

# GAA Families' Safeguarding Newsletter

November 2023

Welcome to Great Academy Ashton's safeguarding newsletter for parents and carers. We send these out every half term and they are also available on our website.

We hope you find it useful and welcome any feedback you might have.

## National Anti-bullying week, 13<sup>th</sup> – 17<sup>th</sup> November 2023

Students in Years 7-10 had an assembly, focusing on how to stand up to bullying, reporting bullying and not being silent when we see it happening. GAA students are working in form time to become GAA Upstanders to bullying. Students will be invited to sign up to our GAA Upstander Pledge later this term. We are also developing a GAA Student Anti-bullying Charter which is new this year and will be created by the students themselves.



The Anti-bullying Alliance organisation has created a really useful pack for parents which can be found at <https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/parents-and-carers> so please do have a look.

## Safe4me

Safe4me is a free resource and information library to support schools and parents. It has been created by Hampshire Constabulary.

There is a wide selection of resources for parents covering everything from anti-social behaviour, knife crime, county lines, drugs, legal highs, FGM, sexting to teenage relationship abuse and a whole host of other topics. You can find the website at [www.safe4me.co.uk](http://www.safe4me.co.uk)



## Supporting children with upsetting media content

Our media outlets have been filled with terrible reports of the conflict in Ukraine and, most recently in Israel and Gaza. Children and young people may hear and see reports online, on TV and radio that may distress them or that they find difficult to understand; some may believe that they could be hurt or killed. Young people may be upset by seeing their family's emotional response to events and as parents/carers, you might find it hard to speak to your children about what is being reported.



Parent Zone has published a 3-minute read for parents/carers. There is advice on how to have conversations with children as well as links to a video about misinformation, search engines and signposting to wellbeing services. Click on the link below:

<https://parentzone.org.uk/article/upsetting-news-and-media-online>



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## Greater Manchester Drug Early Warning - Vaping Concerns

There have been several recent incidents in the Manchester area that have led to students collapsing after vaping a liquid. It is thought this liquid may have been sold as 'THC or 'cannabis oil'. Samples tested have been found to contain a synthetic cannabinoid called ADB-BUTINACA (one of the laboratory made chemicals found in 'Spice'). It is extremely dangerous for a young person with no tolerance to inhale even a single dose of a potent synthetic cannabinoid.

**Effects and risk:** The effects can include *irregular heartbeat, confusion, paranoia, panic attack, insomnia, hallucinations and collapse*. Last year there were 69 recorded deaths in England and Wales associated with synthetic cannabinoids.

You can learn more about vaping and young people with this factsheet from Action on Smoking and Health (ASH).



<https://ash.org.uk/resources/view/use-of-e-cigarettes-among-young-people-in-great-britain>



NSPCC has produced a section on their website which provides advice to help you understand how to talk to children and young people about race and racism, and what you can do to support a child who's experiencing racial bullying. Click on the link here: [Talking to children about racism | NSPCC](#)

## Understanding ACES – Adverse Childhood Experiences

Childhood is a vulnerable time, and what happens to us then has a long deep impact. Adverse childhood experiences (ACEs) describe traumatic experiences that can have lasting effects into adulthood. The more ACEs someone experiences, the more challenging they may be to overcome. Watch this animated video on YouTube:

<https://youtu.be/XHgLYI9KZ-A>

## Reporting a safeguarding concern

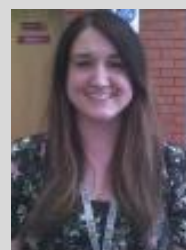
If you are concerned about the welfare of a student, please contact a member of GAA's safeguarding team:



Rachel Gill  
Designated  
Safeguarding  
Lead (DSL)



Gill Baines  
Senior Deputy  
DSL



Michelle Hughes  
Deputy DSL

via [admin@gaa.org.uk](mailto:admin@gaa.org.uk) or tel: 0161 241 9555

Thank you for reading.

Watch out for the safeguarding video clip we will be sending out in 2 weeks' time.



# GAA Emotional health & wellbeing - families' newsletter

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## Young people and self-harm

### Information and advice for young people and their parents and carers

Levels of self-harm continues to rise amongst young people and though a taboo subject for many, which adds to stigma and feelings of shame, we need to understand and talk about it more if we are going to find a way to support those affected, provide support at the earliest opportunity and reduce the incidence of self-harm. The difficulty of understanding why someone may hurt themselves and fear of making things worse can stop us engaging with this difficult issue at all.

NHS Greater Manchester Integrated Care has produced information resources for young people and their parents and carers which explain why people may self-harm, how to talk about it and strategies to help young people manage their emotions before they reach a crisis, while highlighting sources of help.

[Self-harm: A Guide for Young People](#)

[Self-Harm: A guide for parents and carers](#)



has produced an online A-Z mental health guide to support families, which provides advice for parents on how to help their child with a range of feelings, behaviours, mental health conditions and life events.

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If your child is feeling anxious it can be hard to know how to support them. You may worry about them and want to protect them, or perhaps feel frustrated that they spend so much time focusing on things that don't seem very important. Their behaviour can have an impact on the whole family, as well as affecting a child's friendships, and how they get on at school. The good news is, there are things you can do that will help you, and your child, to manage feelings better.

SilverCloud® by Amwell® is a **FREE mental health programme** that you can do on your phone, tablet or computer. It uses Cognitive Behaviour Therapy, or CBT for short, which is widely used as a proven and effective treatment for anxiety. Over 1 million people have already used SilverCloud® programmes to improve their wellbeing.

CBT will allow you to understand your child's feelings and show you how to help them learn the skills they need to cope and thrive. It will also help you manage your own emotions, providing tools and knowledge to respond positively to challenges, and move forwards together.

There are two programmes available:



•*Supporting An Anxious Child*

•*Supporting An Anxious Teen*

If you would like to try a SilverCloud programme, all you need to do is follow this link: <https://gm.silvercloudhealth.com/signup/>



## November 2023



Thank you for reading.