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[08/01 08:52] Kaylie Kent

Good Morning Everyone!

Every week I will be posting and hopefully sending via email, some safety and wellbeing advice during this lockdown period. This weeks covers a few things in little bits of detail, and I'll focus on these every week in more detail.

First, I want to remind you that you can use the Sharp System to report absolutely any worries or concerns, or the 'Pupil Concerns' link on the website:

Please remember that especially with Sharp, it is anonymous, so we cannot reply to you or give you some advice if you don't put your name or email address. I will try to answer anything that comes through anonymously on the weekly message I send out to you all though.

Overall, you must keep yourselves safe during this lockdown, physically and mentally, and that's in person and online!

Follow Government guidance of Hands, Face, Space and only go out if it is absolutely necessary – you MUST be logged onto the Virtual School every day to ensure you don't miss any valuable learning, and importantly it will also help you feel less isolated or alone, so it should help battle any anxiety or worries you have around the virus or about being alone.

During lockdown, exploitation can be high too, and when you're feeling alone, it can be really nice to feel needed, or useful, or maybe even to receive a random gift, but please think about it – nothing comes for free and you have your friends, school and family to help you and who truly care for you without wanting anything in return.

Online...don't start talking to random strangers! If you, or your family do not know that person physically, then you shouldn't be talking to them. Think about it...if it is okay to talk to that person, then it is okay to tell your family and school; if they say it isn't okay to tell others you're talking, then they're trying to hide the conversation and get you to lie – that isn't okay or normal.

Last one to briefly talk about is Domestic Abuse – we talked about it before Christmas and we know it is a big worry for many – *You are not alone*. Many students are experiencing this from an adult in their home, and so desperately want to stop it, help the one hurt and just be safe. Please reach out for help – the person doing the hurt and harm needs help too to stop, and be the loving parent or carer you deserve.

Remember the wellbeing cards the Safeguarding Team did you; those little white cards with information and support sites on – please use them – but below are some places for support too:

Internet safety and advice: [www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)

Domestic Abuse: <https://thehideout.org.uk/>

Mental Health and Wellbeing: <https://www.forwardthinkingbirmingham.org.uk/services/13-pause> Mental Health and wellbeing: [www.kooth.com/](http://www.kooth.com/)

For now, keep safe, keep smiling and we'll see you online!

Mrs. Kent & Mrs Benham Your Safeguarding Team

