



24 March 2020

Dear Parent/Carer,

At Lightcliffe Academy, the safeguarding and wellbeing of our students is of paramount importance to us and we always strive to provide exceptional pastoral and therapeutic support to ensure that our students feel safe and are not at risk of harm. We greatly value the positive relationships we have established with our students and their families and our offer of advice, support and guidance extends to parents and carers through the work of our Pastoral and Safeguarding Team.

Due to the closure of school to aid in preventing the spread of the COVID-19 virus, we want to assure you that our responsibility to safeguard our students remains a priority.

Members of the safeguarding team will be continuing our regular check-ins with families and students needing a bit of extra help throughout the period of school closure, just as if the school was open. Please do not feel offended if a member of school staff emails you, calls to check in with you, speak to your child or even comes to your house for a face to face conversation (within social distancing guidelines of course). If you receive a phone call from a withheld number, it could well be us so please bear this in mind.

It is also extremely important that all parents and carers feel supported and know that there are different agencies which you can access, if needed, to support both yourself and your child's mental health during this difficult period. We understand there is likely to be an increase in anxiety for people within our community and the services listed in the directory overleaf can be accessed to give that extra level of support during this uncertain time.

We will, as always, be working holistically with other services and agencies such as Children's Social Care and will ensure that we maintain regular communication with any other professionals involved in a child's life.

Good mental health refers to our ability to enjoy life and cope with its challenges. At certain times in our lives we may need extra support and it is incredibly important that we seek this help if needed. As such, if you require any further advice regarding safeguarding or any aspect of your child's welfare, then please contact the academy via the following email so one of the Designated Safeguarding Leads can get in touch with you:

la-safeguarding@lightcliffeacademy.co.uk

With thanks for your ongoing support in these challenging times and the best of wishes to all of our students and their families,





James Clarke
Associate Assistant Principal
Lightcliffe Academy

Directory of Services

Agency	Website/Contact Number	Reason for contact
Anna Freud - National Centre for Children and Families	https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/	Support and Advice for young people, parents and carers
Childline - online, on the phone, call 08001111- free. See website for recent changes to contact times	https://www.childline.org.uk/	If you need someone to talk to, they listen. They won't judge.
Kooth	https://www.kooth.com/	Online support for young people
Mind - for better mental health	https://www.mind.org.uk/information-support/	You are feeling anxious or worried
Mindmate	https://www.mindmate.org.uk/	If you are a young person, Mindmate can help you understand the way you're feeling and find the right advice and support.
NHS - Every Mind Matters	www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/	How to look after your mental wellbeing while staying at home
Open Minds - Calderdale	http://www.openmindscalderdale.org.uk/	Resources to support the emotional wellbeing of children and young people and their families at this difficult time.
Plac2Be - Improving Childrens Mental Health	https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/	Helpful information to support children's mental health
Samaritans – call -116123 (24 hours a day, 365 days a year) or email at jo@samaritans.org	www.samaritans.org/how-we-can-help/contact-samaritan/	If you need someone to talk to, they listen. They won't judge.
Stem 4	https://stem4.org.uk/	Supporting teenage mental health
Young Minds	https://youngminds.org.uk/	Concerns about a young person's health. Available to young people and parents
Accident and Emergency at Calderdale Royal Hospital		If a young person is at crisis point.
Police - Local Police General Advice	Call: 101	Police to ask for advice regarding an issue which is concerning about the young person.

