



## SAFEGUARDING – EVERYBODY, EVERY DAY

Although the Spring Term has been comparatively short, compared to the Autumn and Summer, it has been every bit as busy. So many exciting things have happened at the College and of, course, for many of our students, they increasingly focused on the upcoming exam season. We hope that everybody enjoys a restful and re-energizing Easter break (don't eat too much chocolate!). We also hope that you will find some of the information and advice in this newsletter useful.

### Spring Term at HCC

**Over the last term there have been many exciting things happening to help our students develop the skills to be safe and positive members of society.**

- Anti-Bullying Ambassadors have continued to showcase their work and student support through assemblies
- Assemblies celebrating Diversity, Kindness and informing students of the laws around Hate Crimes
- The John Egging Trust has begun the Blue Skies Inspiration Programme, working with a group of students, through exciting projects to develop their skills and confidence.
- The British Army ran an exciting day of challenges and activities to develop the teamworking and leadership abilities of a number of Yr. 8 students
- Devon & Cornwall Food Action have visited the college on 3 occasions
- Green Stem Careers event
- Magistrates Mock Trials Event,, including a visit to Truro Magistrates Court
- Female Empowerment workshop (Cornwall Marine Network)

#### Meet the Safeguarding Team @ HCC

Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community.



Mr. A. Oates  
Senior Assistant Headteacher  
Designated Safeguarding Lead



Mrs. C. Price  
Deputy Designated Safeguarding Lead



Mrs. R. Kenward  
Deputy Designated Safeguarding Lead

Mrs. Kenward has been a fantastic addition to the HCC team, providing fantastic support for our students. Mrs. Harvey (who retired in December) continues to support the school with Devon and Cornwall Food Action.



This amazing charity have now visited HCC 7 times and is providing a week's worth of high quality groceries to approx. 100 families at a time, all for a donation of £25! This has made a tremendous difference during tough economic times. A huge thank you to the entire DCFA team!

We are looking to expand the support offered when DCFA visit HCC – they will visit again (1030-1230) on:

DCFA will be back at HCC (1030-1230) on:



**20<sup>th</sup> April**  
**18<sup>th</sup> May**  
**22<sup>nd</sup> June**  
**20<sup>th</sup> July**



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**YOUNGMINDS**  
fighting for young people's mental health

## Self-Harm Guidance

Self-Harm is a significant issue among young people nationally. The causes behind self-harm can come from many places, sometimes it's a reaction to difficult emotions. In other cases it can be related to poor self-worth and self confidence. In any case it is not only a traumatic practice for many, it is also physically perilous. Attempts at self-harm can sadly result in unforeseen injuries that may take years to heal, and produce life-long mental and bodily scars. To find out more about self-harm and how to deal with it, please follow the link below:

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm>



# GAMING AND GAMBLING HARM PREVENTION WORKSHOP FOR PARENTS/CARERS



## IS GAMBLING A BIG DEAL FOR YOUNG PEOPLE?

- ✦ An estimated 55,000 young people in the UK aged 11-16 are considered 'problem gamblers' (The Gambling Commission, 2019)
- ✦ Friends and family play a hugely influential role in shaping gambling behaviour
- ✦ Young people are most vulnerable to experiencing gambling-related harm once they achieve independence from their parents (The Gambling Commission, 2021)

## WHAT CAN WE DO ABOUT IT?

As parents we often don't understand gaming but for many of us we have children who are gamers.

By attending one of our workshops you will increase your knowledge around gambling and gaming, understand the potential risks, how to best support your child, and access expert advice & support.

### AS A PARENT ARE YOU WORRIED ABOUT THE FOLLOWING ?

- ✓ The amount of time your child spends playing computer games?
- ✓ The amount of time spent gaming could be impacting their health, school and social life?
- ✓ Is your child asking for money to spend on games? Are you worried about what they are buying?
- ✓ Are you worried about the links between gaming and gambling in young people?



## BOOK YOUR WORKSHOP NOW!

Contact Mel Mugford to arrange your free gambling awareness workshop:

[MMugford@helston.tpacademytrust.org](mailto:MMugford@helston.tpacademytrust.org)



# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

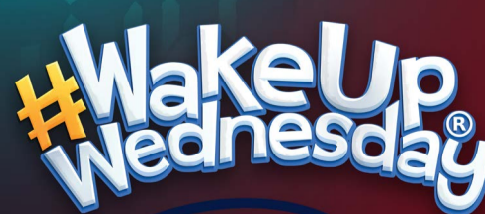
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®

# Easter Support

We know that, despite the hopeful rest and relaxation, school holidays can also bring additional difficulties, stress and worry. Therefore, we thought it would be useful to remind you of some sources of support in Cornwall, while school and other services may be closed.

A good starting point for support is the **Early Help Hub**. You can find a list of the different support services they offer at [Early help - Cornwall Council](#) (01872 322277)

Your GP will also be able to signpost you to specific support that may help.

If at any time you feel that someone is at risk of immediate harm, you should contact the **Multi-Agency Referral Unit** on **0300 123 1116** or the Emergency Services on 101/999.

For specific areas of need, you may find the below useful:

Need	Agency	Contact	
EMOTIONAL WELLBEING/ MENTAL HEALTH	 Kooth	<a href="http://www.kooth.com/">http://www.kooth.com/</a> <a href="http://www.xenzone.com/">http://www.xenzone.com/</a>	
	 NHS Mental Health Helpline	<a href="#">Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)</a> 0800 038 5300	
	 Child Adolescent Mental health Service (CAMHS)	<a href="#">CAMHS   Cornwall Partnership NHS Foundation Trust (cornwallft.nhs.uk)</a>	
	 Young Minds <small>The voice for young people's mental health and wellbeing</small>	<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>	
	 Cornwall Minds	<a href="#">Welcome to Cornwall Mind - Cornwall Mind</a>	
	 Action for Children	Kernow Connect	<a href="https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/">https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/</a> 01872 321486
		Action for Children Webchat	<a href="#">1:1 chat - Parent Talk (actionforchildren.org.uk)</a>
	 Childline <small>ONLINE, ON THE PHONE, ANYTIME</small>	Childline	<a href="#">Childline   Childline</a> 0800 1111
	 Whatever you're facing We're here to listen <small>Call the helpline on 116 123 email jo@samaritans.org www.samaritans.org</small>	Samaritans	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> 116 123
 Young People Cornwall <small>Making Waves</small>	Young People Cornwall	<a href="#">Making Waves - Young People Cornwall</a> 01872 22244	
BEREAVEMENT	 Penhaligon's Friends <small>Helping bereaved children</small>	<a href="#">Penhaligons Friends - A Cornish charity supporting bereaved children &amp; young people</a>	
DRUG/ALCOHOL MISUSE	 YZUP <small>WISC - drugs &amp; alcohol</small>	<a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a>	
SEXUAL HEALTH	 brook <small>Cornwall and Isles of Scilly</small>	0300 30 30 714	