



at Oasis Academy Woodview



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Principal



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Do you know your Safeguarding team?

Please speak to the office to arrange a meeting with a member of our team.

Do you need to talk to someone?



The Safeguarding Team are here to help in any way we can. Please come and see us if you need any support.

Thank you for all your support during our first term back at Oasis Woodview. Our children have learnt lots of wellbeing tools this year already and had some great thematic days, including learning about; Black History Month, World Mental Health Day, Road Safety week, Remembrance Day, Children In Need Day where we raised lots for charity and much more!

We hope you have a safe and happy holidays and we look forward to welcoming you all back in 2021!

As you may be aware, the level of the terrorist threat facing the UK is currently at severe. Terrorist recruiters purposefully target and groom the most vulnerable in society to support their cause. Although rare, increased online activity during the pandemic, coupled with feelings of stress and isolation, has been exploited by online groomers of all kinds to spread hateful narratives and target young people directly. In some instances, the social distancing restrictions such as school closures have meant that individuals are isolated from their usual social circles, reducing protective factors that these safe environments provide.

For further support in ensuring children are safe when online please visit:

www.actearly.uk

- **Don't** keep your worries to yourself. You're not alone – together with our partners we're here to help.
- **Don't** think you can't make a difference – you can by acting early and sharing your concerns.
- **Don't** leave things, if you're concerned seek help.
- **Don't** be afraid to contact us in confidence and tell us your concerns. You won't be wasting our time and you won't ruin lives. But you could save them.

- **Do** be aware of any negative influences online and offline.
- **Do** keep an eye out for any changes big or small that are taking place with increasing intensity.
- **Do** have that conversation with the person you're worried about, even when it's hard to know where to start or what to say.
- **Do** trust your instincts and if you're worried seek help and advice.
- **Do** speak to other people you trust – like schools or community leaders about your concerns.
- **Do** act early and tell us, so together we can support the person you care about move away from extremism.



10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS

TALKING
By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support

CONNECTING
Connecting with friends and family on a regular basis can help boost mood and reduce stress

VALUES
Staying connected to your values and things that are important to you will help provide you with a sense of meaning

THINKING ERRORS
Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles

RELAXATION
Scheduling in time for yourself where you can relax is important for your overall wellbeing

EXERCISE
Engaging in regular exercise can support you to feel better and less stressed

MINDFULNESS
Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment

STRENGTHS
Identifying and working towards your strengths daily will provide you with an extra sense of confidence

PROBLEM SOLVE
Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing

CHALLENGING THOUGHTS
Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



Financial support -Universal Credit: Whether you are currently in or out of work, if you are on a low income and affected by the economic impacts of COVID-19, you will be able to access the full range of the welfare system, including universal credits, please go to www.birmingham.gov.uk for further information.

Food support: If you need any additional food support during the holidays, visit: <https://gasstreet.church/loveyourneighbour> and request a call back. They are able to provide weekly emergency food parcels for you and your household for 3 weeks.

The holidays can be a stressful time of year, particularly in light of all the additional challenges 2020 has held for us.

The children have been learning some great wellbeing regulation tools this half term to help them with all the new changes in place in school.

If you are needing help and support during the holidays, please speak to your GP and visit some of our useful website links below.

Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK for young people. They can access the text-message based service by texting YM to 85258.

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



Useful websites:

Parental controls support for TikTok:

<https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

Mental health support for young people:

<https://www.stormbreak.org.uk/>

<https://www.childline.org.uk/toolbox/calm-zone/>

Support for families in Birmingham (housing, mental health, finances and lots more):

<https://the-waitingroom.org/>

Children's services: 0121 303 1888

<https://www.oasisacademywoodview.org/academy-life/safeguarding/parents-and-carers>

Looking forward to next half terms Safeguarding events....

Compassionate 9 Habits

January - Patient

February - Compassionate

We will also be looking at;

Martin Luther King Day, Holocaust Memorial Day, Safer Internet Day, Random Acts of kindness, Fairtrade Fortnight, International Day of Zero Tolerance and much more