



# TDMS Safeschool

Welcome to TDMS Safeschool, the second newsletter providing information and support on Safeguarding.

## Student Wellbeing

We are keen to support students in developing all aspects of their health and wellbeing. Children and young people are facing more pressures than ever before, including exam pressure, social media, cyberbullying and pressure over body image.



Schools play a crucial role in developing the skills young people need to cope and flourish in today's world. They are a constant in young peoples' lives, and are a safe, consistent place for vulnerable young people.

As well as this, children with better health and well-being are likely to perform better academically.

To promote physical well-being, we have launched the TDMS Active Lifestyle Challenge. Students are being encouraged to develop their level of activity and recording their exercise on their personal record card. These can then be handed in to the PE department for a reward.

Students have also been given guidance on the benefits of being active to improve their health and well-being.

We aim to run a range of campaigns such as this to support our students in managing their own wider welfare including their emotional well-being and mental health.

You can help by supporting your child with this challenge, either by actively joining in with exercise or just by encouraging sporting activity and helping your child to complete the challenge card.

### Hopeline

Staff recently received training from Papyrus, an organisation which is dedicated to the prevention of young suicide. Part of their provision is a new helpline called Hopeline. This is a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide
- Anyone concerned that a young person could be thinking about suicide

**Phone 0800 068 41 41**

## Anti-Bullying Week



**11th-15th November 2019**

This year we have pledged to work alongside the Anti-Bullying Alliance on their campaign to tackle bullying. Students will be having assemblies and complete work in their tutor groups to consider how everyone has a responsibility to ensure there is change in people's acceptance of bullying. Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Together, we can challenge bullying. Remember bullying is a repeated, deliberate act of aggression, intimidation, act of causing embarrassment, pain or discomfort to someone. It can also isolate an individual.

You too have your part to play to help our school in the ongoing campaign in tackling bullying. If you have any concerns please contact your child's tutor or Head of Learning as often staff are not aware of problems and can only support children if advised. Working with school staff will help us support your child quickly. Please see the school Anti-Bullying Policy, available on the school website, for more information.

**Change starts with each individual working together as part of a community.**

### Snapchat alert: Are you aware? A report from a partner school:

Our daughter was talking us through Snapchat and their latest developments. Apparently the latest version of Snapchat allows hotspots whereby if you haven't set private sessions, the World can see your Snapchats. So she looked at the hotspot (over the school) and found lots of posting/pictures of the children. Some had even filmed their walks to school.

Our Safeguarding Team wanted to flag wanted to flag this to you in case you were not aware.

### Autumn 2019 Coming up at TDMS

- Anti-Bullying week
- County Lines Drama Production to Years 9 and 10 exploring the risks of criminal exploitation
- Young Carers— David King from YSS (Youth Support Scheme) will be presenting to Years 7 & 8 in special assemblies
- Health and Body Image assemblies for all students
- Tolerance and Resilience assemblies for all students