

**22-23 Academic Year**

**Issue 2—Nov 22**

*The Pastoral Post is a bi-termly resource designed to help parents / carers and students with advice and guidance, raising awareness of partner agencies, community based projects, online facilities and much more.*

*Let us start by thanking each and every one of you for your time and efforts in supporting your own son or daughter along with the school as a whole so far this term. Every effort made has been truly appreciated and makes a real difference towards your child's progress in the long term, whether that be to supporting them towards developing resilience, increasing engagement and attainment or improving future prospects, by working with us to have students attend regularly,*

**YOU MAKE A DIFFERENCE**



*Lesley Wood Deputy Head  
of School (Pastoral)*



# ***The Careers Column***



**Name: Louise Brewer**

**Role: Careers Lead &**

**Promoting Positive Behaviour Mentor**

## **What Can I Do to Support your Children's Progression post 16?**

In my role as Careers Lead, I have been busy creating a purposeful Careers display here within school with lots of valuable information for students with regards to post 16 providers, open events, job of the week, and lots more. Students are encouraged to participate to ensure they can relate to what is on display.

By now, Year 11 parents and carers will have either attended or have been invited to attend a careers interview with their child to ensure informed decisions are made and that each have the opportunity to ask questions and gain advice and guidance to support with next steps towards post 16 destinations.

Weekly Employability lessons run for all students within Years 10 and 11, ensuring that they too have access to information which will support their post 16 journey with regular visits from employers, apprenticeship providers and various college and other post 16 providers.

It is important that students attend and engage with these sessions to ensure they each have the opportunity to gain the necessary skills and knowledge to support their next steps towards young adulthood.



# National Online Safety



**Name: Emily Thornley**

**Role: Family Liaison Worker &**

**Attendance Improvement Officer  
(Trainee Safeguarding Officer)**

## What can I do to support Online Safety?

As part of my role I support the Deputy Head of School to ensure Online Safety is high on the agenda here within the Academy through assemblies, in class activities, small group and individual discussions, staff and student training sessions and bespoke interventions as and when required.

**A recent survey held in school identified that the majority of young people reported to spend 5 or more hours per day accessing social media, often late at night and unsupervised.**

Whilst we do our very best to ensure they know how to conduct themselves well and keep themselves and others safe, we feel that the best way to support and protect our students is to work collaboratively with you as their parent / carer and therefore we would like to invite each of you to access courses and resources to be used at home.

***We invite parents / carers to access NOS via the following link ...***

***[www.nationalonlinesafety.com/enrol/endeavour-academy-durham](http://www.nationalonlinesafety.com/enrol/endeavour-academy-durham)***

***Free Courses, and Self-Help tips are available for all parents / carers by following the above link.***



# 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

## WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

## 1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

## 2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

## 3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

## 4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

## 5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

## 6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

## 7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

## 8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

## 9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

## 10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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# ***Mental Health Matters***

**Staff continue to support students by providing a safe, nurturing environment where everyone feels valued and respected. Pastoral and Mental Health interventions are available daily, before school, during breaks and lunchtimes and after school. An appointment system runs throughout the day which allows individual and group intervention sessions such as Lego or Art Therapy which supports students to overcome academic barriers which previously impacted on outcomes.**

**Over recent weeks we have had the pleasure of welcoming various members of the Piece of Mind Team into school along with CAMHS and other health professionals, all of whom are very keen on supporting individual and whole school Mental Health and Wellbeing.**

**It is our aim to encourage and enable students to use their MECC skills within the local community over the Christmas Period, by arranging school outings and visiting local care homes promoting, teaching and modelling MECC.**

**MECC (Making Every Contact Count) and Restorative Practices is something we are very passionate about and we welcome parents and carers to attend training events where we can share resources and sign post to supporting agencies.**

**All staff and students have been provided with cards for their lanyards as a visual reminder of our Vision, the use of MECC and Restorative Language, the Student Safety Plan, Online Safety resources and Personal conduct ,as per below.**

*Please ensure that your child keeps these safe and refers to them as and when needed to access support for themselves or others outside of school.*

## Student Safety Plan

**SAFETY FIRST**

Remember, if you find yourself feeling stressed, anxious or in danger, there are steps you can take to support yourself.

**Take a moment.**

- Stop what you are doing.
- Look out of a window.
- Let your shoulders drop.
- Stretch your shoulders back.
- Allow your mind to calm and refocus.

**Deep breaths**

- Close your eyes.
- Take deep breaths, in and out.
- Think of your favourite place, Focus on that place and picture yourself there.
- What can you see?
- What can you hear?
- What can you smell?
- What can you feel around you?

**Useful websites**

- [www.kooth.com](http://www.kooth.com)
- [www.mindfulnessforteens.com](http://www.mindfulnessforteens.com)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.harmless.org.uk](http://www.harmless.org.uk)
- [www.nshn.co.uk/downloads/Distractions.pdf](http://www.nshn.co.uk/downloads/Distractions.pdf)
- [www.harmless.org.uk](http://www.harmless.org.uk)
- [www.papyrus-uk.org](http://www.papyrus-uk.org)
- [www.themix.org.uk](http://www.themix.org.uk)

**Important Contacts**

One Point and Families First: 03000261116 / 03000 26313 (you can be directed to any one point hub in County Durham)

First Contact: 03000 267979

CAMHS Crisis Team: 0191 4415733

"Shout" Crisis Text Service: 85258

NSPCC: 0800 800 5000.

Childline: 0800 1111

Police – Non emergency 101.

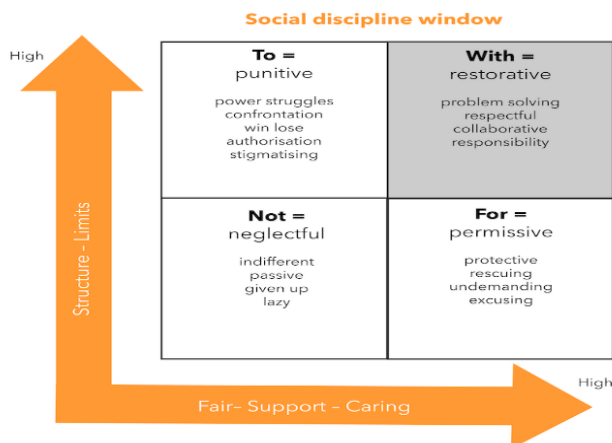
Emergency Services 999



## Restorative Questions

To respond to challenging behavior...

- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what you have done?
  - In what way?
- What do you think you need to do to make things right?



# Keeping Warm This Winter....

During the current economic crisis, we completely understand the financial struggles the whole community is facing at the moment. We encourage all families to approach Endeavour for any support needed via Emily Thornley (Family Liaison Worker)—whether this be budgeting advice, grant searching, or external hardship funding— we are here to support you!

## Energy Grants Available

The British Gas Energy Trust has a grant available, fund is open to British Gas customers with an energy debt of £250 – £1500 . You do NOT have to be a British Gas customer to receive this support.

### Eligibility Criteria:

- ♦ You have not received a grant from the British Gas Energy Trust within the last 2 years.
- ♦ You do not have savings above £1,000
- ♦ You have received help from a money advice agency—such as Citizens Advice

Visit [www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk) to Apply or for more information.



From Octopus Energy, there is a £15 million Octo Assist Fund as part of their campaign to help those worried about paying for their energy this Winter.

To assess your eligibility visit their budgeting form, where they can assess your circumstances and identify the best support



available for you. Visit [www.octopus.energy/financial-assistance/](http://www.octopus.energy/financial-assistance/) for more details.

E-On Energy have The E.ON Next Energy Fund initiative has been set up to help customers receive extra support. This can help with support in paying your gas and electricity bills, or replace appliances such as a cooker, if yours has broken or poor condition.

For more information, please visit [www.eoonnextenergyfund.com](http://www.eoonnextenergyfund.com) to apply



Scottish Power Hardship Fund is in place to support customers who are experiencing financial difficulty, such as low income, to support with arrears. The Fund can help by clearing or reducing arrears by crediting a customer's Scottish Power energy account.

Prior to application, you must receive advice from a debt advice agency, such as StepChange Debt Charity.



# Useful Numbers for External Support



## Mental Health & Emotional Support for children, young people & families in County Durham

This is a **great starting point** to help you **access support**



## Local Support

**One Point | 03000 261 111 | [www.durham.gov.uk/OnePoint](http://www.durham.gov.uk/OnePoint)**

Advice and practical support across all aspects of family life

**Education & SEND Support | [www.countydurhamfamilies.info](http://www.countydurhamfamilies.info)**

Support for children with special educational needs or disabilities

**Humankind | 01325 731 160 | [www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)**

Health and wellbeing support for LGBT young people (15-24 years)

**Investing in Children | [www.investinginchildren.net](http://www.investinginchildren.net)**

A children's rights organisation, creating spaces to be heard

**Rollercoaster Parent Support | 07377 213 952**

Helping parents to support children (0 – 25 years) with emotional or mental health issues

**[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)**

**DurhamWorks | 03000 262 930 | [www.durhamworks.info](http://www.durhamworks.info)**

Supporting 16-24 year olds not in education, employment or training

**Recovery College Online | [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)**

Educational resources for people experiencing mental issues

**County Durham Together Hub | 03000 260 260**

Support when self-isolating, directory of help and how to volunteer

**[www.durham.gov.uk/covid19help](http://www.durham.gov.uk/covid19help)**

**Children's Social Care First Contact | 03000 267 979**

Report a concern about a child's welfare

**[www.durham.gov.uk/FirstContact](http://www.durham.gov.uk/FirstContact)**

**CAMHS - Single Point of Access | 03001 239 296**

Community mental health teams for children (0 – 18 years)

**[www.teew.nhs.uk](http://www.teew.nhs.uk)**



*If you need any support reach out to the following agencies for help!*

**TEWV Crisis line | 0800 0516 171 | [www.tewv.nhs.uk](http://www.tewv.nhs.uk)**

24 hour service for young people experiencing a mental health crisis

**Durham SEND Information Advice and Support | 0191 587 3541**

Provides information and advice to parents/carers of children with SEND

**[www.durhamsendiaas.info](http://www.durhamsendiaas.info)**

**Emotional Health & Resilience Team | 03000 263 532**

Emotional health, advice and guidance for 5 – 19 years

**County Durham Cree Network | Website Coming Soon!**

Support and promote health & wellbeing as part of voluntary sector

**Hub of Hope | [www.hubofhope.co.uk](http://www.hubofhope.co.uk)**

UK mental health support database (with local options)



## National Support

**KOOTH | [www.kooth.com](http://www.kooth.com)**

Free, safe and anonymous support around mental wellbeing for 11 years +

**Anna Freud Centre for Children and Families**

Empowering young people to make informed choices about their mental wellbeing

**[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)**

**Charlie Waller Memorial Trust | [www.cwmt.org.uk](http://www.cwmt.org.uk)**

Education resources for young people (16+), families and schools on mental wellbeing

**Headspace | [www.headspace.com](http://www.headspace.com)**

Free tools around mindfulness, meditation, routine and sleep

**NHS Every Mind Matters | [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)**

Resources to support children and young people's mental health

**MindEd | [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)**

Safe and reliable advice about young people's mental health

**Young Minds | 0808 802 5544 | [www.youngminds.org.uk](http://www.youngminds.org.uk)**

Helping young people around isolation and gaining support around mental health