



'**Tipu's Tiger**', 1780s or 1790s, Mysore, India.
Museum no 2545 (IS). © Victoria and Albert
Museum, London
[link](#)

SAFEGUARDING NEWS

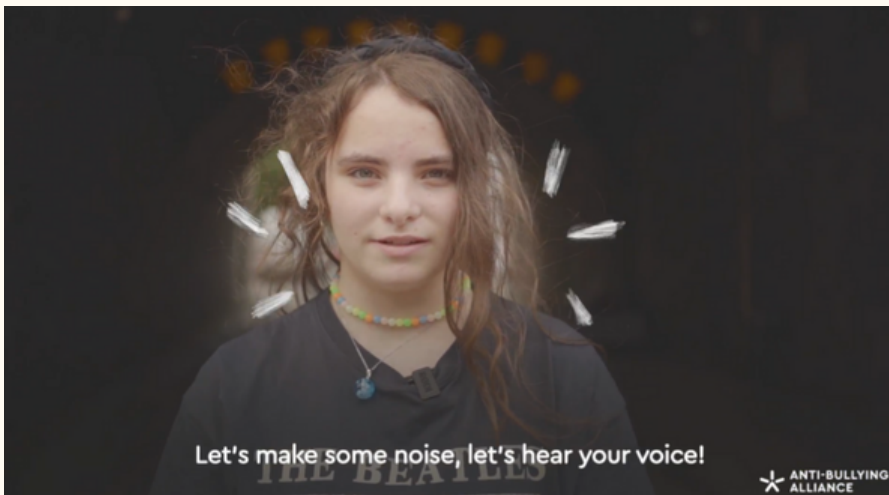
We hope you had a relaxing and enjoyable break with family and friends

Key events for November

- 9 November la journée nationale de lutte contre le harcèlement à l'école.
- November: changing the face of men's health
- 11 November (the day World War 1 ended in 1918), Remembrance Day, encourages us to remember both World Wars and the brave soldiers who fought in them.
 - 13-17 November Antibullying week. We are celebrating all month with classroom discussions, class delegate trainings, quizzes with prizes, workshops and activities and assemblies across college on online safety
- 14th November is World Diabetes Day and this year's theme is, "Access to Diabetes Care."

PUPIL RESOURCES: MENTAL HEALTH NEWS

Antibullying week 13th to 17th November



WE HAVE LAUNCHED OUR LFCG PEER COUNSELLING TRAINING PROGRAMME, "À L'ECOUTE". DETAILS OF HOW TO APPLY ARE [HERE](#). PLEASE APPLY BY 24TH NOVEMBER 12PM IF INTERESTED (OPEN TO COLLEGIENS AND LYCEENS, DAYS TO BE CONFIRMED)

Useful resources:

<p>shout (0203) 300 9000</p> <p>Shout offers confidential 24/7 crisis text support for times when you need immediate assistance Text "SHOUT" to 83288 or ask! Shout Crisis Text Line</p>	<p>SAMARITANS</p> <p>Samaritans 24/7 365 days a year. They'll help you and listen to how you are feeling Call: 116 123 or email: jo@samaritans.org</p>	<p>Crisis Text Line</p> <p>Crisis Text Line helps you support young people in crisis. Short accessible video guides and text resources available for free - Sign up for resources here</p>	<p>PAPYRUS</p> <p>Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person Call: 0800 068 41 41 or Text: 07960 039967 (opening hours 9am to midnight - 365 days a year)</p>
<p>childline 100% free helpline</p> <p>Childline confidential telephone counselling service for any child with a problem Call: 0800 1111 anytime or online chat with a counsellor</p>	<p>Urgent and other support available</p>		<p>Good Thinking</p> <p>Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps</p>
<p>THE MIX</p> <p>The Mix provides free, confidential support for young people under 25 Call: 0800 800 4994 (11am - 11pm every day) or Email</p>	<p>Boat</p> <p>Boat provide support to help young people who may be struggling with an eating problem or an eating disorder Call the Youthline (under 18's) 0800 801 0711 or Studentline 0800 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)</p>	<p>keeth</p> <p>Keeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine</p>	



Are you interested in training to be a peer counsellor?
Es-tu intéressé par une formation pour devenir pair-counsellor?

The wellbeing team proposes a 10 week training in mental health and psychological wellbeing.
L'équipe wellbeing propose une formation de 10 semaines en santé mentale et bien-être psychologique.
Convient aux élèves intéressés par des carrières dans la médecine, la psychologie, le travail social et les professions de soins

Introduction to Peer Counselling, boundaries and agreements, theoretical focus
Abraham Maslow - The Hierarchy of needs (CS)
Cognitive behavioural at therapy and transactional analysis (CS)
Peer counselling skills: open, closed and leading questions, reflection and synthesis empathy, acceptance and empowerment of choice, active listening (SB)
Role play to reinforce and develop young people's skills (SB)
Neuroscience of emotions (P2) 2 sessions
Neuroscience of learning (P2) 1 session
Types of learning (P2) 1 session
Safeguarding training
Graduation Ceremony

Interested? Please email a letter of motivation before 24th November 12pm to: wellbeing@lfcg.ac.uk or by hand to the medical centre (minimum 200 words) or complete the form below. Parent consent will be required

Intéressé? Envoyez une lettre de motivation avant le 24 novembre à midi. Par mail à wellbeing@lfcg.ac.uk ou en main propre au 200 mots minimum (au moins 200 mots) ou remplissez le formulaire. Le consentement parental sera requis. <https://www.lfcg.ac.uk/med/2023/11/24/peer-counselling-training>

NEURODIVERSITY SPOTLIGHT:

Most teens have trouble sleeping. Lack of sleep can affect mood, and ability to pay attention. When you don't get enough sleep, it's hard to be at your best in school. Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping, talk to your GP or the school doctor. Here are 5 ideas to improve your sleep:



1. Be active during the day . Physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
2. Avoid caffeine near bedtime. Caffeine is in coffee, tea, energy drinks and more. It's a stimulant, and keeps you awake and alert .
3. Say goodnight to electronics. Make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime.
4. Keep a sleep routine. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you
5. Expect a good night's sleep. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises .

Source: School Doctor

STAFF RESOURCES



Antibullying Week is 13th to 17th November, we are celebrating all month!

Let's make a noise about Bullying! See some [resources here](#) as well as many events happening in school

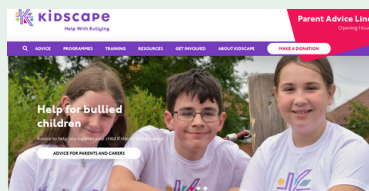
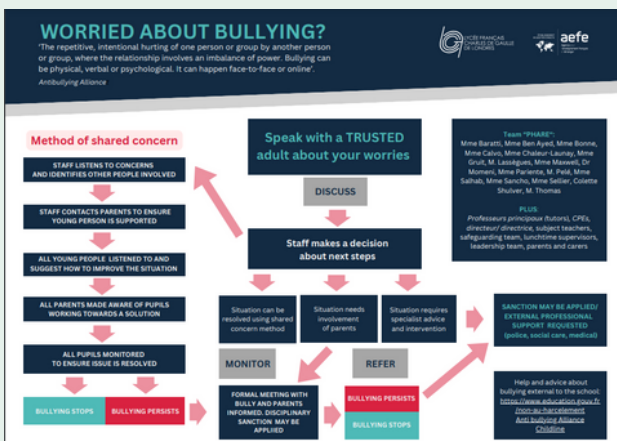
Social Media Guidance for New Teachers – SWGfL

Social media, although a potential danger in many ways, does have some helpful aspects. How to use its good aspects without creating unnecessary vulnerability windows for our educational establishment. To answer these questions and many more the South-West Grid for Learning (SWGfL), has published a page on their site about how to use social media in a constructive way. If interested please follow the link below:

<https://swgfl.org.uk/magazine/back-to-school-social-media-advice-for-teachers-fr/>

TES have produced some resources to help teachers [talk about the news](#) with young people and are offering a free webinar on the subject on the 14th November

PARENTS RESOURCES



As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are many positive steps you can take to help keep your child safe from bullying and harm.

If you are worried about bullying and need some advice or support you can contact the Kidscape Parent Advice Line. You can find out more about it at: www.kidscape.org.uk.



Digital matters have created resources for parents to discover with their children to help understand different online safety topics. Click on their logo to see the resources

THE SAFEGUARDING PROCESS

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

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!

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