



Co-op Academy
Walkden

Safeguarding, Mental Health and Wellbeing Newsletter



Summer 2024

Introduction

Welcome to our Safeguarding, Mental Health and Wellbeing Newsletter.

At Co-op Academy Walkden we firmly believe that safeguarding, mental health and well-being is more than ever a collective responsibility between the academy, pupils, parents and carers.

We understand that some of the content may be sensitive and at times difficult to read, however this is reflective of the current and emerging challenges our children are facing and we firmly believe that the more that we all know and understand, the better we can protect the young people in our care.

Mental Health & Physical Health

This term, we have focused on the importance of both Physical and Mental Health within Personal Development and Assemblies. We emphasised the benefits of regular physical activity, including improved fitness, better concentration, and enhanced mood. Students were encouraged to engage in sports and physical activities, both during and outside school hours, to establish lifelong healthy habits. Mental well-being was also a priority, topics covered included; stress management, dopamine regulation, and the importance of sleep.

For more resources and information, please visit the links below:

[NHS Physical Health and Wellbeing](#)

[Dr Andrew Huberman - Controlling your Dopamine Podcast](#)

[The Importance of Sleep](#)

[Why Sleep and Wake Cycles Affect Your Mood](#)

Healthy Eating Habits

We have found that some students are working to control food intake. This is not something that should go without support. We are seeing increasing amounts of boys and girls taking control through their food intake. Spotting the first signs of symptoms of an eating disorder is extremely important when encouraging individuals to get the help and support they need as quickly as possible. Following focus groups and discussions with parents we have developed sessions in Personal Development to signpost support for students.

However, If you're worried someone you care about is showing the signs of an eating disorder, the first step is to talk to them and encourage them to seek help from their GP.

Many tips can be found on the BEAT Charity website and resources can be found here:

<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/>

Useful Links for Students and Parents

Self-help books/booklets

[Reading Well – Young People & Mental Health](#)

[Beating Eating Disorders](#)

[Papyrus UK](#)

[Young Minds](#)

[Kooth](#)

[NSPCC](#)

[Anxiety UK](#)

[MIND – Stress Management](#)

Self-help exercises

[MIND – Self help for anxiety](#)

[NHS UK – Ways to relieve stress](#)

[Get self-help – flashbacks](#)

Exam stress

[How to deal with exam stress](#)

[CAMHS](#)

[NHS Conditions, Stress Anxiety Depression Mental Health Helplines](#)

[NHS Mental Health](#)

Teen Body Image And Self-esteem

[Teen Body Image And Self-esteem A Practical Guide For Parents](#)

[Ok to Ask Campaign \(suicide awareness and prevention\)](#)

[Barnardo's BOSS Service \(early intervention emotional health and wellbeing service working alongside CAMHS\)](#)

[Tackling the Blues \(sports and arts-based education programme supporting children and young people experiencing, or are at risk of developing, mental illness\)](#)

[Tackling the Blues](#)

App links

[Calm Harm \(self harm support\)](#)

[Clear Fear \(anxiety support\)](#)

[Move Mood \(low mood support\)](#)

[Combined Minds \(information for families supporting a young persons mental health\)](#)

[Breathwork \(breathing exercises to help anxiety\)](#)

[Calm \(meditation and sleeping\)](#)

[BetterSleep \(sleeping tracker\)](#)

[MoodNotes \(Cognitive Behavioural Therapy, only on Apple App Store\)](#)

[Bloom \(Cognitive Behavioural Therapy\)](#)

[Gratitude \(self-care journalling\)](#)

[Breeze \(Journalling, developed with concepts from Cognitive Behavioural Psychotherapy\) Apple](#)

[Breeze: mental health – Apps on Google Play \(Google Play\)](#)

[Wysa \(24/7 AI chatbot using Cognitive Behavioural Therapy\)](#)

[Finch \(self-care journalling\)](#)

[Reflectly \(AI journalling\)](#)

Self Harm advice & support:

Do you worry your child might be hurting themselves?

- Does your child always wear long sleeves even in the warmest of weather?
- Have you seen marks on the skin that can't be explained? Such as scars, scratches, cuts or bruises?
- Do you know that your child is self harming and think if they cared about you they'd stop?

Your child may self harm to help themselves feel more in control or get an immediate relief from high levels of stress or distress. It is important to remember self harm is not attempted suicide but something that people do in order to survive and stay alive.

Sometimes people also harm themselves because of self hate or because they want to punish themselves for something.

You may not realise your child is experiencing these difficulties; a common theme amongst individuals who self harm is that it is very often hidden from the rest of the world.

Individuals can become withdrawn and isolated, and secretive about their feelings and self harm. If you are worried your child may be self harming, here are some things to look out for:

- Unexplained cuts, burns, bite marks, bruises or bald patches
- Keeping themselves covered, for example wearing long sleeves or trousers even during hot weather, not wanting to change clothes around others or avoiding activities like swimming
- Bloody tissues in waste bins
- Blaming themselves for problems or expressing feelings of failure, uselessness or hopelessness
- Outbursts of anger or argumentativeness

We recommend the Young Minds website, Kooth (as previously mentioned last term)

Young minds

Young is an online support network for young people, parents/carers & professionals.



Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.

[YoungMinds | Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Kooth

Kooth is a free online counselling and emotional well-being support service for young people. It is a safe, secure and anonymous means of accessing support with their emotional health and well-being needs from a professional team of qualified counsellors.

As well as other supports such as discussion boards and magazines with peer to peer and community elements. All of which are safe and secure and pre-moderated.

Kooth ensures that young people have access to a range of mental health and well-being services. Kooth operates out of hours service weekdays from 12 -10 pm and the weekend from 6pm to 10 pm 365 days a year.

To watch a 1 minute video about Kooth click [here](#) or alternatively visit the [Kooth Website](#) at Kooth



Papyrus

Mission, vision, values

PAPYRUS exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.



Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINE247.

 0800 068 4141	 pat@papyrus-uk.org	 Text - 07860 039967
 Find help and advice	 Apps to support your wellbeing	 Ask the forum network

[Papyrus UK Suicide Prevention](https://www.papyrus-uk.org) | [Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org)

Other services

Take a look at www.harmless.org.uk, a national voluntary organisation for people who self harm, their friends, families and professionals

Childline: www.childline.org.uk or call 0800 11 11

Kidscape: www.kidscape.org.uk or call 020 7730 3300

School Nurse

Did you know we have a School Nurse who attends weekly?

Our School nurse is in School every Monday, they are available for drop ins over lunch times.

Students are aware they can access this support via Student Services. More information regarding this service will be shared with students in September, including ways in which they can self refer to this service for support!



In addition, ChatHealth is a text messaging support service for children. Students can send a message and chat with a school nurse. It's a safe and easy way to speak to a qualified health professional - 07312 263176.

11-19 YEARS OLD?

We help young people with all kinds of things...

- ✓ RELATIONSHIPS
- ✓ EMOTIONAL HEALTH & WELLBIENG
- ✓ BULLYING
- ✓ ALCOHOL
- ✓ SELF HARM
- ✓ HEALTHY EATING
- ✓ DRUGS
- ✓ SMOKING

MESSAGE US FOR CONFIDENTIAL ADVICE AND SUPPORT

Text and chat with a Salford School Nurse

LET'S CHAT LET'S CHAT LET'S CHAT LET'S CHAT

SEND A MESSAGE TO **07312 263176** AND CHAT WITH A SCHOOL NURSE @SalfordSchoolNurses

SCAN THE QR CODE TO FIND

NHS
Salford Care Organisation
Northern Care Alliance
NHS Foundation Trust

ChatHealth

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messages from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masking mobile apps). Prevent the school nurse from sending messages to you by blocking 07312 263176 to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

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Online Safety

Key reminder: Online Safety is more important than ever before.

As a school we ensure all staff and students are kept up to date with Online Safety risks and dangers.

Further online tips and support can be found on our website: [Additional Support: Online Safety](#)

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

What Parents & Educators Need to Know about SNAPCHAT

AGE RESTRICTION 13+

WhatsApp is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

SCAMS AND BLACKMAIL

Predators can exploit Snapchat's disappearing messages feature by, for example, telling a user they have naked photos of them (regardless of whether it's true or not) and will share them online unless they send them money. Teens then (understandably) panic about worry about the long-term consequences. Snapchat's own research has found that 81% of teenagers had experienced this – either on this app or others.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has features called 'Discover' and 'Spotlight', which claim the content shared there is relevant to each user, but it could also be seen as an easy way to hook users into watching videos endlessly. Furthermore,

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so asking continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which helps users with their day-to-day tasks in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the software is still in its infancy and has unrealistic body image expectations – creating feelings of inadequacy if a young person compares themselves to a filter. Snapchat now also has 'priority' notifications (which will get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

A feature called 'SnapMap' highlights your device's exact position on a virtual map, which is visible to other users. There are options to restrict who can see this information; all friends, selected friends or just your friends. Snapchat also has real-time location sharing, which lets friends keep track of each other – but it could also be used to track a young person for more sinister reasons.

Advice for Parents & Educators

SET CONTROLS VIA FAMILY CENTRE

Snapchat has parental controls called Family Centre. You must invite a child to the Family Centre for them to join. This allows you to view their friends list, see who they have shared with in the last 7 days (but not to view the specific messages) and report any concerns.

TALK ABOUT REAL LIFE SCAMS

If a young person is mature enough to have Snapchat, then they are mature enough to have a conversation about scams, nudges and blackmail. Have this discussion before you let them join. Share some real-life examples. Discuss the importance of never adding strangers and discourage them from sharing nudes. If they get lured into a scam, encourage them to tell you immediately, then block and delete the predator and screenshot any evidence.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this is certainly not the case. Encourage children to think critically about My AI's replies to their questions, as they are generated and reliable. Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

If you feel like an awkward conversation (and you may) it's important to talk openly and honestly about setting personal content that don't contain anything that could be embarrassing or offensive. If a creator loses control over where it ends up – and who else sees it, likewise, it's vital that children understand that some 'challenges' which become popular on the platform may have harmful consequences.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap stories are visible to everyone a user adds unless they change their settings. On Snapchats, their location is visible unless Ghost Mode is enabled. It's safer for a child to avoid adding people they don't know in real life, especially since the addition of My Picas, which allows people to see where users regularly visit.

BE READY TO BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable, it's important to encourage them to send explicit images or to 'snipe' (screenshot) social media posts. Encourage them to report the three dots on that person's profile and report or block them. Encourage them to state why they're reporting that user – such as annoying or malicious, inappropriate, spam or masquerading as someone else.

Meet Our Expert

Dr Claire Fetherston is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2023>

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What Parents & Educators Need to Know about TIKTOK

AGE RESTRICTION 13+

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity, can make the app seriously addictive.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's 'For You' feed only shows content it deems 'safe' for the user's age, the algorithm based on their behaviour (what they watch, like, share, comment, etc.) can show them content that is not age-appropriate. This is especially true for users who are not logged in, as they are shown content based on their location, device type, and other factors. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

DANGEROUS CHALLENGES

Due to TikTok's algorithm, users are often shown content that is highly engaging and addictive. This can lead to users spending long periods of time on the app, which can be harmful to their mental health and academic performance.

CONTACT WITH STRANGERS

With over 1.5 billion users globally, the app is a high-traffic platform where users can easily come into contact with strangers. This can lead to users being harassed, bullied, or even sexually abused.

ADDICTIVE NATURE

TikTok's algorithm is designed to keep users watching videos for as long as possible. This can lead to users spending long periods of time on the app, which can be harmful to their mental health and academic performance.

MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more lighthearted, the app has also been used to spread misinformation and radicalisation. This can be particularly concerning for young people who are more susceptible to these messages.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their child's account with their own. This allows parents to set controls for their child's account, such as limiting screen time, restricting who they can follow, and enabling Family Safety Mode. It's important to have this conversation before your child uses the app.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok accounts set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers. This can help to reduce the risk of cyberbullying and harassment.

LIMIT IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can use the settings to prevent them from making in-app purchases. We recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of money buying virtual gifts or other features of the app.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, discuss that they can be easily harassed and bullied, and that they should never share personal information or photos. Encourage them to report any concerns to you.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been affected by something they've seen, it's important to have a conversation with them. Encourage them to take a break from the app, and to talk to you if they're feeling any negative emotions.

Meet Our Expert

Alan Marshall is an experienced technology journalist who has written for the likes of BBC, The Guardian, The Telegraph, and The Evening Standard.

WakeUpWednesday The National College

Looking After Your WELLBEING ONLINE

We all know that looking after your mental and physical health is essential to keep a healthy happy life. The same goes for your online life. Our guide has got some simple but useful tips for keeping your wellbeing while you're gaming, using social media and just using the internet.

TAKE CARE WHAT YOU SHARE

CHECK YOUR PRIVACY SETTINGS

AVOID COMPARING YOURSELF TO OTHERS

BE KIND & BE CAREFUL

STAY ACTIVE OFFLINE

LOOK FOR POSITIVE COMMUNITIES

National Online Safety @wakeupwednesday

Users of this guide do so at their own discretion. No liability is entered into. Content last reviewed: 17.05.2023

Water Safety

Going into any open water such as ponds, reservoirs, lakes and canals is dangerous and can have life threatening impact. It might be tempting to jump into or swim in water but the risks of this could be fatal.

The temperature of the water is cold enough to take your breath away and lead to drowning.

Our message is simple – stay safe, stay out of the water! You never know the depth or risks below.







What to do if someone falls into the water

If you see a person in trouble in water, stay on the bank and phone 999. If you can reach the person with a branch, clothing tied together, a river pole, or other items then you could try to do so but you must stay firmly on the bank.

For more information from Greater Manchester Fire and Rescue visit: www.safe4summer.com



Please follow advice regarding water safety:

-  Water is often colder than you expect. Cold water shock can kill.
-  Below the surface, there could be sharp cans or broken bottles.
-  If water is polluted, it could make you ill.
-  There is no supervision by lifeguards to help you.

Family Support

Why an Early Help Assessment?

Early help is about receiving the right help at the earliest possible stage.

An Early Help Assessment can empower families to achieve change, recognising the family's knowledge and expertise and including them as active participants in the process of identifying their strengths, needs and desired changes. Each stage of the assessment process, including the final action plan, is negotiated and completed in partnership between the family and practitioners.

An Early Help Assessment can prevent family members from having to repeat information to different professionals by recording this in a single document which, with consent, can be shared. Different practitioners working with a family can be requested to contribute to an assessment. Having an action plan brings clarity to who will be doing what to address the desired changes.

An Early Help Assessment consists of seven areas to be explored; Health, Education, Behaviour and Routines, Family and Community, Finances, Housing and Safety. An Early Help Assessment will be completed with your agreement and in partnership with you and your family and you will always have a copy of this.

If a family no longer feels that their Early Help Assessment is needed, they can let the practitioners who are working with them know.

A wide range of support is available to you and your family, please go to the Early help for families in Salford for further information <https://www.salford.gov.uk/children-and-families/early-help-for-families/>



Getting help

Family Hubs

Salford Family Partnership Hubs are places in your local community offering services and support for families from different agencies in one building. Services include, Antenatal, Child's Health, Early Help, Play Sessions, Parenting support, and more.

What's on at your Family Hub?

Services and group sessions are run from a range of venues across the city. Details for these can be found on their Facebook page or by contacting your local family hub.

All Family Hubs are open from 8.30am to 4.30pm. The nearest Hubs are -

North Family Hub

Little Hulton Children's Centre
Longshaw Drive
Little Hulton
Salford
M28 0BD

West Family Hub

Little Hulton Children's Centre
Longshaw Drive
Little Hulton
Salford
M28 0BD

School Attendance

If your child is struggling to attend school every day, please contact the Attendance Team, help is available for both children and parents. This could include learning support or mental health support, such as worries or anxiety about attending school (Emotional Barriers to School Attendance). We have lots of services that can support many different issues or barriers to attendance and you can see more about this help by scrolling down this page.

EBSA support is available for children and young people who experience difficulty attending school due to emotional factors. We know the earlier difficulties are identified, and support is put in place, the more successful we can be in developing children's access to education and ongoing life experiences.

Financial Support

Salford Assist

Help when you really need it

Life can sometimes throw the unexpected at you. Salford Assist is a Salford City Council scheme that can offer short term support to people who are in a crisis, emergency or major disaster situation. These situations can mean that you are unable to meet the basic needs of yourself or your family.

Salford Assist doesn't offer cash payments, but would consider your immediate needs and try to help with essential items such as:

- a referral for baby milk, nappies or food for your baby and your family
- essential furniture items, for example a bed, or white goods
- help with emergency supply of gas or electric where there is no heating in the household
- advice and referrals to another service, agency or fund
- council tax support
- copies of birth certificates for homeless people

Assistance may also include things such as seeking debt advice, referral routes to affordable loans and recycled furniture schemes. We also give advice on how to access more affordable fuel tariffs and benefits.

Our awards are discretionary - This means there will be no duty on the council to make an award, each application will be considered on its merits. All other options for support should be investigated before an application is made.

The scheme is linked to other support services including homelessness prevention, debt advice, welfare rights, money management skills, affordable loans and council tax.

The scheme supports [emergency assistance](#), [resettlement grants](#) and [council tax support](#).

If you would like more advice and support please visit [Salford Assist • Salford City Council](#)

Foodbank



The Foodbank requires parents to have a voucher issued by a worker such as a Health Visitor, Early Help Practitioner, Housing Officer.

If parents are unsure about who to contact they can email the foodbank who can talk through their situation and put them in touch with a relevant local agency, or contact Salford Citizens Advice crisis line on or 07494 498693.

[How to get help | Salford Foodbank](#)

Require Safeguarding support?

If you need Safeguarding support over summer please follow the advice and support available below:

The Bridge - Children's Service

[Worried about a child • Salford City Council](#)

Police

Alternatively you can contact the police by calling 999 to report emergencies or by calling 101 for non-emergencies.

Reporting an emergency - Call 999 if you are reporting a crime that is in progress or if someone is in immediate danger.

Reporting non-emergencies - [Report crimes online](#) or by calling 101 if they are not an emergency. You can also call 101 to give information to the police or make an enquiry.

Did you know Crimewatch now has a support service targeted at supporting young people at risk of exploitation?

For more information visit:

[Fearless: Anonymous Reporting for a Safer Community](#)



Summer Fun!

Throughout the summer holidays there are lots of enjoyable activities to join in with, some are listed below

[Summer Fun - Salford City Council](#)

[Salford Free Tuesdays at RHS Bridgewater](#)

Youth Hub
Salford City Council

11-16 YEARS
WEDNESDAYS AND THURSDAYS
THROUGHOUT THE SUMMER 4-8PM

SUMMER HOLIDAY ACTIVITIES

DRAMA | SPORTS | ARTS | GAMING | BOXING

FREE

THE DEN YOUTH CLUB
ELLSEMERE SHOPPING CENTRE, 20/21 WALKDEN TOWN CENTRE, MANCHESTER ROAD M28 3ZH

DO YOU ACCESS FREE SCHOOL MEALS? BOOK HERE:

IF NOT BOOK HERE:

@SALFORDYOUTHSERVICE

Have a safe and enjoyable summer and we look forward to seeing you all in September