

## Staff focus: School Nurse



*My name is Yvonne and I am your new school nurse. I am employed by the hospital and I do not work for the school. Therefore any chats we have are confidential and stay between us, unless you are at risk of harm and then I will have to share it with your parents or teachers.*

**You can speak to any member of staff if you are worried!** We have many members of staff who have specific roles, to help you at different times.

This half term we would like to introduce our the **St. Patrick's School nurse, Yvonne Rochford.**

You may already know Yvonne; she is in school every Monday at 12.15pm and leaves at 2.00pm. If you think you would like to speak to the school nurse ask Miss Slater in Pupil Services to arrange an appointment.

**The school nurse can be available to discuss any medical concerns you have, for example;**

- If you are feeling worried about something or if you are feeling stressed or anxious.
- If you are worried about your physical health, weight management, sleeping or self-harming.
- If you would like friendships or relationship advice.
- If you have recently experienced bereavement.
- If you are experiencing bullying or if you are struggling with school work.



## Lunch time clubs



### Monday

Kids' Lit Quiz: 12:15 – 1:00 (Year 7 & 8)  
Quiet Club: 12:35 – 1:00 (Open to all years)  
Mock Trials: 12.30 – 1.00 (Open to all years)  
Rock Bands: 12.15 – 1.00 (Open to all years)



### Tuesday

Book Club: 12:15 – 1:00 (Year 7, 8 & 9)  
SVP Group: 12:15 – 1:00 (Years 9 & 10)  
Mindfulness: 12.15 – 1.00 (Open to all years)  
Creativity Club: 12.30 – 1.00 (Open to all years)  
Quiet Club: 12:35 – 1:00 (Open to all years)



### Wednesday

Liturgy Group: 12:15 – 12:50 (Open to all years)  
Volleyball Club: 12:15 – 1:00 (Open to Girls only)  
Languages Club: 12.15 – 12.40 (Open to all years)  
Mango Club: 12.15 – 1.00 (Open to all years)  
Instrumental Practise: 12.15 – 1.00  
Quiet Club: 12:35 – 1:00 (Open to all years)



### Thursday

Full Choir: 12.15 – 12.35  
Creativity Club: 12:30 – 1.00 (Open to all years)  
Quiet Club: 12:35 – 1:00 (Open to all years)



### Friday

Quiet Club: 12:35 – 1:00 (Open to all years)  
Sustainability Club - 12.30 – 1.00 (Open to all years)  
Instrumental Practice: 12.15 – 1.00



## Pupil Services

Pupil services is a facility within school that you can use for the following reasons;

- If you feel ill or need medical attention.
- If you have a worry or concern that your HOH cannot deal with
- If you have no lunch money or food
- If you have lost something, like uniform or your PE kit
- Personal hygiene issues
- If you would like to talk to the attendance officer, Mrs Slater

Pupil services can only be accessed during lesson time in an emergency or if you have been given permission to be there by a member of staff. A pupil cannot decide to take themselves to Pupil Services.

## St. Patrick's High School

*Amazing things happen here*

# safe and sound



St Patrick's High school Safeguarding Newsletter  
March 2019



## St. Patrick's Safeguarding Newsletter

Welcome to our latest St. Patrick's High school safeguarding newsletter. The purpose of the newsletter is to remind you of the many ways you can keep yourself safe.

This half-term, our newsletter will focus upon many different topics; in the staff focus section of our newsletter, we will introduce you to our school nurse and focus on the many ways you can keep yourself safe online.

Please take time to read through this newsletter, we believe that you can always learn new ways to keep yourself safe





# Keeping yourself Safe Online

## Cyber Bullying

As a teenager, being online can be really fun and a part of your daily life. However, the internet can be a dangerous place. This half term we want to provide you with some 'top tips' on how to stay safe online and also what to do if you encounter something worrying online.

### What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

### Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

### Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

### Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.

### How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

### BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?

## Useful numbers for Pupils & Parents

Below are some of the many agencies and charities that exist to help keep children safe. They are charities and government run organisations that can provide support and help to young when they are worried or facing a crisis.

Company	Description	Telephone number	Website
Childline	A counselling service for children and young people.	0800 1111	www.childline.org.uk
42 <sup>nd</sup> Street	Supports young people with Mental Health issues	0161 238 7321	www.42ndstreet.org.uk
Salford Young Carers	Supporting young people who care for a family member regularly.	01618330217	www.salfordyoungcarers.org/
NSPCC	Help for adults concerned about a child	0808 800 5000	www.nspcc.org.uk