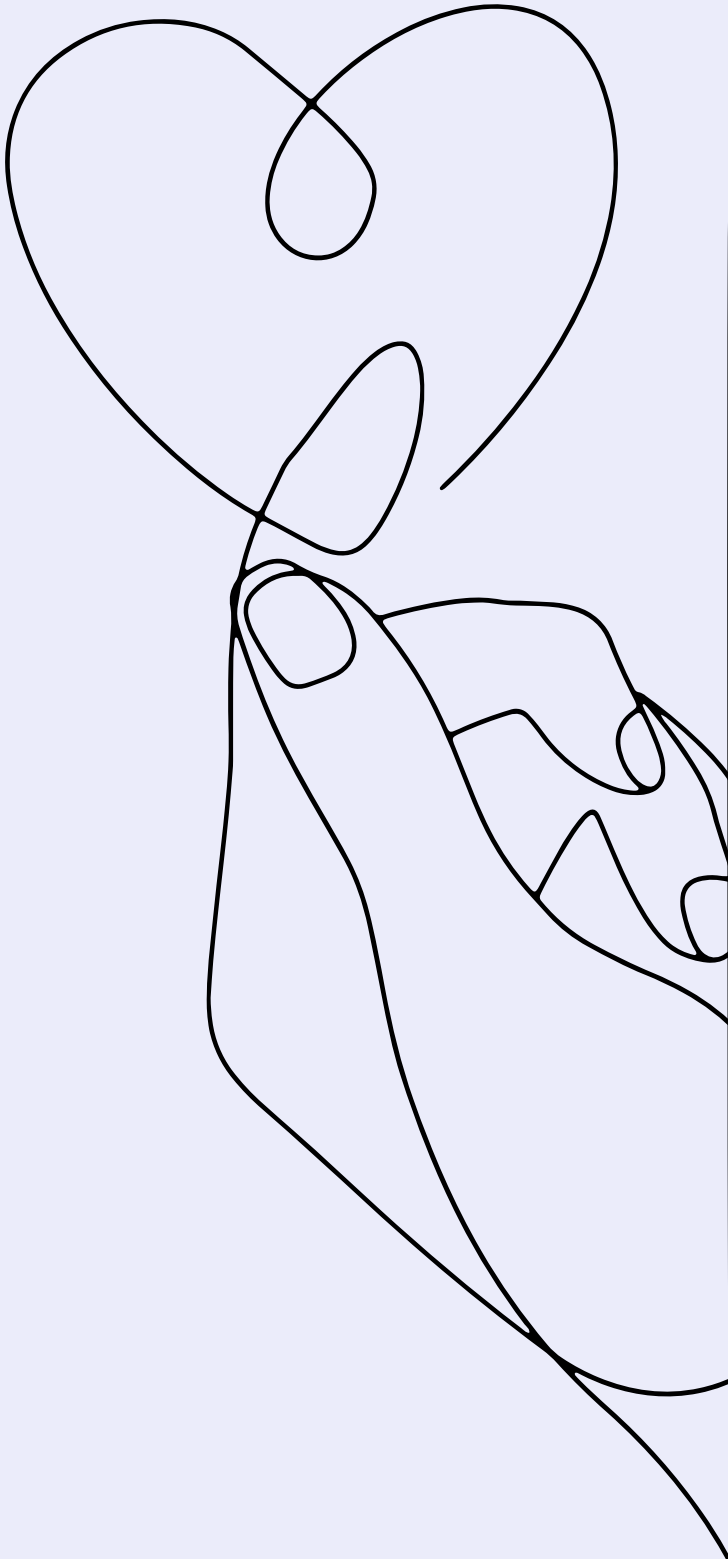




# PSA SAFEGUARDING BULLETIN



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.



## MENTAL HEALTH AWARENESS WEEK

One in four people will experience a mental health problem of some kind each year in England, and one in six people report experiencing a common mental health problem (like anxiety and depression) in any given week in England:

- Mixed anxiety and depression: 8 in 100 people
- Generalized anxiety disorder (GAD): 6 in 100 people
- Post-traumatic stress disorder (PTSD): 4 in 100 people
- Depression: 3 in 100 people
- Phobias: 2 in 100 people
- Obsessive-compulsive disorder (OCD): 1 in 100 people
- Panic disorder: fewer than 1 in 100 people

Supporting a young person can feel really worrying. You might be feeling overwhelmed, scared, or unsure of what you should do. But you are not alone. There are various resources and support networks available to help you support your child:

- [Mind](#)
- [YoungMinds](#)
- [NHS](#)
- [AnnaFreud](#)
- [Every Mind Matters](#)

# SELF-HARM

The reasons young people self-harm vary for everyone. Often, they cannot give a reason for harming themselves. Some experiences or emotions can make self-harm more likely, for example:

- Low self-esteem, not feeling like they are good enough
- Feeling alone or being bullied
- Experiencing abuse (physical, sexual, or neglect)
- Issues at home with the family or grieving
- Feeling angry or like they do not have control of their lives

Signs of self-harm include:

- Covering up, for example, wearing long sleeves in summer
- Blood-stained clothes

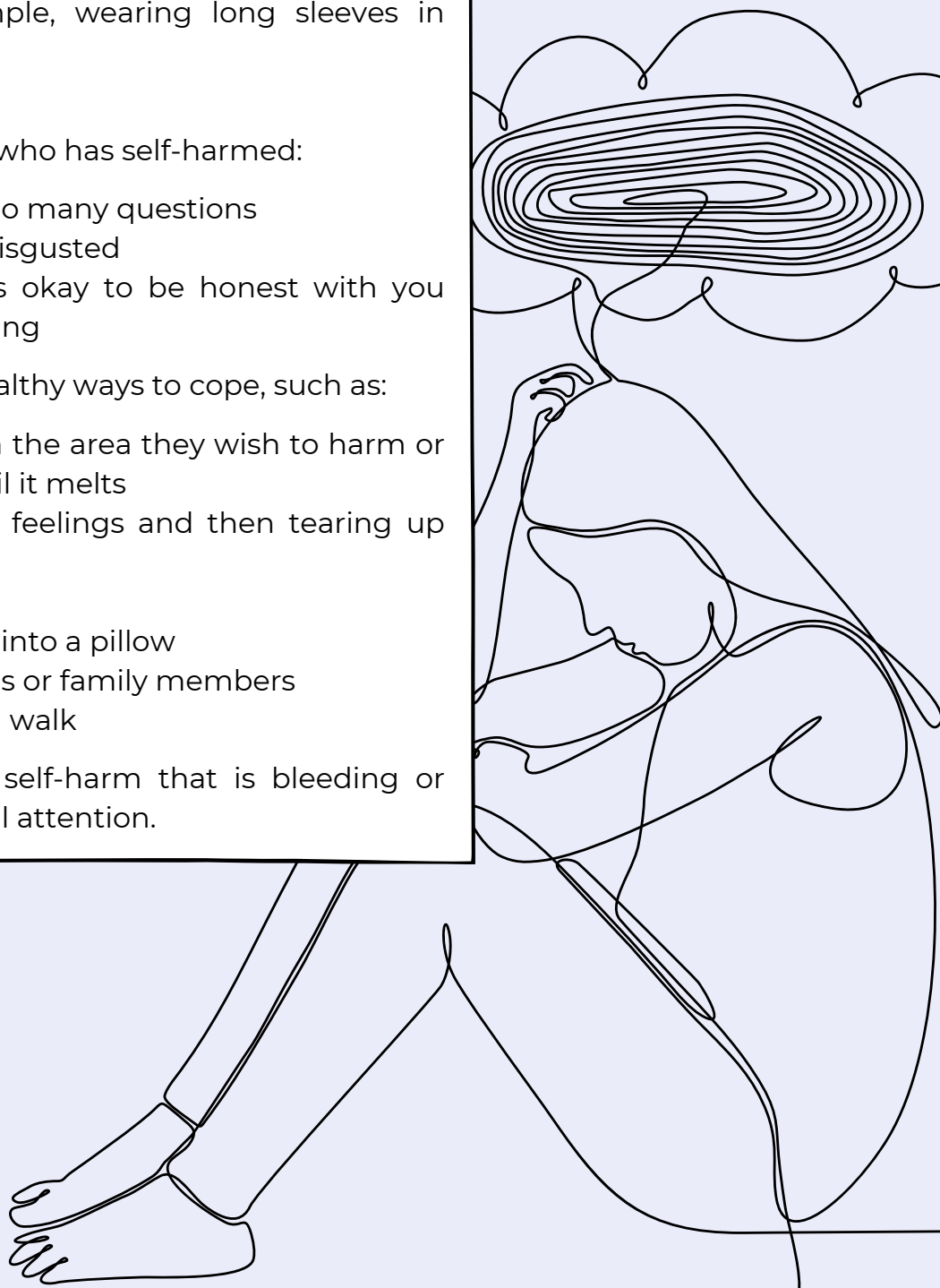
Ways to support a student who has self-harmed:

- Listen without asking too many questions
- Do not act shocked or disgusted
- Reassure them that it's okay to be honest with you about how they are feeling

Encourage them to find healthy ways to cope, such as:

- Rubbing an ice cube on the area they wish to harm or holding an ice cube until it melts
- Writing down negative feelings and then tearing up the paper
- Listening to music
- Punching or screaming into a pillow
- Talking to trusted friends or family members
- Exercising or going for a walk

Always, if presented with self-harm that is bleeding or looks infected, seek medical attention.



# STAYING SAFE: UNDERSTANDING RIVER HAZARDS

Every summer, tragic accidents occur from jumping, diving, or tombstoning into rivers. While adventure always involves risks, helping your child understand these dangers can help them take safer, educated risks. Here are some river hazards to consider for a safer swim.

## **Jumping, diving, back flips and tombstoning**

Jumping and diving can be fun but dangerous without proper knowledge and caution. Don't jump if you can't see or test the depth, as submerged objects can be hidden. Enter slowly to acclimate to the cold water temperature. River levels and obstructions can change after rainfall, so always check the conditions. Higher jumps increase injury risks, including spinal injuries and organ damage. Strong currents can sweep you away quickly, especially in white water.

## **Weirs**

Weirs are dangerous, especially in high flow. Stopper waves can trap and drown swimmers, so avoid sliding down weir faces and learn to recognize natural stoppers. In high flows, the risk increases, and it's essential to be cautious around these structures.

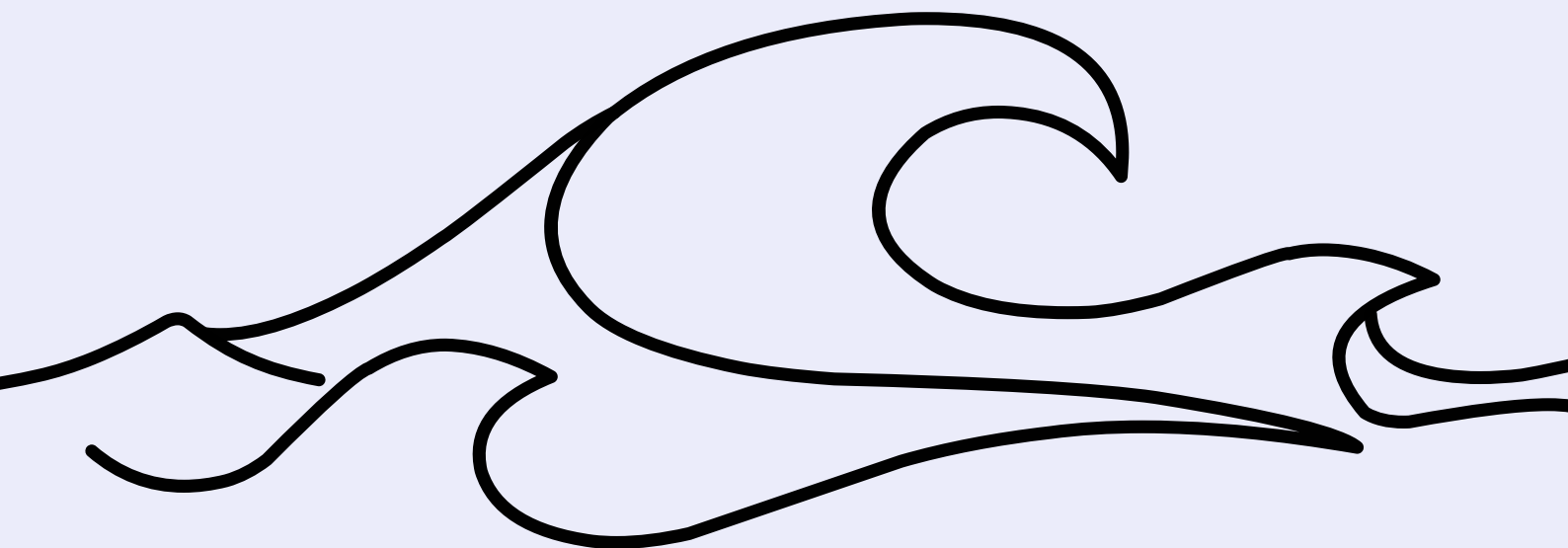
## **Rocks**

Rocks can be both hazards and shelters. Check for rocks before jumping and swim cautiously to avoid injury from submerged rocks. Rocks can also be extremely slippery, so take care when clambering along or in rivers.

## **Obstructions, sieves, syphons, and strainers**

Fallen trees and other obstructions can trap swimmers. Strainers can hold a swimmer underwater with the force of the current, making them very dangerous. Undercuts and tree roots can also trap swimmers, especially on the outside of bends where the current is strongest.

Stay aware of these hazards to enjoy a safer river adventure.





# 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](mailto:safeguarding@psa-bucks.com)



Miss Stone [DSL]

## SAFEGUARDING LEADS



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]

