



Herbert Watkins: Alexandre Dumas
albumen print, arched top, 1857
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SAFEGUARDING NEWS

Thanks for all your feedback and suggestions for our safeguarding community newsletter

Key events for October

- Black History Month this year's theme: Saluting our sisters
- Breast cancer awareness month
- Dyspraxia awareness week
- Guest speaker Dr Sigman visited us to discuss mental health awareness with 4emes and managing exam stress with 2ndes and 1eres

Dumas was a dramatist and historical novelist who wrote *Les Trois Mousquetaires* and *Le Comte de Monte Cristo*. He was the grandchild of Marie Cessette Dumas, a black slave of Santo Domingo, and the son of Thomas-Alexandre Davy de La Pailleterie who was a general in Napoleon's army.

PUPIL RESOURCES: MENTAL HEALTH NEWS

Starting a new school year can be difficult. The Anna Freud Centre have a great video to help manage our mental health. Click on the link below to view

Thank you for taking part in our student survey: here is a summary of what you told us so far; Students would like more awareness and discussions around mental health and managing exam stress. There is a good climate within and around the school and students feel safe. Students have good online habits and are able to reflect on how to improve their personal security. A large proportion feel that identifying and managing emotions can be a challenge for them and they would like staff to be aware how academic pressures can affect their mental health. Young Minds have some good advice in the link opposite. The survey is still available if you want to contribute.



<https://forms.gle/K6Z89ixyU42SE53n6>

WE ARE LAUNCHING OUR LFCG PEER COUNSELLING TRAINING PROGRAMME, "À L'ECOUTE". DETAILS OF HOW TO APPLY ARE [HERE](#). PLEASE APPLY BY 24TH NOVEMBER 12PM IF INTERESTED



Please keep water bottles firmly closed and securely inside your bags



NEURODIVERSITY SPOTLIGHT: LET'S READ WITH OUR CHILDREN!

When you read stories or texts out loud to young people around you it can:

1-improve academic performance: children who are read to regularly tend to perform better academically.

2-enhance vocabulary: reading aloud exposes children to new words in various contexts, thereby expanding their vocabulary.

3-strengthen language skills: fosters stronger language comprehension and development.

4-increase critical thinking and problem-solving skills: Children learn to think critically and solve problems more effectively.

5-create Emotional benefits: Reading with children creates a space for deeper learning and exploration, fostering emotional connections.

6-enhance Cognitive Development: Brain scans have shown that hearing stories strengthens specific parts of the brain.

7-enhance concentration: reading helps children focus their attention and develop the ability to concentrate for extended periods.



Watch out! You might enjoy it! Don't hesitate to use different types of texts even if they are above your child's reading levels (**source: orthophoniste@lyceefrançais.org.uk**)

STAFF RESOURCES



Resources to support Black History month and classroom discussions from the UK government can be found [here](#)

The start of a new school year, and the changes that are involved can take its toll on staff mental health and wellbeing. [The Education Support Service](#) provides free online and telephone support to any staff working in education.

Interested in developing your understanding of Mental health? Place2Be offer free online training for staff working in UK schools. Click on the link for further details

PARENTS RESOURCES

It might not always seem like it, but your influence does make a difference – and you are the right person to talk to your child about drugs and alcohol.

Research also shows that family support can make a big difference to helping them get back on track. The UK government's plans to re-classify nitrous oxide as a class C drug and make it illegal by the end of the year. Supplying NOx is currently illegal, but re-classification will also make possession a criminal offence and incur a prison sentence. A good source of information is available on the website "Talk to Frank"

THE SAFEGUARDING PROCESS

PLEASE FIND KEY SAFEGUARDING STAFF AND THE PROCESS INVOLVED [HERE](#)

IF YOU ARE WORRIED ABOUT ONLINE ABUSE OR THE WAYS SOMEONE HAS BEEN COMMUNICATING ONLINE, CONTACT THE CHILD EXPLOITATION ONLINE PROTECTION AGENCY AT [HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE/](https://www.ceop.police.uk/safety-centre/)



PRANK

HAVE ANY QUESTIONS OR SUGGESTIONS ABOUT SAFEGUARDING?

In the first instance please always talk to your child's class teacher about any concerns

If you require help regarding a non-urgent safeguarding matter outside 8.30-5.30 on school days, please call 101.

If you need urgent help outside 8.30-5.30 on school days because you feel a child is at risk please call 999.

For pupils needing support: <https://www.childline.org.uk> or call 08001111 for free, confidential advice



LET'S CHAT!

Colette Shulver
Designated Safeguarding Lead
dsl@lyceefrançais.org.uk