

# Safeguarding at More House

## Parent Bulletin

### Reminders and World Mental Health Day

Protecting children is an integral part of our school's ethos. We strive to create an atmosphere in which children feel safe and secure, valuing their views, encouraging them to talk, and listening to them. If you have any concerns regarding a child's welfare, please contact Miss Brown, who is the Designated Safeguarding Lead at the school. In her absence, please contact Mr. Keeley, who is the Deputy Designated Safeguarding Lead.

We also encourage girls to raise concerns about themselves or their peers using the pupil concern form that is available on Firefly. To help us ensure that our girls are safe and well, I would like to highlight the following points to parents:

- Please inform the school office via [absent@morehousemail.org.uk](mailto:absent@morehousemail.org.uk) if your child cannot attend school. Please include which day(s) she will be absent and reply to the absence message immediately.
- Please inform us of any changes regarding your child's well-being as soon as possible.
- Please remember the school opens at 8 a.m., and girls should arrive before 8:25 a.m. Girls are not allowed to remain in school after 4 p.m. unless they are involved in a club or a supervised activity. They should also go home or be collected as soon as the club finishes. They are not allowed to wait in school unsupervised. Please inform the school office if your daughter cannot attend her club.
- We recommend that all girls have at least eight hours of sleep and do not have their mobile phones at night.
- Please ensure that your daughter eats breakfast each morning and carries a bottle of water with her during the day.

### 10th October is World Mental Health Day

Children and young people are facing more pressures than ever, stemming from exams, body image issues, and cyber-bullying on social media.

School plays a crucial role in developing the skills young people need to cope and flourish in today's world. It is a constant in their lives, and should provide a safe and consistent environment for them. As well as this, children with better health and well-being are likely to perform better academically.

At More House, our mission is to support our girls and their well-being is paramount. We offer well-being clubs and ensure that all girls participate in extracurricular activities. We train girls in Years 10 and 11 to become mentors to younger pupils, and we also have a school counsellor. More House will hold a well-being week in January, focusing on academic resilience.

Mental health issues are also addressed as part of the PSHE programme, where we encourage girls to share their concerns and monitor their own well-being.

Social media is proven to have a negative impact on teenagers' mental health. We encourage you to monitor your daughter's online activity and limit screen time as much as possible.

Here are some links that highlight some of the issues related to social media use and advice on how to reduce the amount of time your daughter spends online.

<http://www.bbc.co.uk/news/health-39955295>

<https://www.becomingminimalist.com/how-to-limit-your-childs-screen-time/>

<https://www.theguardian.com/commentisfree/2014/sep/23/children-restrict-screen-time-nice-how-enforce-it>