



— Spring Term 2026 —



Safeguarding and Wellbeing



If you have concerns about a child and suspect a child is at risk of harm, please contact the school and speak to a member of the safeguarding team.

You can also contact the Family Front Door. The Family Front Door is the referral point for all referrals where members of the community and professionals refer children and young people living in Worcestershire where they are worried about their safety and welfare.

01905 822666

In emergencies out of normal office hours (weekdays and all day at weekends and bank holidays): telephone: 01905 768020

St John's Safeguarding Team

Designated Safeguarding Lead (DSL)

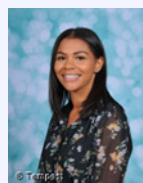


Mrs K. Gallinagh

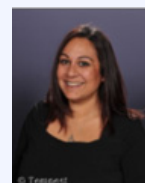
Deputy Designated Safeguarding Leads (DDSL)



Ms J. Alexander



Ms N. Birmingham



Mrs S. Shepherd



Mr L. Boyd



Mrs S. Butt

Mental Health and Wellbeing

As parents and carers, there are many ways we can support children to help them maintain good mental health. Encouraging children to think about their feelings, wellbeing and how they cope with challenges is an important life skill that can be developed from an early age.

Parents and carers play a key role in helping children understand their emotions and feel comfortable talking about how they are feeling. It is also helpful to recognise the signs that a child may be finding things difficult and may need additional support.

It is equally important for adults to look after their own wellbeing while supporting others. Taking time for self-care and seeking support when needed can make a positive difference for both you and your family. If you feel that you or your child need further help, there are a range of services and resources available to provide guidance and support.



Signs a Child or Young Person May Be Struggling

Many children and young people experience emotional or behavioural difficulties at times as they grow and develop. For some, these feelings may pass with time and support from family and friends, while others may need additional help from professionals.

It can sometimes be difficult to recognise when a child is feeling overwhelmed or upset. However, there are some signs that may suggest they need extra support. These can include:

- Noticeable or sudden changes in behaviour or mood
- Ongoing problems with sleep
- Withdrawing from friends, family or social activities
- Losing interest in hobbies or activities they previously enjoyed
- Signs of self-harm or neglecting their own wellbeing

If you are concerned about your child, it is important to talk with them and seek support if needed. Schools and health professionals can offer advice and guidance to help children and families during difficult times.

ways to support a child or young person



Make time to listen

Check in with your child regularly and ask how they are feeling. Creating opportunities for open conversations helps children feel comfortable sharing their thoughts and reassures them that someone is always there to listen.

Take their feelings seriously

When children feel heard and respected, they are more likely to open up. Listen carefully to what they say and support them in finding positive ways to manage their emotions.



Create healthy routines

Having regular routines can help children feel secure and balanced. Encourage consistent times for meals, physical activity and sleep. Ensuring children get enough rest is especially important for their overall wellbeing.

Help them through challenges

Be aware of changes in your child's mood or behaviour and try to support them when they face difficulties. Challenging behaviour can sometimes be a sign that a child is struggling emotionally. Helping them understand and talk about their feelings can make a positive difference.



Encourage hobbies and activities

Supporting your child to take part in activities they enjoy can have a positive impact on their wellbeing. Whether it is sports, creative activities, or learning something new, these experiences can help build confidence and a sense of belonging.

Stay connected with their world

Take an interest in your child's daily life, friendships and activities. Showing curiosity about what matters to them helps strengthen your relationship and can make it easier to recognise when they may need extra support.



Support



If you have concerns about your child's mental health or emotional wellbeing, please contact the school to speak with a member of the pastoral team, who can offer advice and support.



Melo is taking an innovative and flexible approach to improving the emotional wellbeing and mental health of children and young people aged 0–25. It offers individual & group support to address specific issues, such as coping skills, bereavement in childhood, build confidence and facilitate peer support. <https://www.onside-advocacy.org.uk/melo>



Digital therapy game for childhood anxiety
Lumi Nova is a therapeutic game that helps children aged 7–12 years self manage worries and build resilience. <https://luminova.app/>



Young people in Worcestershire can text their school health nurse for advice and support. 11-19 year olds you can text 07507331750 to speak to a School Health Nurse. They will offer confidential advice and support around a variety of issues, including bullying, emotional health, relationship problems, alcohol and drugs.

Service hours:

9:00am – 5:00pm, Monday - Friday.

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



Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop. Free, safe and anonymous online support for young people. There are no charges for using Kooth. Ever. www.kooth.com



A free and confidential multi-channel service, providing support to under 25s. Connecting people to experts and peers who'll give support and tools people need to take on any challenge they're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

www.themix.org.uk



This page is for children, young people and families who need help with their feelings and mental health.

<https://camhs.hacw.nhs.uk/getting-advice>

CAMHS Bestie Application

An interactive programme that can be personalised by users.

Young people (and parents/professionals) can design their own avatar and room, and find services, tools and ideas to help with a range of different, commonly faced issues such as anxiety and low mood.

This contains numerous resources and advice for children of all ages regarding mental/emotional wellbeing difficulties.

www.camhsbestie.co.uk

New Online Safeguarding Reporting Form

We are pleased to let you know that we now have a new reporting form available on our website for anyone who wishes to report a worry or safeguarding concern.

This form has been introduced to make it easier for parents, carers and members of the community to share any concerns they may have about a child's safety or wellbeing.

Please note that this does not replace speaking directly with the school. You can still ring the school to talk to a member of staff if you prefer. The form is simply an additional way to support parents, carers and the wider community in reporting worries or concerns quickly and easily.



Tips for Talking to Children About Online Safety

1. Focus on the positives first

The internet offers many opportunities for children, from learning new things to expressing creativity and keeping in touch with friends and family. Starting with the benefits can help keep the conversation balanced and encourage children to develop healthy and responsible online habits.

2. Choose a suitable moment

Pick a relaxed time to talk, such as while going for a walk, travelling together, or doing an activity side by side. It's usually best not to begin the conversation when tensions are high or during an argument.

3. Use resources designed for children

Age-appropriate videos, guides, or interactive tools can help explain online safety in ways children understand. These resources can support your discussion and make the topic easier and more interesting for them to engage with.

4. Talk about their online experiences

Ask open-ended questions to understand how they use the internet. For example:

- “Have you ever come across something online that made you feel uneasy?”
- “Who do you usually talk to when you're online?”
- “Are those people friends you also know in real life?”
- “How do certain apps, games, or websites make you feel?”

5. Keep the conversation ongoing

Discussions about online safety don't have to be formal or happen only once. Having regular, informal chats helps children feel comfortable sharing their experiences and more likely to ask for help if something concerns them.

Wake Up Wednesday

Every Wednesday we share Wake Up Wednesday guides covering a range of online safety topics. These include advice on navigating popular apps, managing privacy settings, blocking inappropriate content, and supporting children to stay safe online. Please keep an eye out for these guides, which are sent via ParentMail each Wednesday.