



# Issue 3



## JANUARY 2022

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 2022 is taking place this week, 7th—13th February.

This year's theme is **Growing Together**.

“Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.”

### Place2Be's Children's Mental Health Week

This week we will be thinking about our emotions and how our emotions may have changed as we have gotten older. We will also look at how we can help others grow emotionally. We will then end the week with a non-uniform day to raise money for the charity—Place2Be, which supports Children's Mental Health.

### 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:

- Patius Africa
- Deanna Williams
- Ailsa Betts
- Deena Chetty

They can be contacted via the school office:

[school@downsellprimary.waltham.sch.uk](mailto: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 Police immediately on 999.

# 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***