

## Welcome!

Welcome to the 6<sup>th</sup> issue of Safe & Well. It has been great to approach some sort of “normality” as restrictions have eased and we’ve been able to welcome, not only our students back into school, but also parents and members of the local community.

This edition we talk through some recent changes within the school – namely, meeting our new catering manager and the role he sees that nutrition has in wellbeing. We also try to give a few other updates around PREVENT, Anti-bullying week, the challenges of the teenage years and vaping – a habit that many people are misinformed about.

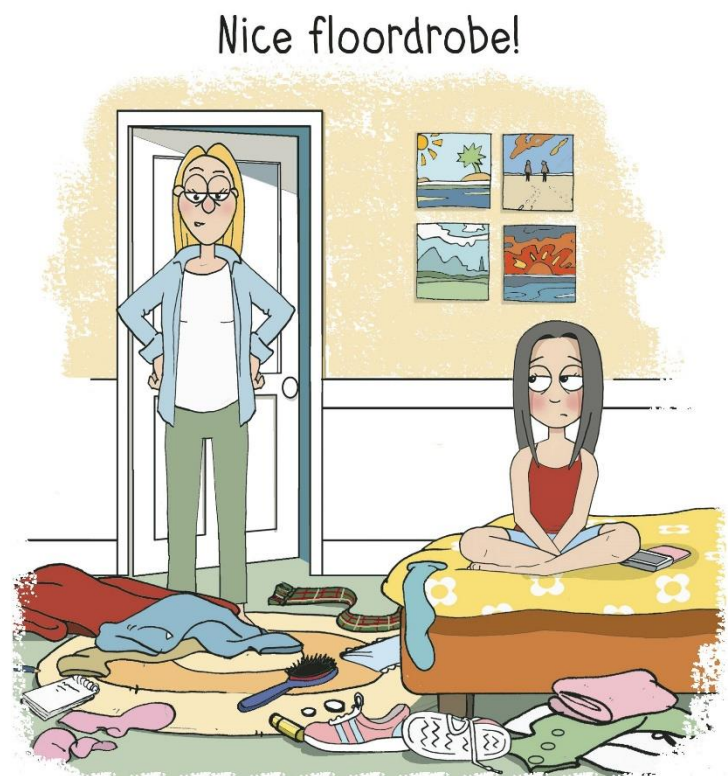
Stay safe!

## Living With Teenagers

There has been an interesting article floating around social media of late. It is a piece written in the first person from the point of view of a teenager and is directed to their parents.


It explains the difficulties they have at this transitional stage of life and gives advice on how to support them.

This stage is always a tricky one so I’m sure it will be of some use to some of you. You can find it here: [Dear Mom and Dad, Please Stick With Me \(grownandflown.com\)](https://grownandflown.com)

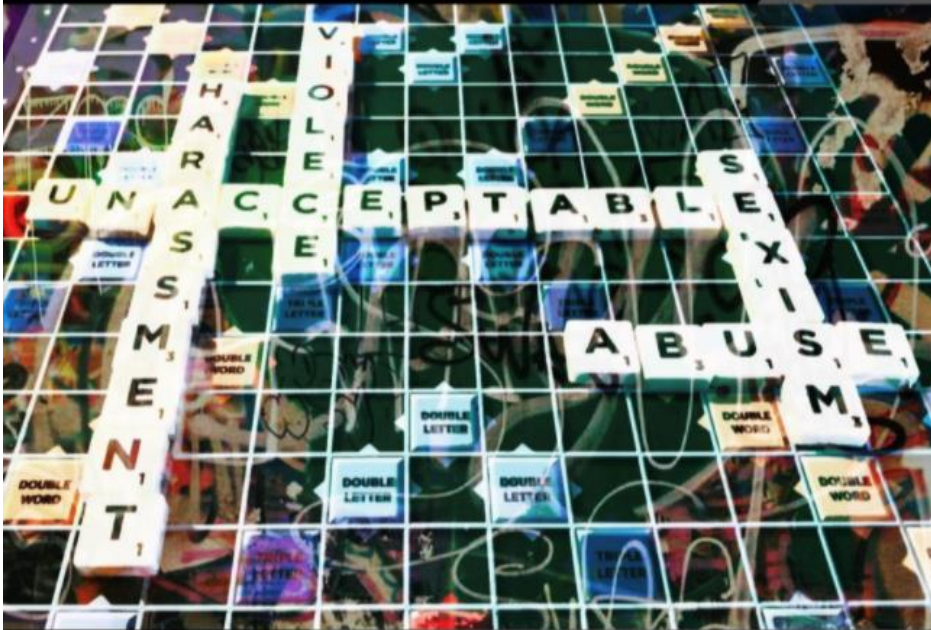


## Alter Ego Theatre Company

At the turn of the month we were fortunate enough to invite Alter Ego\* in who performed a proactive and thoughtful piece to our Y9, 10 and 11 groups. The performance focussed on Sexism, sexual harassment and sexual abuse and supplemented the inputs that the students receive in all years through tutorial, assemblies and PSHE sessions.



For more information contact  
alteregocreativesolutions@gmail.com  
**01908 299 432**  
[www.alteregocreativesolutions.co.uk](http://www.alteregocreativesolutions.co.uk)



**UNACCEPTABLE**

An Applied Theatre play tackling  
Sexism, Sexual Harassment &  
Sexual Abuse

**TARGET AUDIENCE** : year 7+, teachers, parents, professionals  
**RUNNING TIME** : 60 mins (including post-show talk)

\*More details of the performance can be found here:

<http://www.alteregocreativesolutions.co.uk/unacceptable/>







## **Food at Gartree**

Students have seen a new face in the canteen this year, our new catering manager Jason Turton, who has been dazzling the students with his array of healthy and tasty meals. We caught up with Jason to find out more.

Q. What is your background in food?

A. *Mainly in restaurants, A La Carte and fine dining food. This was in London when I was younger before moving more local, working for Wilson & Vale Catering.*

Q. What are your aims regarding meals at Gartree?

A. *To give the students a nutritiously balanced experience which includes their 5 fruit and veg a day. I try not to be too regimental and ensure they have a tasty dessert that is balanced against the healthy stuff. We make all of the meals fresh on site to achieve this and the students have been really inquisitive about this and what goes into the meals.*

Q. How do you think diet can contribute to good physical and mental wellbeing?

A. *A good diet can hugely improve your concentration and alertness – if the students have a good lunch they won't fade off in afternoon lessons and will be far more productive. Sugary, less-healthy foods might give an initial kick but these often wear off.*

Q. Any favourite recipes/meals?

A. *I have a large knowledge of food and tend to like creating traditional meals from scratch without the need for lots of expensive tools and equipment e.g. a traditional lasagne with freshly made pasta.*

Q. Any tips for parents around diet and nutrition?

A. *Balance is always key. However, try to concentrate on what they like and make the meals around this. Don't be afraid to experiment and adding ingredients as you go along e.g. blending in a courgette into a normal tomato sauce. I'm hoping to start sharing some of my favourite recipes each month so keep an eye on our social media for these.*



## Vaping

Vaping has become popular in society and is often seen as the healthier and more socially acceptable alternative to smoking. However, there are still many misconceptions around it, including with young people. We wanted to pass on a few key points around their use and the potential consequences of using them as things currently stand in the UK.


Firstly, the law. In order to own or use a Vape you must be 18 years of age and use in permitted areas. Most forms of public transport ban vaping. In some countries there are set places where you can and can't vape – this could well become the norm in the UK before long. There are also restrictions on the capacity and nicotine strength.

Secondly the health concerns. Ingesting chemicals can be harmful – e-cigarettes commonly contain ingredients that can be toxic, causing cell damage and can lead to increased risk of lung and cardiovascular disease.

Finally, the cost. Smoking is clearly an expensive habit and estimates suggest an average smoker will spend over £3000 per year! Vaping, whilst cheaper, will still hit you where it hurts and estimates range from £3-500.


For more information please see:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/e-cigarettes>



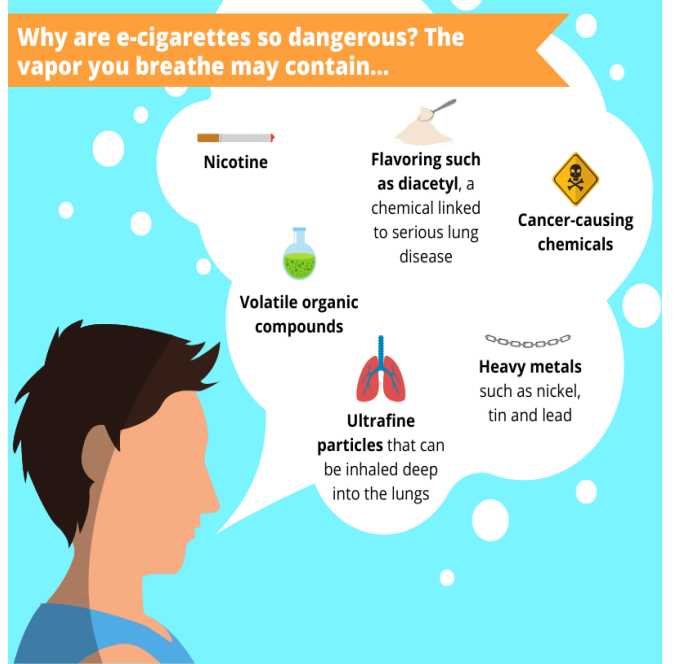
### 6 SIGNS THAT YOUR CHILD MAY BE VAPING

- Increased secrecy
- Disappearing money
- Unwillingness to stay home
- Increased thirst
- Desire for spicy or salty foods
- Increased irritability or mood changes



### Why are e-cigarettes so dangerous? The vapor you breathe may contain...

- Nicotine
- Flavoring such as diacetyl, a chemical linked to serious lung disease
- Cancer-causing chemicals
- Volatile organic compounds
- Ultrafine particles that can be inhaled deep into the lungs
- Heavy metals such as nickel, tin and lead



## Anti-Bullying Week

Anti-bullying week takes place this year between 15<sup>th</sup> and 19<sup>th</sup> November. Each year we use this as an opportunity to remind students what we mean by bullying and how they should respond if they see or are victim to it (Our STOP approach is shown below). We take a zero-tolerance approach to bullying and try to use restorative approaches where possible and appropriate.


This year the theme for Anti-bullying week is “One Kind Word”. The Anti-bullying Alliance explain, *“Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that ‘One Kind Word’ has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.”*

We try to encourage our students to be kind – it’s one of the easiest things in the World to do but, potentially also has one of the biggest impacts to those on the end of that kindness. We try to explain this regularly in tutorial, assemblies and in our day to day interactions with the students.

Finally, for more information please see the excellent ABA website: [Anti-Bullying Week 2021: One Kind Word \(anti-bullyingalliance.org.uk\)](https://www.anti-bullyingalliance.org.uk/anti-bullying-week-2021-one-kind-word).

\*If you or your child is worried about bullying please encourage them to contact their Year Team in person or through our Anti-bullying email address that is regularly monitored: [stop@gartree.leics.sch.uk](mailto:stop@gartree.leics.sch.uk)

A poster titled "STOP BULLYING" with the Gartree High School logo on either side. It features a table with the STOP approach, a definition of bullying, and contact information.

|  | What is Bullying? | What to do about it? |
|---|-------------------|----------------------|
| <b>S</b>  | Several           | Start                |
| <b>T</b>  | Times             | Telling              |
| <b>O</b>  | On                | Other                |
| <b>P</b>  | Purpose           | People               |

*“Bullying is **repeated** behaviour towards **another** that is **intended to hurt** someone either physically or emotionally.”*

We want Gartree to be a safe place where pupils feel happy, protected and are free to express themselves. We take this responsibility very seriously and will not tolerate bullying in any form.

If you think you are being bullied or you witness bullying:

- Ask the person to stop.
- Remove yourself from the situation
- Talk to a member of staff about it (e.g. your Tutor or Pastoral Team)
- Use the e-mail system to report it:

[stop@gartree.leics.sch.uk](mailto:stop@gartree.leics.sch.uk)



## Notices:

### PREVENT

PREVENT is the government's strategy to tackle terrorism aimed at spotting and supporting youngsters who may be at risk of radicalization. The Counter Terrorism Policing unit have been working with Netmums to produce an online chat forum for parents who may be worried about their child to talk and get advice.

Chat Forum can be found [here](#)

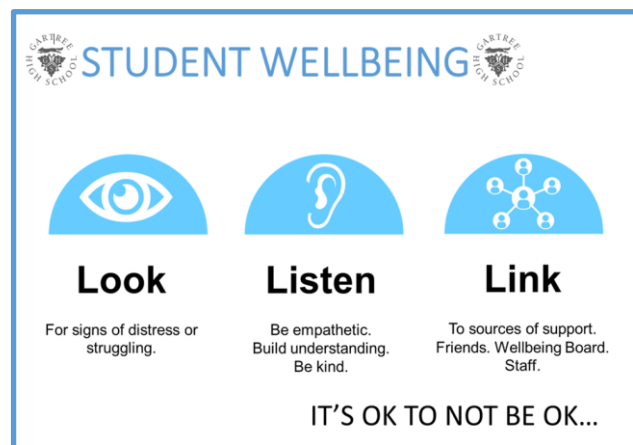
Advice Pages can be found [here](#)



### Look-Listen-Link

We covered this last issue, but felt that it was worth restating our whole-school wellbeing approach – Look-Listen-Link. We encourage all members of our community to look out for each other and pass on concerns so that the right support can be put in place.

Students have responded well to this and it is now not uncommon for friends to approach the pastoral team with concerns about others – great to see and an important skill for later life – looking out for those around you.



### Student Details

The usual reminder that as always, as part of our Safeguarding responsibilities, it is important that we have the correct details regarding students' contact details, medical information etc. Please remember to update these by contacting us:

[admin@gartree.leics.sch.uk](mailto:admin@gartree.leics.sch.uk) or 0116 2717421



## **Useful Websites/Contacts:**

- [www.itai.info/](http://www.itai.info/) - PREVENT information and advice
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) – Anti-Bullying information and advice
- [www.bullying.co.uk](http://www.bullying.co.uk) – Anti-Bullying information and advice
- [www.nspcc.org.uk](http://www.nspcc.org.uk) – Support for many areas around child welfare & wellbeing
- [www.childrenssociety.org.uk/](http://www.childrenssociety.org.uk/) - Charity supporting vulnerable children
- [www.childline.org.uk/](http://www.childline.org.uk/) - Information and advice in lots of areas
- [www.youngminds.org.uk](http://www.youngminds.org.uk) – Information and advice for young peoples’ Mental Health, including a great section for Parents
- [www.net-aware.org.uk/](http://www.net-aware.org.uk/) - Parent guides to Apps and gaming
- [www.bbc.co.uk/webwise/topics/safety-and-privacy/](http://www.bbc.co.uk/webwise/topics/safety-and-privacy/) - Online safety
- [www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider](http://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider) - How to set Parental controls on your internet
- <https://lrsb.org.uk/> - Leicestershire & Rutland Safeguarding Board
- [www.firstcontactplus.org.uk/](http://www.firstcontactplus.org.uk/) - Leicestershire advice and support
- [www.fearless.org/en/campaigns/county-lines](http://www.fearless.org/en/campaigns/county-lines) - Information on “County Lines”
- [www.kooth.com](http://www.kooth.com) – Free online counselling for young people
- <https://www.camhs-resources.co.uk/> - Resources from CAMHS
- [www.annafreud.org/](http://www.annafreud.org/) - Excellent advice and support for families on wellbeing/mental health
- <https://www.teenagehelpline.org.uk/> online mentoring and advice for your child
- [safeguarding@gartree.leics.sch.uk](mailto:safeguarding@gartree.leics.sch.uk) – Gartree safeguarding email address
- [stop@gartree.leics.sch.uk](mailto:stop@gartree.leics.sch.uk) – How to report bullying or Peer on Peer incidents

