



## Issue 3

Welcome to Issue 3 of our safeguarding newsletter. This issue is about children's mental health and what we are doing as a school to raise awareness.

Children's Mental Health Week takes place each year

Each year there is a new theme, focusing on supporting the mental wellbeing of our children.

At Downsell we put the wellbeing and mental health at the heart of what we do. We recognise that good mental health supports children to be successful in all that they do.

Our PSHE curriculum covers aspects of how children can look after their own mental health and we hold assemblies, parent workshops and themed weeks that focus on mental health.

WE'RE PROUD TO SUPPORT  
**CHILDREN'S MENTAL  
HEALTH WEEK**

CHILDRENSMENTALHEALTHWEEK.ORG.UK  
#CHILDRENSMENTALHEALTHWEEK

### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the

Designated Lead:

Rachael Alexander-Gordon

or a Designated Safeguarding Officer:

- Deanna Williams
- Deena Chetty

They can be contacted via the school office:

**school@downsellprimary.waltham.sch.uk**

or by telephone on **0208 556 0103**.

You can also contact the Multi Agency Safeguarding Hub (MASH) on:

**0208 496 2310**

If a child is in immediate danger, call the



# CHILDREN'S MENTAL HEALTH

"One in six children aged five to 16 were identified as having a probable mental health problem in July 2020, a huge increase from one in nine in 2017. That's five children in every classroom."

## Young Minds Website



Sadly it is often the case that a child's mental health will often go unrecognised and untreated, with significant consequences to that young person's life, their family and community. At Downsell, our children's mental health is just as important as their academic achievement and abilities. We believe that with the right information, resources and support, we can work together to improve outcomes for all, giving all of our pupils a chance at a happier and mental healthier life.

## FURTHER INFORMATION

### NSPCC

Help and advice for parents and families to recognise the signs that their child may be struggling with their mental health.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

### Young Minds

Offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

<https://www.youngminds.org.uk/>

### Nip in the Bud

Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to reduce the risks of those conditions becoming more serious in later years.

<https://nipinthebud.org/>



***Respect Responsibility Resilience***