



Safeguarding & Child Protection at Ellesmere Port Catholic High School

Welcome back!

We are delighted to have welcomed back students to our school community this week for the Summer Term and see their smiling eyes above the face masks (It has been confirmed that face coverings should continue to be worn in secondary school and college classrooms as a precautionary measure when students return after the Easter break.) Thank you to all parents and guardians for helping to prepare your children for their return to school, as this had a huge impact on helping to make it successful.

We continue to put safeguards in place (one way systems, sanitising and lateral flow testing) but the truth is that every member of our school community has a duty and a responsibility to keep it safe. Remember to wear your mask, wash your hands and keep a safe distance. We have to resist the temptation of high fives and hugs and removing our masks inside. We know that our students want to do the right thing, understand the need for safeguards and are committed to following them. The truth is, we are all working hard and learning new ways to be a community.

Always remember you are BRAVER than you believe, STRONGER than you seem and SMARTER than you think.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15.13

Please make sure that we have up to date telephone numbers for you and any emergency contacts. Thank you



Following Young Carers Action Day back in March we want to acknowledge the incredible job that our young carers do—Thank you, you are amazing!

What is a Young Carer? A young carer is a child aged between 6 – 18 years who has a caring responsibility for a loved one they live with. Their caring responsibility will often be supporting a parent or sibling who has an impairment such as physical disability, mental health issues, substance misuse problems and / or other limiting conditions including terminal illness. Young carers are often isolated and encounter more barriers when trying to achieve positive things throughout their childhood.

Who are Cheshire Young Carers? They are an independent charity supporting some of the approximate 8,000 young carers across the whole of Cheshire West and Chester and Cheshire East. They strive to reduce the impact on children who have caring roles, and help young carers have the same chances as other children their age.

If you feel that you could benefit from the support of Cheshire Young Carers and fall into the 'Young Carer' category, Get in touch with Mrs Carly Hughes or Mr Farhan Patel for more information.

Designated Safeguarding

Lead

Mrs Jayne Jones

Deputy Designated

Safeguarding Lead

Mrs Carly Hughes

Useful Acronyms and

Vocabulary

CEOP - Child Exploitation and On-line Protection Centre

CYC—Cheshire Young Carers

CAMHS - Child and Adolescent Mental Health Services

KSCIE - Keeping Children Safe in Education

RSE - Relationships and Sex Education

ELSA - Emotional Literacy Support Assistants

Useful Websites

youngminds.org.uk

nspcc.org.uk

childline.org.uk

cheshireyoungcarers.org

idas.org.uk

papyrus-uk.org

Supporting children and young people's mental health

45% of all Childline counselling sessions were related to **emotional health and wellbeing**, including self-harm and suicidal thoughts and feelings.



Getting support...

1. **Speak to your GP**— Supporting a child with a mental health problem like depression or anxiety can be really hard and it's important for a young person to speak to their GP about professional help if they're struggling. This should be the first step you take if you're worried a child may have a mental health problem.
2. **Talk to your child about Childline**— Childline is a free and confidential service for young people under 18. Children can [talk to a trained counsellor](#) over the phone, online via [1-2-1 chat](#) or via [email](#) about anything that's worrying them, 24 hours a day. Many young people find it easier to be honest about their mental health with someone they don't know.
3. **Speak to us at school**— It can also help to speak to someone at school, like your child's pastoral lead or learning mentor. Your school should be able to provide someone who your child can speak to regularly about their mental health, for instance the school counsellor. Ask your child if there's a teacher at their school they might feel comfortable speaking to.
4. **Ask about a referral to CAMHS** - If your child has been feeling unhappy or anxious for a long time, or is showing signs of [self-harm](#) or suicidal thoughts, it's important to consider professional help so that they can get the support they need. [Child and adolescent mental health services \(CAMHS\)](#) is a free NHS service for children and young people under 18. CAMHS can help young people who are struggling with serious mental health problems such as depression, anxiety, self-harm, panic attacks or eating problems.
5. **Other support available** - Young Minds have [advice for parents](#) about supporting children with a range of mental health problems. [The Mix](#) offer advice on a range of topics for young people under 25. They have a [24-hour crisis messenger](#) for young people who need help right away. Childline have a number of suggestions to help young people feel calm... <https://www.childline.org.uk/toolbox/calm-zone/>

Domestic Abuse Help and Support

Local Domestic Abuse Support is available in Cheshire West and Chester. Domestic abuse has no respect for age, sex or sexuality—it loves to go unreported. What happens behind closed doors doesn't have to stay there.

Open The Door on Domestic Abuse - If you, or someone you know is in a relationship that doesn't feel right ... speak to someone about it. You can get help and advice at openthedoorcheshire.gov.uk or telephone 0300 123 7047 option 2

- women can call [The Freephone National Domestic Abuse Helpline, run by Refuge](#) on [0808 2000 247](tel:08082000247) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- men can call [Men's Advice Line](#) on [0808 8010 327](tel:08088010327) (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support

You can also email for support. It is important that you specify when and if it is safe to respond and to which email address:

- women can email helpline@womensaid.org.uk. Staff will respond to your email within 5 working days
- men can email info@mensadvice.org.uk