

# Parent Pages

George Salter Academy parent pages aim to be a source of informative and supportive information for parents .

## **ANXIETY**

Anxiety is a natural human feeling of fear or panic – it is our natural response to stressful situations, and actually healthy amounts of anxiety help us to respond to stressful situations.

Young people may feel anxious for different reasons; experiencing lots of change, having responsibilities that may be beyond their age and development, struggling at school or feeling overwhelmed by work or



## **How to support your child if they are experiencing anxiety:**

Step 1 – Support your young person to recognise the physical signs that their anxiety levels may be rising. This will help them notice when they need some coping strategies.

Step 2 – Give reassurance (carefully). Let your young person know you are there to support them but also encourage them to practice coping strategies so they do not become too dependent on your support.

Step 3 – Share a quiet space. A quiet approach can sometimes be the best approach. If your young person does not want to talk about what's causing the anxiety, just sitting with them can be the best thing to do.

Step 4 – Plan ahead. When we know something is approaching that might cause your young person to feel anxious, plan for it and break it down into smaller steps.

Step 5 – Practice grounding techniques together. Encourage your young person to focus on their 5 senses; what you can see, hear, smell, taste and feel. This will support them to settle their worries.

## IMPORTANT MESSAGES

### **Safeguarding Team**

If you have any safeguarding concerns about a child please contact the DSL team at GSA:

Mr McInerney Safeguarding Lead

Miss Dale Deputy Safeguarding Lead

### **Sandwell Children's services**

If you are worried about a child in your area call 569-3100

Safeguarding is everyone's responsibility

See our website for further safeguarding information

[georgesalter.com](http://georgesalter.com)

## USEFUL CONTACTS

### **Food Banks**

#### **West Bromwich Community Church**

23 Victoria St, West Bromwich B70 8EX

0121 580 0068

#### **Great Barr Foodbank**

Broome Ave, Birmingham B43 5AL

0121 357 5399

#### **Salma Food Bank**

Unit 8, Ash Court, Crystal Dr, Smethwick B66 1QG

07767 164246

# Safer Schools App

Dear parents/carers,

At George Salter Academy we take our responsibility around safeguarding very seriously. We continually work with external partners to ensure we are fully aware of the dangers facing young people. I want to outline two external agencies we are currently working with.

## Safer Schools App

The online world can be a bit overwhelming at times but it is important we understand what our children are doing online so we can help make them safer. The Safer Schools App aims to help with this.



The App is designed to support and protect children by educating and empowering them both at school and at home. Through their log-in, your children get access to information that is relevant to them and you will receive tips and advice on how to keep them safer online.

Instructions on how to download the app are overleaf and anyone with a smart phone will be able to do this. Your child has already been issued with their code and I would encourage you to talk to them about this and make sure they have downloaded the app to their phone if this is possible. There will be more information about this app on our school website.

## West Midlands Police

Sandwell police is working with all secondary schools across the borough to help reduce the vulnerability of young people to knife crime. We want to educate school children and ultimately prevent them from becoming a victim or an offender in the future.

One of the key elements of this programme is the use of a walk-through metal detection arch in all secondary schools. The purpose of this knife arch is to detect anyone carrying a weapon and to deter them from doing so. Each school will ensure that the metal detection activity is carried out in a friendly, positive and educational way; with an opportunity for debate and discussion to be opened up. We are committed to creating a safe environment for everyone in Sandwell and look forward to working with you.

If you have any questions about the app or working with West Midlands Police then please do contact me at the Academy.

Yours Sincerely

Mr D Callaghan Online Safeguarding Lead



Educate, empower & protect the entire school community.

## Download and Login Instructions

### STEP 1

Search 'Safer Schools' and download the App.



### STEP 2

When you open the Safer Schools App, you will be presented with the login screen. Here you will see your two options for accessing the App - numeric or QR.

#### 1) Scan the QR Code

First, tap the "Scan QR Code" button (...or just Scan QR on Android...).

Hold your device so the QR code appears in your camera view (you may need to give permission for the App to use the camera). When it scans the code, you will be logged in!



#### 2) Using the Numeric Code

In the "Select your school" section, choose your organisation from the dropdown list and click 'continue'.

Next, simply enter the 4-digit access entry code for your role within the school (parent/carer, staff or pupil).

