

HEALTH AND WELLBEING

The Petersfield School is committed to ensuring the safety and wellbeing of all our students. If you have any particular concerns regarding your child's emotional health and wellbeing, please contact school@petersfieldschool.com to be put in touch with a member of the student services team.

If you have a safeguarding concern or query at any time, please do not hesitate to contact us and ask for the Designated Safeguarding Lead, Mrs Taylor ctaylor@petersfieldschool.com or one of the Deputy Safeguarding Leads as indicated below:

Deputy Designated Safeguarding Lead (DDSL), Mrs Porter mporter@petersfieldschool.com

Safeguarding Team Members:

Mrs Vigliotti tvigliotti@petersfieldschool.com

Mrs Logan rlogan@petersfieldschool.com

Mrs Sutton lsutton@petersfieldschool.com

Ms Phillips aphillips@petersfieldschool.com

The range of links and resources outlined on this page is by no means exhaustive. We would welcome feedback and recommendations of additional information that parents and carers have themselves found useful and supportive.

Should you wish to provide any feedback, please email school@petersfieldschool.com and title your email EHWPB Web Page.

Thank you for your continued support with keeping our children safe and happy.

MENTAL WELLBEING

Anxiety

It is very normal to experience stress and anxiety. At times it becomes more difficult and can interrupt how we live and cope. At TPS our Year Teams, Safeguarding Team and School Nurse work very hard and closely with young people to teach them about resilience, mindfulness and other coping techniques. They create a safe space to facilitate growth and a feeling of belonging.

Self-Harm

The School Nurse and Safeguarding Team can provide support and guidance to young people who are at risk of self-harm and their families. Our Safeguarding Team work closely with our pastoral leaders to ensure that there is a robust and effective support network for those young people who need it.

nspcc.org.uk/advice-for-families/self-harm/

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Healthy Body Image

Our School Nurse provides support to those children with additional medical needs. We continue to promote healthy eating on school site and in partnership with the NHS Public Health Nurses continue to seek ways to identify and support any children who we feel may need it in school.

[The UK's Eating Disorder Charity - Beat](#)

On-line Safety and Social Media Use

We regularly share news, via TPS Weekly, about new apps and social media websites that come to our attention and pose a potential threat to the safety of young people, and we will continue to do so.

[Social media apps and websites – information for Parents and Carers](#)
[Social media apps and websites – information for Parents and Carers](#)
[How to protect your kids online](#)

CEOP Safety Centre

Children and young people

CEOP helps any child or young person under the age of 18 who is being pressured, forced or tricked into taking part in sexual activity of any kind. This can be something that has taken place either online or in 'the real world', or both. The CEOP Safety Centre has clear information and advice on what can be reported to CEOP, the reporting process and what will happen if you do decide to make a report. You can visit the CEOP Safety Centre and make a report directly to CEOP by clicking the Click CEOP button.

If you are experiencing online bullying, or something else online has worried you, please speak to an adult you trust, or you can talk to Childline at any time on 0800 1111 or at www.childline.org.uk

Adults

CEOP is a command of the National Crime Agency and is dedicated to tackling the sexual abuse and exploitation of children and young people. CEOP helps children and young people under the age of 18 who have been forced or manipulated into taking part, or are being pressured to take part, in sexual activity of any kind. This can be both online and offline. The CEOP Safety Centre offers information and advice for children and young people, parents and carers and professionals. You can visit the CEOP Safety Centre and make a report directly to CEOP by clicking the Click CEOP button.

Online bullying or other online concerns should not be reported to CEOP, and children and young people should be directed to speak to an adult they trust, and/or referred to Childline, if they would like to speak to someone about how they are feeling.

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Child Protection

If you have any safeguarding concerns at all about a child, please contact ctaylor@petersfieldschool.com or call Reception on 01730 263119 and ask to speak to a member of the Safeguarding Team.

FURTHER GUIDANCE

Additionally, we would like to draw your attention to local and nationwide services with online guidance that may be useful for you and your child should you require it. Do bear in mind that these services may be experiencing an influx in online traffic during this period of time, so please be patient.

Hampshire CAMHS- For both adults and young people

<https://hampshirecamhs.nhs.uk/>

When the Tension Goes –identify how you feel and decide what you are going to do about it:

<https://whenthetensiongoes.com/>

Hampshire Youth Access – Provides counselling, advice and support to young people

<https://hampshireyouthaccess.org.uk/>

The Mix – Telephone and web chat counselling service for young people

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

Samaritans – A range of support for young people and adults

<https://www.samaritans.org/>

Childline – A good range of online support for young people

<https://www.childline.org.uk/>

Chat Health – A secure and confidential text messaging service for young people

<https://www.nhs.uk/apps-library/chathealth/>

or text 07507332160

MIND – A mental health charity with support and advice

<https://www.mind.org.uk/>

The NHS also has information about managing mental health and wellbeing which can be accessed online:

<https://www.nhs.uk/oneyou/every-mind-matters>

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Young Minds – Developed by young people for young people

<https://youngminds.org.uk/>

Anxiety UK – Self-help resources and contact numbers to support

<https://www.anxietyuk.org.uk/>

Off the Record – Support services for young people

<https://www.talkofftherecord.org/>

Kooth – Counselling and links to help young people

<https://www.kooth.com>

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