



Safeguarding and Child Protection at All Saints School



Norfolk Safeguarding
Children Partnership

A good community spirit can bind families and friends together in safeguarding those who are most vulnerable in society. It is our job to further that protection to children and make sure that no harm can ever come to any child under our jurisdiction or in surrounding areas. We feel that maintaining a strong connection to the community allows us to expand our support network and further our responsibility as a safeguarding board for children.

By participating in a community, you are part of a larger support network that is naturally vigilant of any abuse or neglect, ensuring that children are not put in harm's way.

We aim to help you in any regard, whether it is to maintain a support network or to advise you regarding any abuse you may have witnessed of a child. If you feel like you need advice, contact us:

<https://www.norfolkscb.org/parents-carers-community/where-to-go-to-get-help/>



The aim of this information is to give you a better understanding of what it means for you, your children and family.

Signs of Safety is a way of working that supports families who need help with bringing up their children, it will help you understand any support you need and any risks to your child.

What is Signs of Safety?

Signs of Safety is about you and your family members working together, along with professionals (health visitors, social workers, teachers, doctors, police etc.), to meet the needs of your children in the best way possible. It puts children, young people, their parents and families at the heart of the work.

Families play a key part in working alongside professionals, making it clear about the worries and concerns that are identified for their child, (who is worried and why), identifying the things that are going well in the child's life (strengths), and agreeing what needs to be done (goals), to build on the strengths and reduce the worries.

What difference will Signs of Safety make to the way professionals work with me and my children?

The whole point of Signs of Safety is to make sure that your children's and your views, as parents/carers, are fully heard, with the strengths of your family clearly identified and included in the plans and actions needed to keep your child safe and/or promote their wellbeing. Professionals will be trying to make sure this happens by asking questions such as,

"What do you think is going well?" "What are you worried about?" "What needs to change?"

Signs of Safety is a way of making sure that everyone involved in your child's life has the same understanding of the strengths and the worries, and agrees the goals that need to be reached, to make sure that your child is safe and well at all times.

Who's Who at All Saints

- ♦ **Ms Dangerfield: DSL and Headteacher**
- ♦ **Miss Paffett: DSL, Deputyhead and SENCO**
- ♦ **Miss King: DSL and Support Manager**



Talking to a child worried about coronavirus (COVID-19)

If your child is anxious or worried about coronavirus (COVID-19), there are things you can do to help. If they're struggling with their mental health, we have advice to help you support them and keep them safe.

There's a lot of uncertainty in the world at the moment and there won't always be answers to the questions your children are asking. We can help you have these conversations in a safe and open way.

Signs of depression or anxiety in children

Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be really hard. Signs of depression or anxiety in children can sometimes look like normal behaviour, particularly in teenagers who can keep their feelings to themselves.

It's also natural for children or young people to feel stressed or anxious about things like exams or moving to a new school. But while these experiences can be very difficult, they're different from longer term depression or anxiety, which affect how a child or young person feels every day.

It can help to think about what's normal for your child and if you've noticed signs that they've been behaving differently recently.

Helping a child with anxiety or depression

Realising that your child may be struggling with their mental health and experiencing anxiety or depression can be hard to accept. Sometimes parents can feel like it's their fault or want to know why their child is struggling with a mental health problem. This is completely understandable, but the most important thing you can do is to reassure your child and not judge them for how they're feeling.

If you're worried a child is feeling suicidal

While not every child with depression or anxiety will feel suicidal, sometimes mental health problems can feel overwhelming for children and young people. If a young person talks about wanting to hurt or harm themselves, or expresses suicidal feelings, they should always be taken seriously.

If you are worried or need support regarding any of the above, please visit the NSPCC page:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Helping young carers, young adult carers and their families in Norfolk

What is a young carer?

A young carer is a person under 18 who provides practical and/or emotional support for another person, usually a family member because of a health condition. They may be providing care for a parent, grandparent or guardian, or helping their parents care for another child in the family.

There are over 5000 Young Carers in Norfolk but many are 'hidden' because they do not realise they are a young carer. This may be because they consider it simply is 'how life is', or because of fears of stigma/other people becoming involved in their situation.

Please see the attached document for further information.

