



HOLYHEAD SAFEGUARDING NEWSLETTER

October 2025

OUR SAFEGUARDING TEAM



At Holyhead School we endeavour to provide a safe and welcoming environment where children are respected and valued. We believe that all children should feel safe and be able to approach someone if they have a concern. The safety and wellbeing of our students is the most important aspect of our work as a school. If you have any concerns about your child's wellbeing or safety, or want to report a concern about another child, please ask to speak to one of the Designated Safeguarding Team.

In this month's issue we look at:

- Who to contact if you have a concern about one of our students
- World Mental Health Day 10th October



Who to contact if you are concerned about a student at Holyhead school:

Mrs D Denny Lead DSL
ddenny@holyhead.crst.org.uk
 Mr D Beale Senior DDSL
dbeale@holyhead.crst.org.uk
 Mr F Khan Head of 6th form
fkhan@holyhead.crst.org.uk
 Mrs K Robinson SENCO
krobinson@holyhead.crst.org.uk
 Mrs S Parker Head of Year 7
sparker@holyhead.crst.org.uk
 Mrs T Edwards Head of Year 8
tedwards@holyhead.crst.org.uk
 Mrs N Malcolm Head of Year 9
nmalcolm@holyhead.crst.org.uk
 Mr L Cain Head of Year 11
lcain@holyhead.crst.org.uk

Miss M Jeffers Head of Year 10
mjeffers@holyhead.crst.org.uk

Telephone the school on 0121 523 1960 to speak to any of the safeguarding team.

World Mental Health Day

Friday 10th October 2025

World Mental Health Day is an annual event observed on October 10th to raise global awareness of mental health issues and mobilize support for mental well-being.

Initiated by the World Federation for Mental Health (WFMH) with support from the World Health Organization (WHO), the day serves to reduce mental health stigma, promote mental health education and advocacy, and highlight the need for universal access to quality mental health care.

This year's theme set by the World Federation for Mental Health is access to services - mental health in catastrophes and emergencies. The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

[Unspoken \(2025\) - Mental Health Awareness Short Film - YouTube](#)

Child Mental Health

Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their physical wellbeing, relationships and educational attainment. Mental health can also change over time, to varying degrees of seriousness, and for different reasons.

Negative experiences such as abuse and neglect can adversely impact a child's mental health. Mental health issues can also sometimes lead to safeguarding and child protection issues, for example if a child's mental health begins to put them or other people at risk of harm

Key mental health statistics

- 1 in 5 children experience mental health difficulties
- Half of mental health issues develop by age 14
- 420,000 children and young people in England are treated for mental health problems every month
- Children and young people with mental health difficulties go an average of 10 years between becoming unwell and getting help
- Almost a million children and young people accessed mental health services in 2024
- The most common mental health problems among young people are emotional disorders, including anxiety and depression

Supporting your child with their mental health

To support your child's mental health, listen and validate their feelings, stay involved in their life, encourage their interests, and establish positive daily routines. You can also model healthy coping behaviors yourself, such as self-care and engaging in physical activity. For persistent concerns, don't hesitate to seek professional help from your GP, school nurse, or a mental health service like [CAMHS](#).

- **Listen and validate:** Regularly check in with your child and take what they say seriously, making them feel valued and supported. Offer phrases like, "it's understandable that you feel like..." to show you understand
- **Talk through difficulties:** Help your child identify and understand their feelings by talking about what's making them feel stressed, even if it seems trivial to you

Try and support your child by establishing positive routines for things like sleep and meals, this can significantly impact your child's emotional wellbeing. Supporting your child's interest boosts connection and well-being and helps reduce anxiety.

If you think something's wrong or are worried about your child's mental health

If you are worried about the mental health of a child or young person, it can be hard to know what to do to help them. You may also feel like you need support for yourself.

You are not alone and there are places both you and your child can turn to for help.

It can be a good idea to find out more about how a child or young person might be feeling. This can help you understand how best to help them, or help them find ways to support themselves.

The charity YoungMinds also has lots of information for parents including:

[Parents' A-Z Mental Health Guide | Mental Health Advice | YoungMinds](#)

[Parents' Guide to Looking After Your Mental Health | YoungMinds](#)

There are also other agencies that can offer and support within Birmingham including:

[Forward Thinking Birmingham - Birmingham and Solihull Mental Health NHS Foundation Trust](#)

[Home - Kooth](#)