappropriate content within chats, so it is important parents are aware of the risks associated with the site. This [blog](#) from the UK Safer Internet Centre explaining to parents and carers what Omegle is and some of the key things to be aware of.

TikTok Family Safety Toolkit

The DQ Institute is an American-based charity and TikTok, have created a comprehensive TikTok Family Safety Toolkit. It is quite a large but informative guide (26 pages) and throughout there are links to digital citizenship tips and more in-depth subjects. You can download the guide [here](#).

Digital 'Five a Day' initiative - Children's Commissioner

Dame Rachel de Souza (Children's Commissioner) has launched an initiative to help parents and carers talk to children about their 'digital diet' and positive, healthy use of the internet and social media. The idea is that there are a variety of benefits to online use and that positive, safe use can be enriching. Further details can be found [here](#).



Government Guidance: Keeping Children Safe Online

The Government has released [advice and guidance](#) to help parents and carers to keep children safe online during the coronavirus (COVID-19) outbreak and beyond. It includes information on the types of harm young people can experience online and gives advice to help you understand and protect your child from these, including:

- child sexual abuse
- child criminal exploitation
- exposure to radicalising content
- youth-produced sexual imagery ('sexting')
- cyberbullying
- exposure to age-inappropriate content, such as pornography
- exposure to harmful content, such as suicide content

Eating Disorders – Signposting for Support

[BEAT](#)

A national eating disorder charity based in Norwich that offers 1:1 webchat, telephone helplines, online peer coaching and online support groups. 0808 801 0677

[Eating Matters](#)

Norwich-based charity that offers support for people with mild to moderate disordered eating. Young people can self-refer on the website. 01603 767062

[Change 4 Life](#)

A service provided by the NHS that supports young people and their families to adopt healthy lifestyle habits.

[Seed](#)

A charity that provides information for young people and teachers around disordered eating. They also provide an advice line. 01482 718130

[Men Get Eating Disorders Too](#)

[NHS Advice for Parents and Carers](#)



Where can I seek support for my child's mental health and wellbeing?

We know that recent months have been difficult for adults and children alike. Children have found the change to their daily routine, anxiety about the impact of coronavirus on their education and isolation from family and friends very challenging and in some cases they may need some additional support with their mental health and emotional wellbeing. In addition to your child's GP, there are a wide variety of support services and advice lines available for parents, carers and children to access. These services can vary according to where you live.

Support for children who live in Norfolk

Just One Norfolk

[Just One Norfolk](#) has support and advice for all young people and their families in Norfolk. Call **0300 300 0123**. This is the 'go to' health website for Norfolk.



Chat Health

ChatHealth is a secure NHS approved text messaging service for 11- 19 year olds.

All you need to do is text **07480 635 060** to start a conversation. You will receive a response from a member of the 5-19 team in the Norfolk Healthy Child Programme. They are able to answer any messages and offer confidential support and advice to young people.





Norfolk County Council Children's Services

Norfolk Children's Services have launched a new phone line and text message service for young people to use if they need feel worried. Call **0344 800 8029** or text **07480 635 060**.



Support for children who live in Norfolk or Suffolk

First Response

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Kooth

[Kooth](#) is a free, online counselling service for young people aged 11-19 who are experiencing emotional and mental health issues.



Wellbeing Service – Norfolk and Waveney (16 years & over)

[Wellbeing Norfolk & Waveney](#) and provide a range of support for people with common mental health and emotional issues, such as low mood or stress. You can self-refer using the form on their website or by calling: **0300 123 1503**.





Support for Young Carers that live in Norfolk or Suffolk

Young Carers Matter – Norfolk

[Young Carers Matter Norfolk](#) offer a free advice line if you are a young person looking after someone in your family who, because of illness, disability, mental ill health or an addiction.

Call **0800 083 1148**. There is also an online chat facility.



Suffolk Family Carers

[Suffolk Family Carers](#) offer a free advice line if you are a young person looking after someone in your family who, because of illness, disability, mental ill health or an addiction.

Call **01473 835 477**. There is also an online chat facility.





Support for all Students

Young Minds: www.youngminds.org.uk/ Lots of information about young people's mental health, with various resources available.

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

Shout: www.giveusashout.org/ Free 24/7 mental health support. Text Shout to 85258

Childline: www.childline.org.uk/ Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too.

MIND: www.mind.org.uk/

A mental health charity offering an extensive range of support, advice and information to the young people. **Norfolk and Waveney MIND:** www.norfolkandwaveneymind.org.uk/ **Suffolk MIND:** www.suffolkmind.org.uk/

On My Mind: www.annafreud.org/on-my-mind/ A website to help young people find the mental health support they need. The website has many simple self-care activities which young people can do at home if they are feeling low or anxious.

Other useful safeguarding contacts

Childline: www.childline.org.uk/ 0800 1111

Samaritans: www.samaritans.org/ 116 123

NSPCC: www.nspcc.org.uk 0808 800 5000

Norfolk Community Eating Disorder Association: 0300 300 0142

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

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

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