

# Safeguarding is everyone's business!

## Safeguarding Newsletter

### Issue 4 - May 2023

Welcome to the third edition of KSA's safeguarding newsletter, created to inform parents and carers of safeguarding issues that may affect their children and/or family. This issue will focus on Mental Health and support for this. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

Further information about Safeguarding and the Safeguarding Team at KSA is on the website [here](#). Please get in touch by email or telephone 01536 532700.


### Are all of your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

## Action for Happiness: Meaningful May

Let's find ways to be part of something bigger

Meaningful May 2023

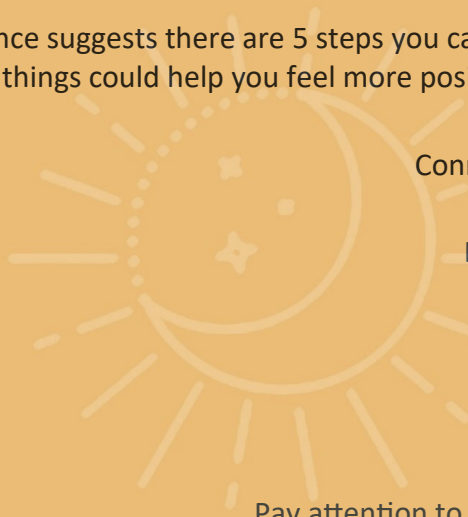
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

## 5 steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



Connect with other people

Be physically active

Learn new skills

Give to others

Pay attention to the present moment (mindfulness)



**Kettering**  
TOWN COUNCIL

Community • Environment • Heritage

## Fun in the Market Place this Summer

**Summer Saturdays will be taking over Kettering Market Place this year with a series of community events. These are a great way to meet people and get outside in the local area!**

The events will bring a mixture of food and drink stalls, crafts and local business stands, community groups, live music and entertainment and games to the town centre.

The events will bring some fun into the Market Place and be a chance for all ages to get together and enjoy the best of the town.

The Summer Saturdays will be held on Saturdays 27 May, 24 June and 22 July.

11am to 4pm, Market Place, Kettering NN16 0AJ

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## Kettering Parent Walking Group

Another great way to meet new people and get some fresh air!

For more information please visit [Kettering parent walking group | Facebook](#)

Join us for our Parent walk in local areas of Kettering. Find us on Facebook or message Michelle Cooper on 07444872363



## What is Counselling and emotional Wellbeing support?

Counselling and emotional wellbeing support provides an opportunity to talk about problems and feelings in a safe, confidential environment. It can help with:

- anxiety
- depression
- self-harm
- eating disorders
- bereavement
- abuse
- bullying
- low self-esteem
- relationship problems

Youthworks provide a free counselling service for young people aged 11 to 18 years (or 25 years for clients with special educational needs and / or disabilities if they are accessing mainstream state funded school or college).

To refer your young person to this service or for more information please click the link below

[Refer your child « Youth Works Northamptonshire](#)



Mind have an abundance of support, advice and information and are available online or in person. Click [here](#) to find out more.

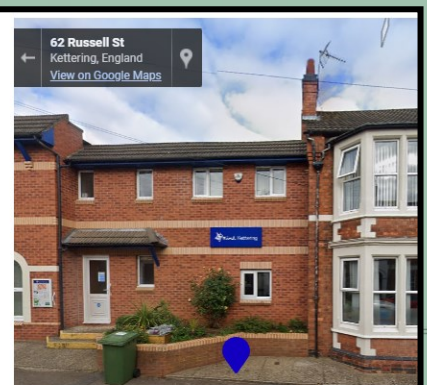
Living with a mental health problem can often have an impact on day to day life, making things that others might not think about a bit more difficult. Mind have put together some tips and guides to help you cope with everyday things like money, work, university and more.

[Tips for everyday living with a mental health problem - Mind](#)

### Kettering Mind

0.4 miles away

**A:** 49 – 51 Russell Street, Kettering, Northamptonshire, NN16 0EN  
**W:** <http://www.ketteringmind.org.uk/>  
**T:** 01536 523216  
**E:** [info@ketteringmind.org.uk](mailto:info@ketteringmind.org.uk)







## Join Us! Youth empowerment programme

For ages 11 to 18. Applications are open. Deadline for applications 31st May 2023.

**African Youth Arise is providing a 6-month online youth empowerment program** covering various topics around:

Exploring identity issues, Building self confidence, Financial literacy, Drug and alcohol abuse, Personal Development, Career guidance, Creative arts, African cultural awareness, Wellbeing & mental health awareness and so much more.

They are offering 20 spaces on the African Youth Arise (AYA) Summer cohort to young people between the ages of 11 to 18 who are looking to embark on a personal development journey.....it's not too early to start.

**To request a registration link, kindly contact us** [info@afrianyoutharise.org](mailto:info@afrianyoutharise.org) **or send a WhatsApp message to 07342010904**

## Renew 169 Stroll and Soup

**'Taster' session 5 ways to wellbeing**

Join us for a walk at the Water Meadows at 12 noon, followed by a light brunch at Renew169 (Optional)

First session Wednesday 10th May 2023

Further sessions to follow June to August

Everyone is welcome.

**'Change your mind'**



## Health and Wellbeing Day

**Northampton Inter Faith Forum are running a Health and Wellbeing Day on Saturday 20th May 2023 12-6pm at SCCYC Sikh Community Centre and Youth Club 35-37 St James, Mill Road, Northampton NN5 5JW**

Free access / access through rear car park

Mindfulness, Workshops and talks, Holistic Healing, Yoga and Tai Chi, Massage and Reflexology, Occupational therapy, Stalls celebrating wellness and self-kindness

For more information please visit [Health & Well-Being Day – N.I.F.F. \(niff.org.uk\)](https://www.niff.org.uk)

## NHS Advice

Find advice and support for parents who have children or teenagers with mental health problems. Click the link for more information

[Advice for parents - NHS \(www.nhs.uk\)](https://www.nhs.uk)




## Dealing with Anxiety

The 15th May was the start of Mental Health week and this year the focus was Anxiety.

Anxiety is something we can all experience from time-to-time. There are lots of reasons why we get this feeling. It can be connected to a job, school, a relationship, social situations, how we feel about ourselves, or a change in our life.

If we don't know how to cope with our feelings of anxiety, they can get out of control and stop us from doing the things we need or want to do. The more often and the longer we feel anxious, the more it can become a problem.

Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings. Click the link below for some helpful suggestions

	<p><a href="#">#StayAlive</a></p> <p>The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.</p>
	<p><a href="#">Headspace</a></p> <p>Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.</p>
	<p><a href="#">Happier</a> was created to be a "personal mindfulness coach," and to help you observe and regulate your emotions throughout the day while maximizing joy, peace, and happiness.</p>

## USEFUL APPS

## USEFUL PHONELINES



# safeguarding at KSA

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Call the Academy on 01536 532700.