



# Red Kite Special Academy

## Safeguarding Newsletter – Autumn Term

Welcome to our Autumn Term Safeguarding Newsletter. Each term we'll share key information to help keep our children safe in and out of school.

### This Term we're Focusing On:

- World Mental Health Day – wellbeing tips
- Keeping Safe During Halloween and Bonfire Season



## World Mental Health Day

Thank you for all your support celebrating the World Mental Health Day on October 10th #HelloYellow

Our theme this year was 'do what makes you happy'. Our pupils engaged in a range of activities looking at how we can support our mental health. Our primary students all engaged in a bubbleathon along with dancing and listen to their favorite songs. Our secondary students had fun creating their own bubbles and sharing all the things they do that makes them happy.

### How you can support your child/young person

Children of different ages, with different developmental levels, or with special educational needs and disabilities (SEND), may not be able to express themselves or communicate clearly or easily. Make sure you always give children the time, tools and support they need.

Consider providing a range of ways for children to express themselves. This could be through drawing, listening to or creating music or writing their thoughts and feelings down in a journal. They may want to share these with you or keep them private.

- Talk about mental health openly at home
- Promote kindness and wellbeing
- An art box where children can put their feelings into words or drawings
- A [calm zone](#) where children can relax, de-stress and take their mind off how they're feeling
- A mood journal to help children record what they're feeling and why
- Use resources from YoungMinds, Twinkl, and Anna Freud

### CORBRY MENTAL HEALTH SUPPORT TEAM (MHST)

We offer support to children and young people in schools with mild to moderate mental health difficulties.

We work with individual children and young people, as well as offering classroom-based workshops around mental health and wellbeing.

We are keen to support parents to navigate the difficulties that might present when a child is struggling with their mental health.

Lastly, we offer signposting to schools and parents to other services that can offer support.

For further information, please use the QR code or go to [www.nhft.nhs.uk/mhst](http://www.nhft.nhs.uk/mhst)

### Meet the team

 Jo Johnson	 Jaymee Stanley	 Carrie Sanders
 Kim Esslemont	 Amanda Munnely	 Abi Mckim-Hay

### ELSA – Emotional Literacy Support Assistant

Specialist Teaching Assistant with a wealth of knowledge and experience working with children

Can work with your child individually or in a small group


Warm and caring person who wants to help make your child feel happy in school

Can support your child with emotional issues, self-esteem, bereavements, divorce, separation, friendship issues and anxiety

Can support your child with behaviour and social skills

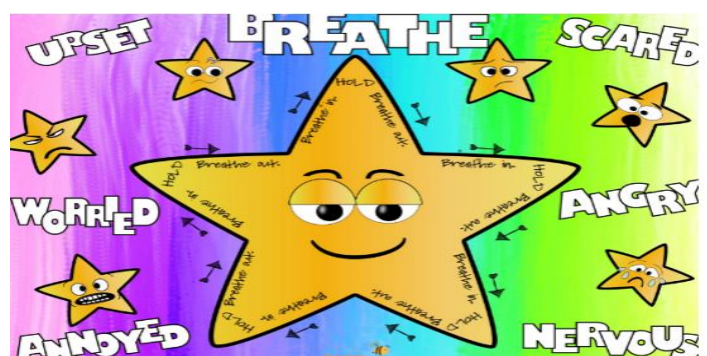
Able to support your children through life's challenges and help them find the strategies to cope

Can support your child to manage and cope with their emotions



Deb Smith & Chris Walker

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# Keep Safe during Halloween and Bonfire Night

## HALF-TERM HOLIDAY TIPS FOR HALLOWEEN & BONFIRE NIGHT

As the half-term holiday approaches, many families will be looking forward to the excitement of **Halloween and Bonfire Night**.

However, for children who experience heightened sensitivity to **loud noises, bright lights and crowded spaces**, Halloween and Bonfire Night can be overwhelming. Added to this any changes in routine and unfamiliar environments can cause anxiety and discomfort.

We have gathered tips from parent forums and recognised charities that will hopefully help make these festive occasions enjoyable and inclusive for everyone.

### PREPARING FOR HALLOWEEN

- 1. Costume Comfort:** Choose costumes that are comfortable and easy to wear. Avoid masks or accessories that might be restrictive or irritating. Consider a trial run to ensure your child feels comfortable and happy in their costume.
- 2. Non-Verbal Options:** If your child is non-verbal, you could try taking trick-or-treat cards along to show at doors. Decorating the cards beforehand could also be a fun activity to do together while getting them comfortable with using them on the night.
- 3. Sensory Friendly Activities:** Choose sensory-friendly Halloween activities. If your child won't enjoy trick-or-treating, have a small gathering at home with familiar friends and family. Try some spooky crafts, watch a favourite Halloween movie and play games.
- 4. Visual Schedules:** Explain the plan for the evening in advance. Use visual schedules or social stories to help your child understand what to expect. This can reduce anxiety and help them feel more in control.
- 5. Safe Space:** Identify quiet areas where your child can retreat to if they feel overwhelmed. Having a designated safe space can provide comfort and a sense of security.

### NAVIGATING BONFIRE NIGHT

- 1. Reduce Noise & Light:** The bright lights and sudden loud noises of fireworks can be particularly overwhelming. Try noise-cancelling headphones or ear defenders to help reduce the impact of the noise and sunglasses to reduce the brightness.
- 2. Watch from a Distance:** If your child enjoys the visual spectacle of fireworks but is sensitive to noise, find a location where you can watch from a distance. This can help minimize the intensity of the experience.
- 3. Comfort & Familiarity:** Wrap up in warm, comfy clothes and have favourite snacks and toys on hand to provide your child with a sense of comfort and familiarity.
- 4. Home Celebration:** If attending a bonfire event is too overwhelming, create your own celebration at home. Use glow sticks, sparklers, and safe, quiet alternatives to fireworks to create a festive atmosphere without the noise.
- 5. Keep Routine:** Stick to familiar routines as much as possible. If your child thrives on routine, try to incorporate elements of their usual schedule into the evening's activities.

Involving your child in the planning for these events can give them a **sense of control** and make the experience **more enjoyable** for them.

Remember to also talk them through **firework safety before the night**. Be prepared to **adapt your plans** if needed. Staying calm and flexible will help your child feel more secure.

**By taking these steps, you can help ensure that Halloween and Bonfire Night are enjoyable and inclusive for your child.**



#### Useful Websites

Childline: <https://www.childline.org.uk/> UK Safer Internet Centre: <https://saferinternet.org.uk/> Children's 0-19 Team: <https://www.nhft.nhs.uk/0-19/> NSPCC: <https://www.nspcc.org.uk/> Childnet: <https://www.childnet.com/> Place2Be: <https://www.place2be.org.uk/> ThinkUKnow: <https://www.thinkuknow.co.uk/> Mind: <https://www.mind.org.uk/> Barnardo's: <https://www.barnardos.org.uk>