



Should you have any questions or concerns please do not hesitate to contact me directly on:
Keelan-edwardsh@ripongrammar.com Mrs H Keelan-Edwards, Designated Safeguarding Lead (DSL)

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Our Local Safeguarding risks include: Child on Child abuse – online
Child on Child abuse – sexual harassment/sexual violence
Child criminal exploitation/County Lines

Please note: Our local Police Community Liaison Officer is Philip Wright

~~~ Wellbeing~~~



This time of year can be stressful for children as they face the challenges presented by examination pressure and the worries of how well they will perform.

For some children, this can be overwhelming and many parents struggle knowing how they can support their children with their stresses and anxieties.

**Supporting Teenagers with their Mental Health**

Please follow the link for online support [Wellbeing Activities Archive - North Yorkshire Together](#)

When a child has additional needs, these anxieties can be heightened. Please click on the link below for some useful advice.

[10 Tips To Help Calm Anxiety in Kids with Autism \(harkla.co\)](#)

We understand that there is so much information out there, and it can be overwhelming. Thankfully in North Yorkshire, we have something called the Single Point of Access Crisis Service. Anyone of any age living in North Yorkshire can call this number, which is available 24/7: 0800 0516171

**Get more help**



If your child has been feeling low, stressed or anxious, you can also speak to your GP. They can talk about the thoughts they are having and make sure they get the help and support they need.

Alternatively, there is a great directory of all the ongoing support

available in North Yorkshire to talk through difficult feelings – find out more about [what's in North Yorkshire for me](#).



You can text the North Yorkshire texting service BUZZ US to discuss your concerns on 07520 631168. You will receive confidential advice, support and signposting from a wellbeing worker within one working day via text. BUZZ US is not a crisis service. If your child is in crisis, you should call the Single Point of Access Crisis Service on 0800 0516171. You/they may feel totally alone and like there's no hope. No matter how bad things get and how strong those feelings might be, with the right support they will be able to overcome these overwhelming feelings.

## Holiday Activities

Feast offers a range of different activities for children aged 4-18 through the school holidays. For information about what is on offer over the May half term & Summer, please follow the link.

[What is FEAST - North Yorkshire Together](#)



### ChatGTP – Artificial Intelligence

During holidays children have more time to be online and with this increase in online activity comes the possibility of greater online risks. Please click on the link below for some useful information about the safety implications of ChatGTP (an artificial intelligence chatbot which can be found online). The chatbot was launched on 30<sup>th</sup> November 2022.

ChatGTP – Guide for Parents

[What do I need to know about ChatGPT? A guide for parents and carers | Childnet](#)

## Parental Support

**Solihull parenting:** an online parenting offer **FREE** for all North Yorkshire parents, carers and foster carers

Visit the website: [www.inourplace.co.uk](http://www.inourplace.co.uk) and add the access code **NYFAMILIES**

Courses include: Understanding your baby, Understanding your Child, Understanding your child with additional needs, Understanding your teenager and Understanding your child's mental health.

[inourplace - Solihull Approach | inourplace](#)

### *Getting it Right for Children*



### **An online course for separating parents to minimise the impact of separation on children**

*Getting it right for children* uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

The package includes:

- Full access to *Getting it right for children*.
- A comprehensive practitioner guide.
- Monthly engagement and usage reports.

[Digital resources \(oneplusone.org.uk\)](http://oneplusone.org.uk)

## THE SAFEGUARDING TEAM AT RIPON GRAMMAR SCHOOL

**MRS H KEELAN-EDWARDS** – Deputy Headteacher Pastoral and Designated Safeguarding Lead (DSL)

**MRS C DAY** – Assistant Headteacher/ Head of Boarding and Deputy Designated Safeguarding Lead (DDSL)

**MR T FELL** – Assistant Headteacher/ Head of Sixth Form and Deputy Designated Safeguarding Lead (DDSL)