

Safeguarding Support and Information from The Hub

Bulletin 7




Welcome back! We hope you had a good half term holiday and managed a break from those screens. Although the weather has not been great it is definitely warmer now and those daffodils are starting to show their heads. I even saw my first spring lamb! Well the winter term is behind us now and we can all look forward to some sunshine and longer, lighter days.

As always don't forget that you have the support of safeguarding staff via email at admin2@buckswood.co.uk or your child can contact us via Microsoft Teams @safeguardingofficer. For academic queries please contact your child's Head of Year, for IT support please contact our IT Manager at ict@buckswood.co.uk and our School Nurse is also available via email nurses@buckswood.co.uk

THE EMOTIONAL CUP

Possible emotions that can fill your cup:

Positive emotions:	Negative emotions:
Calm	Afraid
Creative	Angry
Cheerful	Anxious
Delighted	Ashamed
Energetic	Contested
Ecstatic	Confused
Elated	Depressed
Excited	Disappointed
Fortunate	Disgusted
Free	Embarrassed
Grateful	Frustrated
Happy	Guilty
Inspired	Helpless
Joyous	Hurt
Kind	Insecure
Loving	Jealous
Peaceful	Misunderstood



THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Supporting Parents Helpfinder (Young Minds)

Times are tough for many people right now. Parents find themselves pulled in many different direction and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry

Stay calm.
Stay safe. walk
away if possible and
make sure you don't
engage with your
child until you are
both calm.

Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel..'

Calm

Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.



Screen Savers: Looking after your eyes, body and mind when using screens (Beacon House)

We are spending more time online than ever before, possibly sitting and working with poor posture as we use makeshift desks and chairs. There is a tendency to take fewer breaks and less exercise and this is affecting our physical well-being.

Beacon House the specialist, therapeutic service for young people, families and adults has produced a series of six posters outlining ways to keep safe and alert when working at home, whether children or adults.

Download the posters here: <https://beaconhouse.org.uk/wp-content/uploads/2020/05/Screen-Savers-1.pdf>

Parent Voice – For Families of Children and Young People with Special Educational Needs and Disabilities



To view this magazine please click this link

<https://content.govdelivery.com/accounts/UKESCC/bulletins/2be432c>

Worried about something that's happened online?

With many children and young people still learning from home, the internet remains hugely valuable for education, entertainment and keeping in touch with family and friends. Most people online will be genuine and supportive. But some may try to manipulate or force young people into sexual activity.

For information on support for young people please see this [article from our 11 to 13s website](#)
Information and support for parents can be found here in this [article for parents and carers](#).

Five Activities to do during Lockdown

With routines changing all the time and the daily challenges of being in lockdown taking their toll, we know it's not always easy to find the right time to chat to your child about keeping safe online. It's important to remember it doesn't always have to be a formal conversation. From recreating popular online dance challenges to hosting a family games night, there are plenty of fun ways you can get your child talking about online safety. Check out our latest advice article [Five activities to do with your child this lockdown](#) for more ideas!

Don't become preoccupied by your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be a friend to the lonely. Teach them to be kind. Teach them to offer help. Teach them to be encouraging. Teach them to share. Teach them to think about other people. Teach them to build bridges between us, not erect walls. Teach them to look for the good.

If we teach our children lessons of the heart, this is how they will change our world for the better.

HUMAN REFORM POLITICS
a force for positive change