



SAFEGUARDING NEWSLETTER

Mental Health & Emotional Well Being

In June 2017, students were made aware in Assemblies that the important subject of mental health and emotional well being would be a main focus of the Pastoral structure and House Time programme during 2017/18.

On Thursday 16th November your child took part in a PSHE (Personal, Social & Health Education) Day which covered this subject

The aims of the day were:

- To ensure WE all fully understand the values of Ambition; Integrity and Collaboration which support our pastoral ethos at SGB
- To develop an understanding of what we mean by mental health and emotional well-being
- To WORK TOGETHER to promote the health and welfare of all

Activities included:

- A session on what we understand by the terms health and emotional well being
- **Circle Time Activity** - Should celebrities use their fame to support mental health charities?
- **Individual Activities** - Draw/design/write about your goals, ambitions, hopes and dreams, favourite place, consider who supports you when you are having a hard time, anything that makes them happy or smile.
- **Resilience** - Class discussion on resilience. The key to this is that we all need support AND we all need to remember who are in our support networks

The World Health Organisation (WHO) defines mental health as:

'a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'.

Unlike physical health, e.g. if an arm is broken you have a visible plaster, mental health is often invisible and often has many negative connotations associated with it. It is often misunderstood and young people can feel stigmatised and as a result, young people don't speak to anyone. However, speaking to someone is so important.



What support is available to you as parents?

When you're living with a mental health problem, or supporting someone who is, having access to the right information - about a condition, treatment options, or practical issues - is vital.

The following websites have a wealth of information, offering support and guidance and run confidential helplines and online services staffed by volunteers who can relate to the difficult times you or someone you know may be going through.



time to change

let's end mental health discrimination

YOUNGmINDS



Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Alarming, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise
- having time and the freedom to play, indoors and outdoors
- being part of a family that gets along well most of the time
- going to a school that looks after the wellbeing of all its pupils
- taking part in local activities for young people.

Other factors are also important, including:

- feeling loved, trusted, understood, valued and safe
- being interested in life and having opportunities to enjoy themselves
- being hopeful and optimistic
- being able to learn and having opportunities to succeed
- accepting who they are and recognising what they are good at
- having a sense of belonging in their family, school and community
- feeling they have some control over their own life
- having the strength to cope when something is wrong (resilience) and the ability to solve problems.



What are Mental Health Issues?

Mental health problems are relatively common, affecting 30–40% of all children at some time during childhood. They are likely to be mild and transient and may arise from a broad range and combination of congenital, physiological or environmental factors.

Mental health disorders are usually diagnosed by a health professional such as a psychologist or psychiatrist based on observations of a pattern of extended behaviour that matches a set of criteria described in diagnostic texts.

Josh Cooper

Former student Josh Cooper joined us on our PSHE Day to share his experience of being able bodied to wheelchair bound and how he rebuilt his life through his love of tennis

When Josh was a pupil at SGB he was diagnosed with muscular disorder dystonia.

He has represented Great Britain at the Junior World Tennis Champions, won individual gold and doubles bronze at the Sainsbury's School Games and ended 2015 in the top 40 players in the world. However, last year he picked up a shoulder injury and needed surgery. What was meant to be an outpatient procedure turned into an 11-month stay.

When he was finally conscious, Josh was unable to bend his knees or sit up and is now in an electric wheelchair.

Josh spoke to the students about his resilience and what motivates him to continue to work hard to reach his goals.

His target is the 2020 Paralympic Games in Tokyo.

We wish Josh all the luck in the world!



Five Steps of Mental Well Being

Evidence suggests there are five steps we can take to improve our mental well being. If they are approached with an open mind and try them out, you can judge the results for yourself.



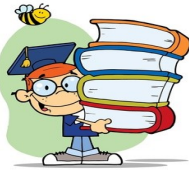
Connect

People who are more socially connected to family, friends and their communities are happier, physically healthier and live longer, with fewer mental health problems.



Be Aware

We live in an age of distraction, this limits how much we notice what is going on around us.



Keep Learning

Learning increases our self confidence, is enjoyable, often encourages us to think outside of our comfort zone.



Be Active

As well as the physical benefits, exercise can help improve our mood, self-esteem and ability to deal with stress.

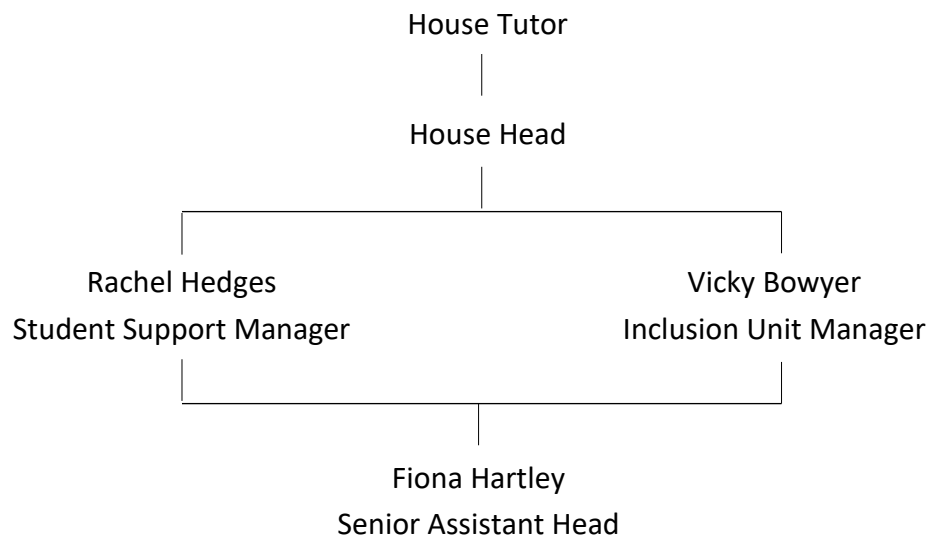


Give to Others

Random acts of kindness result in both parties feeling the benefit.

Sir Graham Balfour Pastoral Structure

If you are concerned about any Pastoral issue concerning your child, please speak to their House Tutor in the first instance. They are your child's key support worker and first port of call.



Sir Graham Balfour Telephone Number: 01785 223490



Sir Graham Balfour School

Member of Sir Graham Balfour Multi-Academy Trust

Safeguarding

Sir Graham Balfour Multi Academy Trust is committed to taking action to safeguard and promote the welfare of young people and vulnerable adults receiving education at school.

The Safeguarding Team

Designated Safeguarding Leads in the school are:



Fiona Hartley
Safeguarding Lead



Rachel Hedges
Deputy Safeguarding Lead

House Heads



Sarah Marshall
Chetwynd



Simon Trenbirth
Sandon



Anne-Marie Brinsdon
Tixall



Chris Parry
Weston