

Safe At Summerhill

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of the safeguarding and mental health issues, giving you useful links and resources to use if you have concerns. If you have concerns or ideas for future topics please do not hesitate to contact us on the main school number 01384 816165 or via email on studentssupport@summerhill.dudley.sch.uk

Safe Places Scheme

[Safe Places](#) is a scheme for vulnerable people. It gives people a place of safety, if it is needed when out and about in their local community. If you see this sign in a window it means someone inside can help you or call someone if you want them to. You have a card with your name, a family or carers name and contact number. See list below for a list of safe places around the borough. Follow this link to see a list of the safe places in the borough [Safe Places Scheme](#)



Dudley Holiday Activities

Dudley Holiday Activities provides free school holiday activities and food for children aged 5 – 16 who are eligible for benefits-related free school meals and other vulnerable groups. You can use the Dudley website to register your child and book fun and rewarding activities across the borough. Keeping your child happy and fulfilled during the holidays can be a challenge; they want to support parents and carers. Funded by the Department of Education and hosted by Dudley Council and Sutton Trust, they work with local organisations to provide a variety of exciting activities and clubs for kids as well as providing a healthy meal or snack at each session they attend. You can register here <https://www.dudleyholidayactivities.org.uk/>

Teens Skipping Meals Because of Poverty

Teenagers in the UK are skipping more meals because of poverty than in many other Western European countries, a survey suggests.

In the UK, 11% of pupils told the Programme for International Student Assessment (Pisa) survey they missed a meal at least once a week.

The average across the Organisation for Economic Co-operation and Development (OECD), which runs Pisa, was 8%. But the UK did make some progress in the educational rankings. "Many parts of the world are experiencing a food crisis, with families struggling to put food on the table," the Pisa report says.

"Millions of students, including from some of the richest countries, are often struggling to get fed." Among the UK's four devolved education systems, England was the highest performing nation across all three subjects.

The strong results showed the government had made real progress driving up standards in England, the Department for Education said. If you would like to read more on this article please follow this link [Teens Skipping Meals](#)

Tech-Free Christmas

With Christmas right around the corner, millions of families are excitedly anticipating the chance to spend some quality time with each other over the festive season. When everyone's engrossed in their phones or glued to their games consoles, however, genuinely meaningful moments with loved ones can often be difficult to orchestrate.

Our Christmas #WakeUpWednesday guide will lend a hand: providing some advice on helping young people to set aside their devices for a while and live in the moment. Even if going full tech cold turkey feels unrealistic, implementing just a few of these tips could still decrease the amount of screen time in your home this festive season – enabling everyone to make the most of it. 🎁



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
Lead



Mr Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season – Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College

NOS National Online Safety
#WakeUpWednesday