# Safeguarding – Mental Health and Wellbeing

November 4th 2025

## Morley Primary Weekly Safeguarding Bulletin

Welcome to our safeguarding bulletin for parents. Each week, we'll share important information to help keep our children safe, informed, and supported.

## Theme: Mental Health and Wellbeing

### 1. Why this matters

- Around half of adult mental-health difficulties begin by age 18. (derby.gov.uk)
- Good emotional well-being underpins children's confidence, resilience, independence and ability to flourish (all key to our "Morley Feeling = Togetherness, Love and Passion").
- Early signs of distress often manifest as changes in behaviour, mood, sleep, appetite or engagement — spotting them early enables timely support.
- Our local context: In the Derby/Derbyshire area, there is a "graduated response" approach so children, young people and families can access the right help, at the right time, from the right person. (localoffer.derbyshire.gov.uk)

### 2. What to look out for (with children)

Possible early warning signs:
- Withdrawn behaviour, reduced talking or smiling
- Persistent irritability or mood swings
- Loss of interest in activities they usually enjoy
- Trouble sleeping or regularly waking tired
- Changes in appetite or weight
- Worrying or anxious thoughts, fears, nightmares
- Difficulty concentrating, sudden drop in attainment or engagement
- Unusual physical symptoms (headaches, stomach-aches) with no clear medical cause
- Talking about being useless, hopeless, or feeling "not good enough"
- Self-harm or expressing suicidal thoughts — urgent support required

What you can do as a parent:
- Make space: regular check-ins, gently open conversations about feelings, worries, transitions or changes in life.
- Model emotional literacy: use language about emotions ("I felt anxious when…", "I noticed I was sad because…").
- Encourage routines: good sleep hygiene, regular meals, physical activity, screen-time balance.

- Promote connectedness: family time, peer friendships, safe community or school engagement.
- Notice triggers: transitions, changes, social media, comparisons, loss/bereavement.
- Collaborate with the school: share concerns early, so we can bring our safeguarding/pastoral team, school nurse or other support into the picture.
- Stay informed about local support routes (see Section 4).

## 3. How the school supports emotional-wellbeing

- Use our ethos of the "Morley Feeling" — Togetherness, Love and Passion — to build children's sense of belonging, confidence and emotional resilience.
- Strong pastoral support: children know whom to talk to; staff trained in safeguarding and mental-health literacy.
- Collaborate with external services when needed.
- Encourage open discussion about emotional wellbeing, transitions, and mental-health awareness in age-appropriate ways.
- Monitor attendance (currently 97.6-97.7%) and behaviour as indicators of engagement and well-being.
- Encourage healthy living routines (exercise, fresh air, healthy food, skipping).

## 4. Local Derby/Derbyshire support services

- Derbyshire Mental Health Helpline & Support Service: 24/7, open to all ages in Derbyshire/Derby City. Call 111 → option 2.
- Kooth Online: Free, anonymous support for young people aged 11-25 in Derby/Derbyshire. No referral needed. www.kooth.com
- Compass Changing Lives: Early intervention emotional-wellbeing support for children/young people aged 5-18 and parent/carers across Derby/Derbyshire.
- Bridge the Gap (Derby): Workshops, 1:1 support, emotional-wellbeing work for children and families in Derby city.
- Everyturn Mental Health ("Talking Therapies"): Free confidential counselling/talking-therapy for people 18+ registered with Derby/Derbyshire GP.

**Urgent situations: If your child is unsafe, talking about self-harm or suicidal thoughts, call 999 or attend A&E and also call the Mental Health Helpline.**

## 5. Parent-carer checklist

- [ ] Have I had a conversation this week with my child about how they are feeling?
- [ ] Do I know who my child would talk to in school if they had worries?
- [ ] Is my child getting adequate sleep?
- [ ] Are screen-time habits balanced?
- [ ] Did I notice any changes in mood, behaviour, engagement this term?
- [ ] Do I have emergency and non-urgent mental-health contact numbers saved?
- [ ] Am I role-modelling healthy emotional routines?
- [ ] Have I told the school if there is a significant home change affecting my child?

## 6. How you can reinforce this at home

- Use daily emotion check-ins.
- Encourage physical activity.
- Help with transitions and changes.
- Promote practical coping tools (deep breathing, worry jars, creative outlets, routines).
- Manage social media/screen usage.
- Model help-seeking.

## 7. If you notice a concern – what next?

1. Talk: Approach gently, reassure, listen.
2. Inform: Let the school know.
3. Use resources: Kooth, Compass, Bridge the Gap.
4. Professional referral: CAMHS or another specialist.
5. Crisis: Call 999 or go to A&E, and call 24/7 Helpline.

## 8. Key messages for children

- "It's okay to feel upset or worried."
- "Talking about how you're feeling is brave."
- "Looking after your feelings, like your body, is important."
- "There are people at school, home and in the community who want to help."
- "If you ever feel unsafe or like you might act on hurting yourself, tell a trusted adult right away."

## 9. Useful contacts at a glance

- Mental Health Helpline: 111 → option 2
- Kooth: www.kooth.com
- Bridge the Gap (Derby): jwbridgethegap.com
- Everyturn Talking Therapies: www.everyturn.org
- Childline (under 19): 0800 1111
- School designations: Class teacher → Pastoral Lead → DSL at Morley Primary

Thank you for working in partnership with us at Morley Primary School to ensure every child's mental-health and emotional-wellbeing is cared for.

Many thanks,

Mr Taylor