



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.

PROTECT THE ONES YOU LOVE



There's nothing more important than keeping your family and home safe. To add extra peace of mind, here are SimpliSafe and Neighbourhood Watch's top 5 tips:



Teach your children about home safety

Once your children reach a certain age, you may want to talk to them about the importance of home safety. From how to use the security system and the importance of locking the doors to what to do in the event of a fire.



Declutter and start your spring clean early

It might sound simple, but by thoroughly inspecting your home for any security risks, alongside your decluttering tasks, you can ensure safety in the place you call home.



Detect leaks & floods

Worried about water damage with the sporadic British weather? One way to combat this is by adding a water sensor to areas that you feel could be impacted, and receive alerts before any potential damage could happen.



Make your property more private

Every home is different, and although this wouldn't be a one-size-fits-all approach, you can add steps to make your property more private without compromising your aesthetics. From adding a fence, creative landscaping or a driveway gate, to outdoor security cameras.



Advanced home security

Ensure your entire home is protected with a home alarm system to help deter intruders. Do some research and decide what will be the best fit for your home and family; consider either a DIY or hardwired system, as well as either self-monitored or professionally monitored.

NHS TALKING THERAPIES

The NHS is encouraging anyone struggling with feelings of depression or anxiety, such as excessive worry, panic attacks, social anxiety, post-traumatic stress, or obsessions and compulsions, to seek help through NHS Talking Therapies services. These are effective, confidential and free treatments delivered by trained clinicians, online, on the phone, or in person.

If you're struggling with feelings of depression or anxiety, seeking help through an NHS Talking Therapies service can be one of the best steps you can take to overcome mental health issues and get back on track.

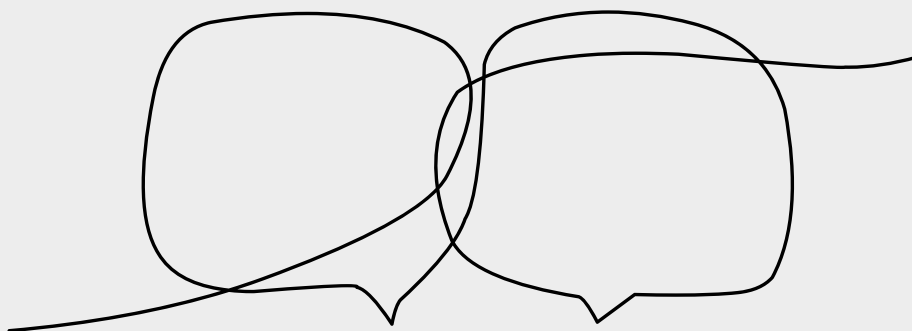
NHS Talking Therapies can help provide support and treatment for common mental health problems, such as:

- feeling anxious
- feeling low and hopeless
- having panic attacks
- finding it hard to cope with work, life or relationships
- struggling with flashbacks or nightmares about upsetting events from your past
- feeling stressed
- worrying a lot
- obsessive thoughts or behaviours
- fear of social situations
- being afraid of things, such as spiders, flying or heights (phobias)

You do not need to have a diagnosed mental health problem to refer yourself to an NHS Talking Therapies service. Getting support as soon as you start having difficulties can help to reduce their impact.

For those whose first language is not English, talking therapies can be delivered through multi-lingual therapists or through confidential interpreters, and in British Sign Language (BSL) through SignHealth's NHS Therapies for Deaf People service.

Your GP can refer you for NHS Talking Therapies, or you can refer yourself online at nhs.uk/talk.



KEY DATES

Webinar series by Anna Freud

This Spring Term webinar series is specially tailored for parents/carers of adolescents, and will provide valuable support and information.

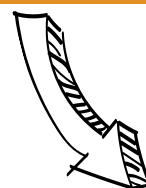
Anxiety in adolescence: how can parents and carers help? - Tuesday 5 March, 12:00-13:00	Register
Adolescent self-harm: how to make sense of it and when to seek support - Wednesday 13 March, 17:00-18:00	Register
Building resilience, staying connected and nurturing your relationship with your teen - Tuesday 19 March, 12:00-13:00	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	Register
Managing teen behaviour that challenges: tips and tricks - Wednesday 17 April, 12:00-13:00	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	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	Register

Cyber Choices programme

This programme is for parents/carers of children age seven and above, all the way up to university and beyond. It will help you understand what computer misuse is, what the risks to young people are, how to recognise some of the indicators that young people may be involved in committing cybercrimes, and more.

Wednesday 28 February, 20:00	Register
Monday 4 March, 11:00	Register
Monday 4 March, 20:00	Register

Click here to learn more about staying safe online here.





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]

