

## Welcome and introduction

Thank you once again to parents/carers who have shared information with the College safeguarding team this half term. We very much appreciate your care and vigilance around our young people. Everything that is reported to us is carefully considered and additional safety measures are put into place where appropriate. We respond swiftly and appropriately to reports of negative behaviour that has taken place *outside* school as this could impact on the College community. If the safeguarding team is made aware of anything that pertains to criminal activity, a referral is always made to the police (parents/carers would be informed of this action). We recommend that parents/carers make a direct referral to the police should anything of a criminal nature be of concern outside the College.

To contact us, please email: [thinkpink@lintonvc.org](mailto:thinkpink@lintonvc.org)

Mrs Louise Keen – Director of Safeguarding, Designated Safeguarding Lead

## Features and Updates

This edition of the Safeguarding Bulletin features: visual information on vapes to help **parents stay current**, Children's Mental Health Awareness week. It also includes an update on the College's **mental health and wellbeing approach**.

## Would you know what these were if you glanced in your child's pencil case?

Vapes may be limited to four flavours in drive to stop UK children getting hooked

Ministers consider measures to lessen appeal as data suggests one in five children have tried vaping



## Safeguarding-based assemblies this half term

This half term we have talked about children's mental health awareness through assemblies and subsequent discussion in tutor time. The theme for Children's Mental Health Awareness Week this year has focused on **Know Yourself, Grow Yourself**.

This assembly aimed to make students think about their feelings and emotions and express those feelings so that they are more prepared to take on 'life's ups and downs'.

Where do you sit on the emotion wheel today?

What is the thing that makes you feel happiest?

What do you do when you feel sad?



## Making a referral to social care

Anyone can make a referral to social care. Ideally, this should be done via the county that the referee lives in. If this is unknown, the county of the referrer should be used.

For **Cambridgeshire**, [click here](#)

For **Essex**, [click here](#)

For **Suffolk**, [click here](#)

In an emergency, please dial 999 or to speak to the localised police, dial 101.

## Mental Health/Wellbeing Support Update

Our Wellbeing and Counselling services continue to support students with a range of mental health needs.

The referral system, via which staff can refer students is working well and allows the efficient triaging and subsequent appropriate allocation of support. Mrs Hill continues to offer wellbeing support and this has now expanded to include education for students around healthy relationships, bullying and prejudice-based language. The Centre 33 counselling service is now fully up and running, giving Tier 3 support to students with more complex needs. This service operates on a six-week cycle, thus allowing for an enhanced offer of support to a wider range of students.

Please see below the ways to access mental health and wellbeing support

1. There is a self-referral form on the LVC website for any student to use; it is under the mental health banner.
2. Any student can ask any staff member to refer them to the wellbeing services.
3. Attend a lunchtime drop-in or just ask Mrs Hill or any member of **the safeguarding team** – Mrs Keen (Director of Safeguarding), Mrs Addley (Safeguarding Officer), Heads of Year (Mrs Addley, Mr Davis, Miss London, Mrs Darvill and Mr Pelly), Mrs Garner (SESCO), Mrs Hill (Wellbeing Mentor), Mrs Marsh (Principal), Mrs Matarazzo (Deputy Principal).