



Safeguarding Update March 2023

Mental Health

“It is not just the absence of a mental health condition. It is a state of wellbeing in which the individual realises his or her own abilities and can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”

It is important to highlight that we all have mental health, and it can vary over time from being well to unwell. It is important that we are aware of the signs that can highlight this.

What does good mental health look like for our young people:

- Feel good – they’re generally happy or in an ok mood, and enjoy life.
- Being able to regulate, or control, their emotions – when they do get upset or angry, they can manage those emotions and cope with them.
- Feel that their life is going well – they feel positive about the future, school and their relationships.
- Be able to cope with life – for example they can cope with normal challenges, pressures and setbacks of life, like the stress of exams and significant changes like moving school.

Potential indicators of poor mental health for our young people:

- Showing changes in behaviour, emotions or performance – for example, their behaviour getting worse, seeming less happy, or not doing as well at school.
- Physical signs – for example, signs of self-harm or not eating as much.
- Having less interest in things they usually enjoy.
- Being increasingly isolated socially – withdrawing or having less engagement with friends and peers.
- Not developing as well as they were previously – for example, showing less interest in school and learning, having less interest in friendships, not doing as well in schoolwork and assessments, prompting attendance concerns or refusing to come to school.

Kooth –

is an online mental health wellbeing community for young people you can sign up for free at www.kooth.com

On Kooth, there are qualified counsellors online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions. There are additional features that support positive well being and mental health including goals tracker, where our students can track their mood and note their thoughts in an online journal. Kooth also allows our young people to provide each other with peer to peer support through moderated online discussion boards and the ability to contribute to self help articles and content. Students will need to sign up to use Kooth, but it is completely free, we highly recommend this support.



Reminder

The safeguarding team at the Emmbrook school include the following members of staff: Mrs R Ridsdale (DSL) Mrs Woolfenden (DDSL) Mrs Guinn (DDSL) Miss Fry (DDSL) Mr Johnson (DDSL) Miss Horne (DDSL) and Mrs Abbott (safeguarding support) Please never hesitate to contact us directly if you have any worries or concerns via our email address:

safeguarding@emmbrook.wokingham.sch.uk or by phone. We also have our student dedicated email where they can also report any worries or concerns: here4you@emmbrook.wokingham.sch.uk