



Safeguarding & SEND

Children's Mental Health Week

We're proud to be taking part in Children's Mental Health Week (5-11 February 2024). 1 in 6 children and young people have a diagnosable mental health condition. This year's theme is My Voice Matters, join us and help shine a light on the importance of children and young people's #mentalhealth. Find out more and get involved: childrensmentalhealthweek.org.uk

In school, we will be taking part in activities all week during our PACE sessions, these include opportunities for pupils to express themselves and ensure their voice is heard.



You can get involved too, below are links to resources, ideas and top tips to help support the mental health and wellbeing of your child and your whole family.

- Place 2 Be have top tips (included below) on how to make talking about mental health a normal part of family life. Their website [How to support your child's mental health - Place2Be](#) has many more resources including a section for specific concerns [Place2Be: Parenting Smart: Articles](#)



- Be happy Resources [Free Guides Archives - Be Happy Resources](#) have free guides and resources which may be useful conversation starters when talking about Mental Health and Well-being. They also produce [Happy News - Be Happy Resources](#) a weekly newsletter with good news stories from around the world.

[Home - My Family Coach](#) website offers access to free articles and workshops to support everything from Mental Wellbeing and Communication to behavioural difficulties. They also have an option to use a journaling app to try to pinpoint patterns and triggers leading to unwanted behaviours. Their next workshop [Supporting My Anxious Child - Free Class - My Family Coach](#) takes place this week on the 8th of February.

- If you feel you need more specialist support or targeted information, resources including self-help information, a directory of services and self-referral pathways can be found online at [Home :: Lincolnshire Young Minds \(lpft.nhs.uk\)](#)



We know that Mental Health and Well-being needs to be a priority throughout the lives of our children and young people. To keep the momentum going throughout the year, Greenfields Academy will be introducing a weekly focus on Mental Health and Well-being through our PACE Curriculum.

UK Safer Internet Day

Safer Internet Day 2024 will take place on the 6th of February 2024, with celebrations and learning based around the theme 'Inspiring change? Making a difference, managing influence and navigating change online'.



Safer Internet Day is the UK's biggest celebration of online safety. Each year we cover an online issue or theme that speaks to the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology including AI
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people and Greenfields Academy are proud to be taking part.

Have you ever thought... "Things change so fast online, it's hard to keep up with what my child is doing?"

Staying up to date with what children are doing online can feel like a challenge sometimes. However, you don't have to be an expert in every new app or service. Simply having conversations with your children about their lives online, and what to do if they need help or something goes wrong, is what's most important. Here are a few simple steps you can take to help bridge the gap.

- **Talk little and often** - Having a regular open dialogue with your children about their favourite apps, the games they enjoy, and their online friends, will help create an environment where chatting about online experiences becomes a normal part of family life.
- **Stay proactive** - As a result of discussions with your children about their online activities, take time to research the apps they're using, the accounts or channels they're following, and the games they're playing, to get a better idea of what they're experiencing and what your thoughts are towards it. Weekly e-safety posts from the National Online Safety [Online Safety Guides & Resources for Parents \(nationalcollege.com\)](#) which are shared by school can help with this.
- **Seek support** - Knowing where to get help is essential. Each app or platform will have its own safety guidelines and reporting features, and having knowledge of how to use these will ensure you can make a report, seek help, and support your child to get the best out of the services they're using.



This Safer Internet Day, NSPCC have created the Game Safe Festival to encourage parents, carers and those working with children and families to have conversations about online gaming - a poster with details of how you can get involved is below.



Finally Lincolnshire Safeguarding Children Partnership have seen a rise in Safeguarding Concerns relating to AI Chatbots. A fact sheet around the dangers and where to seek support is included with this newsletter.