

Safeguarding and Wellbeing at Shenfield High School



Newsletter Issue 001: July 2024

In this first edition of Shenfield High School's Safeguarding and Wellbeing newsletter, we want to highlight some of the areas we have been focusing on this year to safeguard and protect our students, and to highlight some resources to help you as parents and carers as your child progresses in life both in and out of school.

If you have any questions about the issues highlighted here or any relevant issue that you would like to raise with us, please contact us using the email in the bottom right hand corner of this newsletter.

Safeguarding focus this year: Online Safety

As the school data reports showed an increasing number of online safety incidents, we have had a focus across the school on helping students be safe online. This has included:

- Key Stage 3 and 4 Assemblies by the School's Designated Safeguarding Lead.
- Key Stage 3 and 4 Year group presentations by online experts 'The 2 Johns'.
- Parental guidance workshop by online experts 'The 2 Johns'.
- Installing a new filtering and monitoring system that raises any concerns about what students search for on the school site.
- Whole school staff training about online safety.

Here are some further resources for you as parents and carers:

- [Managing screen time—advice for parents and carers](#)
- [Harm online guide for parents and carers](#)
- [How teenagers understand social media](#)

Need to talk, share a concern or ask a question?

Who can students talk to at school?

- Form Tutor
- Class Teacher
- Pastoral Manager
- Head of Year
- Support Staff
- Safeguarding Team
- Senior Leadership Team
- Any member of staff



Mr Bolitho
Safeguarding Lead



Mrs Edwards
Deputy Safeguarding Lead

Safeguarding and Wellbeing at Shenfield High School



Newsletter Issue 001: July 2024

Wellbeing Update

Govox surveys have given us a great insight into student wellbeing this term. Students have all been given the opportunity to complete the survey and once they have completed this, they are then sent personalised articles direct to their school emails to provide them with helpful tips to improve areas they may need support on. A very common thread for all students was not feeling well rested after a nights' sleep. Please click here to access the article they were sent:

[The relationship between anxiety and your sleep | Govox](#)



We have a fantastic selection of peer mentors in our sixth form who have provided younger students with enormous support this academic year. This is something we run every year and the new academic year will bring a whole new group of trained peer mentors; your child's year team or form tutor can point them in the right direction if they feel they would benefit from this support.

Over the summer holidays, it is so important that young people remain engaged in the 'outside world'. We know and appreciate how much of their time is spent online, but with the weather looking as though it's finally realised it's summer, please encourage your young people outside and getting active.

[Tips for 11-18 year olds on looking after your wellbeing - Mind](#)

[Online mental health and getting a good online / offline balance - Mind](#)

