

SAFEGUARDING COMMITTEE NEWSLETTER

The next '1 minute guide' to be issued will focus on the important topic of **peer-to-peer relationships** for children and young people with severe learning difficulties and ASD living in a children's home with shared spaces. Here's a quick insight into the topic and some useful links below:

BUILDING POSITIVE PEER RELATIONSHIPS

Positive peer relationships are crucial for everyone, and especially for our students at Witham Prospect School. These connections can provide a sense of belonging, support social and emotional development, and promote self-esteem.

Our staff play a key role in fostering positive peer interactions.

Here are some ways we encourage this:

- ◆ **Structured activities:** create opportunities for students to interact and socialise through supervised groups, shared hobbies, and team-building exercises.
- ◆ **Positive social skills training:** teach essential social skills like communication, turn-taking, and conflict resolution in a safe and supportive environment.
- ◆ **Celebrating differences:** create a culture of acceptance where students appreciate and learn from each other's unique strengths and challenges

[Relationships between professionals and children living in residential child care](#)

[Advice about self-care from Mind](#)

[7 Simple Grounding Techniques For Calming Down Quickly](#)

[The PACE Technique](#)

[Adolescent connectedness: cornerstone for health and wellbeing](#)



REMINDER:

THE FIRE DRILL ROLE CALL SHEET IS NOW SITUATED IN THE RED CONTAINER ON THE FENCE NEAR THE CHICKENS

HEALTH AND SAFETY

Witham Prospect School is prioritising your safety!

We've updated fire evacuation procedures with new sheets in red boxes at assembly points and refreshed the PEEPs (Personal Emergency Evacuation Plans).

All electrical equipment has undergone visual checks, and there's now enough staff trained in first aid to assist in emergencies.

We're finalising school and department-specific risk assessments for a more comprehensive safety plan. To keep everyone safe, please **remember** to store hazardous materials properly and report any potholes or holes on the grounds directly to Neil.

Additionally, the kitchen back door will be locked when the kitchen is unattended, and we kindly ask all staff to complete the allergy sheets.



I TELL YOU WHAT'S OKAY AND NOT, A GUIDE FOR SAFETY, A WELL-LEARNED PLOT. I HELP YOU STAY CLEAR OF HARM'S DOMAIN, WHAT AM I? SAFEGUARDING'S GUIDING REIN.

(ANSWER WILL BE ON THE NEXT ISSUE)



[Link to Witham Prospect CPOMS](#)



safeguarding@withamprospect.co.uk



[School Bus](#)



[Working together to safeguard children 2023](#)



PRIORITISING STAFF MENTAL HEALTH

Working in social care can be incredibly rewarding, but it can also be demanding. This month, we want to focus on the importance of staff mental health.

The dedication and compassion of our staff are essential in providing our students with the support they need. However, it's crucial to remember to take care of yourselves as well.

RECOGNISING THE SIGNS OF BURNOUT

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress.

Here are some signs to watch out for:

- Increased cynicism and detachment
- Feeling constantly drained and exhausted
- Reduced sense of accomplishment
- Frequent headaches, sleep problems, or changes in appetite

TIPS TO AVOID BURNOUT

Here are some strategies to help you manage stress and maintain your mental well-being:

Set boundaries: Learn to say no and prioritise your personal time.

Maintain work-life balance: Disconnect from work after hours and schedule time for relaxation and hobbies.

Seek support: Talk to a trusted colleague, friend, or therapist if you're struggling.

Healthy Habits: Prioritise regular exercise, healthy eating, and sufficient sleep for optimal mental and physical health.

Mindfulness Techniques: Techniques like deep breathing and meditation can help manage stress and promote relaxation.

THE SAFEGUARDING COMMITTEE

In November 2023, Witham Prospect School formed a safeguarding committee to ensure that a whole school approach to safeguarding is achieved. The committee meets on a monthly basis and the members and their areas of expertise are:

- Jo & Claire - DSL for Care and Education
- Gemma - Chair and Board Level DSL
- Bev, Nicola P & Lindsey - Deputy DSLs
- Colleen - Deputy DSL & Health and Wellbeing Lead
- Nicola W - IT & Health and Safety
- Neil - Health and Safety
- Jason - Site Maintenance
- James P - Digital/Online Safety
- Sam Roberts - Finance
- Dean - HR
- Paul - Compliance
- David - Staff Development & Behaviour Lead
- Tyler - Psychology Assistant
- Jayne - Committee Secretary

We value your well-being and offer a variety of resources to support your mental health, including:

- Employee Assistance Programs (EAP): Confidential counselling and support services are available for all staff.
- Flexible Working Arrangements: When possible, we strive to accommodate flexible schedules to help manage work-life balance.

Remember, taking care of your mental health is not a sign of weakness; it's essential for providing the best possible care for our students.

COMING UP

The next safeguarding committee focus will be on **recording and reporting within a residential school setting. What methods are most appropriate, when to record it and how to go about it.**

Next Safeguarding Committee Meeting: **7th June 2024.**

If you have any points for consideration by the committee please share these with one of the members. Please be aware that the committee does not discuss individual cases. The purpose of the committee is to discuss safeguarding provisions and policy within our setting and review legislative changes and how to implement these effectively.

Social Services: 01522 782111

Childline: 08001111

Lincolnshire Prevent Team: 020 7340 7264

Young Carers Helpline: 01522 553275

NSPCC whistle blowing Helpline: 08088 005000

Samaritans: 01522 528282

Family Services Directory: 0800 19 1635

**UPDATE AND EXPAND YOUR
SAFEGUARDING KNOWLEDGE**



LSCP Training Link



CASPAR newsletter and podcasts