

JOHN PORT SPENCER ACADEMY (2021-2022)



Mr Shepherd
DSL



Mrs Golaub
Deputy DSL



Mr Perry
Safeguarding Officers
(Mental Health Leads)



Mrs Davies

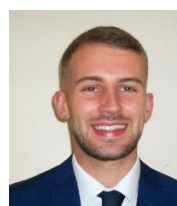
Anti-Bullying lead



Mr Collier
(Prevent Lead)



Mrs Brown
(Year 7 Link)



Mr Fisher
(Sixth form link)

John Port Spencer
Academy
(2021-2022)

Parent
Safeguarding
Newsletter 3



February 2022

John Port Spencer Academy Safeguarding Team

Dear Parent/Carer - Welcome to our latest edition of the Parent Safeguarding newsletter.

[John Port Spencer Academy Safeguarding Team](#)

Railway Safety – As it is half-term next week it is important to share this information that we have received.

Due to the very high level of trespassing on the tracks by young people in your local area, Network Rail in partnership with Learn Live are working to help raise awareness to students across the UK educating them about the dangers of the train tracks through interactive digital delivery. We urgently need you to please share the relevant safety videos with your teachers to show in class or send the link to parents who can watch it at home. The session is less than 15 minutes and explains why it is important to stay safe near the tracks.

Over 14 million students, parents and teachers from across the UK have watched these videos which has led to a significant decrease in the number of trespasses in their area through watching the latest rail safety videos. Remember 15 mins can help save lives and provide important safety information to young people and their parents. We have made things easier for you to watch the free safety videos by just entering the email railsafety@learnliveuk.com into the I am registered field when you first watch the videos.

Please click on the link below to view the relevant safety video (you just need to add in your e-mail and the school to view this as they monitor usage of this video):

Secondary school version: Age 11-16 (revised version with subtitles)

<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

<https://learnliveuk.com/i-am-train-safe/>

Emotional wellbeing – We are always looking for ways to support young people and families with their emotional wellbeing. We have been forwarded a link for the DCC page for Five ways to wellbeing for young people <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing-young-people/five-ways-to-wellbeing-for-young-people.aspx> (the following posters are within the link):

- <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/five-ways-to-wellbeing/secondary-school-5-ways-to-wellbeing-for-young-people-be-active.pdf>
- <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/five-ways-to-wellbeing/secondary-school-5-ways-to-wellbeing-for-young-people-connect.pdf>
- <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/five-ways-to-wellbeing/secondary-school-5-ways-to-wellbeing-for-young-people-give.pdf>
- <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/five-ways-to-wellbeing/secondary-school-5-ways-to-wellbeing-for-young-people-keep-learning.pdf>
- <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/health-and-wellbeing/mental-health-and-wellbeing/young-peoples-mental-health/five-ways-to-wellbeing/secondary-school-5-ways-to-wellbeing-for-young-people-take-notice.pdf>

Then we were also given information and links to:

- National Sleep Helpline – 03303 530 541
- [Home - The Sleep Charity](#)
- [Home - Teen Sleep Hub](#)

Additional support and services can be found on the safeguarding page for JPSA's website - <http://www.johnportspencer.com/safeguarding/>

RSE and Health Education – John Port Spencer are currently working on achieving the Bronze award. In our conversations with the lead practitioner they have provided us with some useful resources for parents to support them in talking to their child about relationships and sex below:

- [Talking to your child about online sexual harassment: A guide for parents | Children's Commissioner for England \(childrenscommissioner.gov.uk\)](https://www.childrenscommissioner.gov.uk/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/)
- [Age 11-16+ | Outspoken Sex Ed \(outspokeneducation.com\)](https://www.outspokeneducation.com/age-11-16/)
- [Sexual health | Parent Zone](#)

Services

- [Parents / carers \(yoursexualhealthmatters.org.uk\)](https://www.yoursexualhealthmatters.org.uk/)
- [Contact Derbyshire Family Health Service NHS Trust](#)
- [SV2 - Supporting Victims of Sexual Violence - Home](#)

Kooth – we have received the latest newsletter for February from Derby City and Derbyshire LA. A reminder that Kooth.com is designed to help young people and young adults throughout Derby City & Derbyshire aged between 11 & 25. The information on the next page shows ways it can support throughout February & beyond. Kooth offers Free, Safe and Anonymous Wellbeing Support.

What's on Kooth in February



February 1

Discussion Board:

LGBTQIA+
History Month

February 7

Live Forum:

Relationships
- Spotting a
healthy one

7.30pm to 9pm

February 8

Discussion Board:

Growing
Together

February 2

Live Forum:

Resilience - How
do we build it?

7.30pm to 9pm

February 23

Live Forum:

Let's Talk About
- Rare diseases
and conditions

7.30pm to 9pm

February 14

Discussion Board:

You've Got the
Love

February 18

Podcast:

Let's Talk About
Gender

February 18

Live Forum:

Learning - Styles
and difficulties

7.30pm to 9pm

Find all of this &
much more on
[Kooth.com](https://www.kooth.com)

kooth