

SAFEGUARDING NEWS



Our half termly newsletter gives advice and updates on all safeguarding matters, to support keeping our whole community safe.

Summer is nearly here!

May is Mental Health Awareness month so we thought we would take this opportunity to share with you what we have been doing in school this year to help support the students.

The main aim of promoting greater Mental Health awareness is to reduce the stigma around mental health conditions. Often, due to misconceptions, people end up suffering in silence which means that their conditions go untreated.

The theme of this year's Mental Health Awareness Week is anxiety and this is their reasoning for highlighting this particular mental health problem;

"Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole."

For more info on Mental Health Awareness month, click [here](#)

How student wellbeing is being supported at TGGS



The aim of the Wellbeing Ambassadors course is to empower young people to lead wellbeing initiatives that provide peer to peer support. During the training the appointed Ambassadors will:

- Develop understanding of what wellbeing is and how to provide wellbeing support to peers.
- Understand and develop the interpersonal and communication skills required to be a supportive Wellbeing Ambassador.
- Gain skills to develop positive relationships that are essential for peer wellbeing programmes, including mentoring and running initiatives.
- Discover practical ways to manage stress in yourself and others.
- Explore coping strategies and how to cultivate these for peers.
- Develop ways to reduce mental health stigma.
- Enable peers to access wellbeing strategies and support in school.
- Devise wellbeing initiatives that support peers to apply wellbeing strategies.
- Create an action plan to apply these wellbeing strategies.
- Establish your role and remit as Wellbeing Ambassadors within the school.
- Review strategies that develop personal wellbeing, act as a role model to support peers to use these strategies.

Introducing the Strategic Lead for Mental Health and Wellbeing



Christina Oyo

Ms Oyo would like to encourage students in Years 11 & 12 to apply to become Wellbeing Ambassadors. Should students not want to be an Ambassador, then we strongly encourage them to access the help provided by the appointed Wellbeing Ambassadors.

'Five ways to Wellbeing'



1. BE ACTIVE

To encourage physical activity at lunchtime, there is a *be active* challenge for students to complete. They receive stamps for each piece of physical activity that they take part in. These stamps can be converted to House Points. It's a great way to get out and enjoy the nicer weather at this time of year!

2. TAKE NOTICE

Students are encouraged to *take notice* of the present moment and think about all the simple things in life that give them joy.

3. KEEP LEARNING

We encourage all our students to embrace new experiences and take advantage of new opportunities. Research shows that if we *keep learning* new skills, we can improve our mental health as this boosts self-esteem and gives us a sense of purpose.

4. GIVE

Acts of kindness create positive feelings, a feeling of purpose and help you connect with others. Such acts can be large or small. Students have just completed the Shoebox Appeal for Link to Hope. By generously *giving*, we are helping the poorest people in Eastern Europe. See [here](#) for more information about this appeal.

5. CONNECT

The goal here is to encourage our students to *connect* with others in healthy, rewarding and meaningful ways. To facilitate this aim, there will be various events in the summer term e.g. a Summer Fair, TGGs's got talent competition and some more sports clubs. To allow all students to connect, we also offer the 'Quiet Wednesday club' where students can participate in a wide range of activities in a calm and peaceful environment.

How to build cyber resilience

Given the increase in cyber attacks, keeping your data safe online is more important than ever which means thinking about our cyber resilience. Cyber resilience focuses on three key areas; reducing the likelihood of a cyber attack gaining access to important information, reducing the potential impact of any such attack and making the recovery from a cyber attack easier. To facilitate this, here are some important things you can put in place at home;

- 1. Passwords:** make them longer and less predictable & ensure you change default passwords on new devices. Avoid re-using passwords. You can use a password manager to juggle different passwords.
- 2. Enable Multi-Factor Authentication (MFA):** this will allow you to confirm your identity making it harder for cyber criminals to gain access to your data even if they do get your username and password.
- 3. Keep home devices updated:** downloading official software updates makes your devices more secure due security improvements with each update.
- 4. Check for breaches:** you can actually check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (spelling is correct!). This may help you decide if you need to review your account security.

Reminders of our Safeguarding Leadership Team at TGGs



Helen Wilkinson
is the Designated



Anita Saunders is one of
the Deputy Designated
Safeguarding Leads



Lisa Neill is one of the
Deputy Designated
Safeguarding Leads



Debra Vanes is one of
the Deputy Designated
Safeguarding Leads



Sophie Cross is currently
off on maternity leave.

We thank you for your ongoing support.

Please contact us at safeguarding@tggsacademy.org if you are concerned about your own child or another child at Torquay Girls' Grammar School