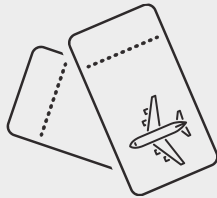




PSA SAFEGUARDING BULLETIN

Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.



TERM TIME LEAVE



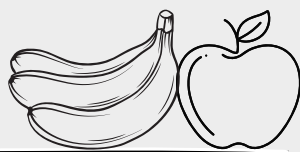
**SINCE SEPTEMBER 2023, 58 FAMILIES
HAVE TAKEN TERM TIME LEAVE RESULTING
IN 2367.5 LESSONS MISSED!**

Thinking of taking your child away during term time?

You must inform the school if you are planning to go abroad during term time. Failure to do so or asking a friend or relative to call in sick for your child will result in a referral to the local authority. Your child could be classified as "a child missing from education," and social care and other safeguarding teams could become involved.

There are approximately 91 school holiday days, which should be used for holidays.

A two-week absence from school not only affects your child's attendance but also causes them stress and anxiety as they try to catch up on the 50 lessons they have missed.



HEALTHIER CHOICES

We're only a few weeks into the new year, and it's never too late to start thinking about making changes for a healthier lifestyle. NHS have launched a new campaign aimed at helping families eat better and move more - click here to find out more: <https://www.nhs.uk/healthier-families/>





REDUCED ATTENDANCE INCREASED ANXIETY (EBSA)

We all know that good attendance in school increases a student's chances of success in the future. But did you know that a student taking regular days off can actually increase their anxiety?

Worrying or anxiety is a normal feeling that we all experience from time to time. It can keep us safe from harm or help us perform in difficult situations. However, sometimes anxiety or excessive worrying can become a problem, especially when it stops someone from doing what they want or need to do.

Emotion-Based School Avoidance (EBSA) is a term used to describe a child who experiences challenges in attending school due to negative feelings such as anxiety. EBSA is commonly associated with emotional and physical distress, and a reluctance to attend school, which can lead to reduced attendance and further anxiety regarding school.

Three days off school equate to missing 15 lessons. Students will walk back into the lesson on their return feeling unsure, as they will have missed key information and will feel they are behind their peers.

Friendship groups can merge and change dynamics while the student is off school, causing insecurities, increased anxiety, and a feeling of isolation.

If you start to see your child becoming anxious about school, or you notice a pattern in the days they say they feel unwell, please contact the school. We can offer support for you and your family. Contact the Head of Year in the first instance or a member of the safeguarding team for help (you can find out who the PSA safeguarding team is on the [final page of this bulletin](#)).

To learn more about EBSA, please visit the [Buckinghamshire Council website](#).

Each school year, the Department for Education (DfE) updates KCSIE (Keeping Children Safe in Education). This document outlines statutory safeguarding requirements for schools, with a current focus on ensuring children's safety online. Before the DfE KCSIE update, we used Securly when we opened last year. With this software, we can protect students through the instant alerts that we receive if they search or type anything deemed inappropriate whilst in their school account.

KEY DATES

Anna Freud has released a Spring Term webinar series in collaboration with the Schools and Colleges Early Support Service. Specially tailored for parents and carers of adolescents, the free webinars will provide valuable support and information. To register, please click on the relevant Zoom link.

How to support your young person with low mood - Tuesday 6 February, 12:00-13:00 [Click to register](#)

Early emerging School Based Avoidance: practical tips and strategies to support your child - Thursday 8 February, 17:00-18:00 [Click to register](#)

Anxiety in adolescence: how can parents and carers help? - Tuesday 5 March, 12:00-13:00 [Click to register](#)

Adolescent self-harm: how to make sense of it and when to seek support - Wednesday 13 March, 17:00-18:00 [Click to register](#)

Building resilience, staying connected and nurturing your relationship with your teen - Tuesday 19 March, 12:00-13:00 [Click to register](#)

Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again - Thursday 21 March, 12:00-13:00 [Click to register](#)

Managing teen behaviour that challenges: tips and tricks - Wednesday 17 April, 12:00-13:00 [Click to register](#)

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone - Tuesday 23 April, 12:00-13:00 [Click to register](#)

Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing - Thursday 25 April, 17:00-18:00 [Click to register](#)



PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school.

If you have any concerns please email: safeguarding@psa-bucks.com

SAFEGUARDING LEADS



Miss Stone [DSL]



Mrs Summerell
[Head of Student
Services/DDSL]

EXTENDED SAFEGUARDING TEAM



Mr Field [Yr7]



Ms Harb [Yr8]



Mr Bullen [Yr9]



Mrs Toor [Yr10]



Mr Wilson [Yr11]



Mrs Kaur
[Head of Sikh Ministry]

