



## Safeguarding & Wellbeing- Spring 2025



Welcome to QE Safeguarding and Wellbeing,

We are excited and pleased to introduce to our community a wide range of support and guidance for our students and families. Under our new banner 'Student Wellbeing' you will be able to gain information about support at Queen Elizabeth's school, led by our chaplaincy service.

We wish to support better understanding of E safety and how students and parents can

navigate this developing world of communication and social interactions online. A wide range of visual information can be found, from online safety tips, to age appropriate content, TikTok, Snapchat, Boundary setting and lots more on our website.

Mental health continues to be a high priority for us and a plethora of contact details for charitable trusts alongside medical professionals are accessible on our mental health page. All resources are free, confidential and have been approved by the Department of Education.

We are also celebrating our communities within school and would like to introduce you to our Champions:

**Celebrating Diversity-** Ms Crook runs a daily break and lunchtime group, enabling students to access and engage with information, chat and simply relax amongst friends.

**Young Carers-** Mrs Sherwood and Mrs Wareham who will work passionately to support our young people who care for loved ones daily at home.

We place our communities at the heart of our ethos for hope, community and care and look forward to sharing with you more on this in the coming months.

Kind regards

Mrs Kim Ashby- Assistant Headteacher and Head of Safeguarding



Mrs Ashby



Mrs Nolan-Ford



Ms Crook

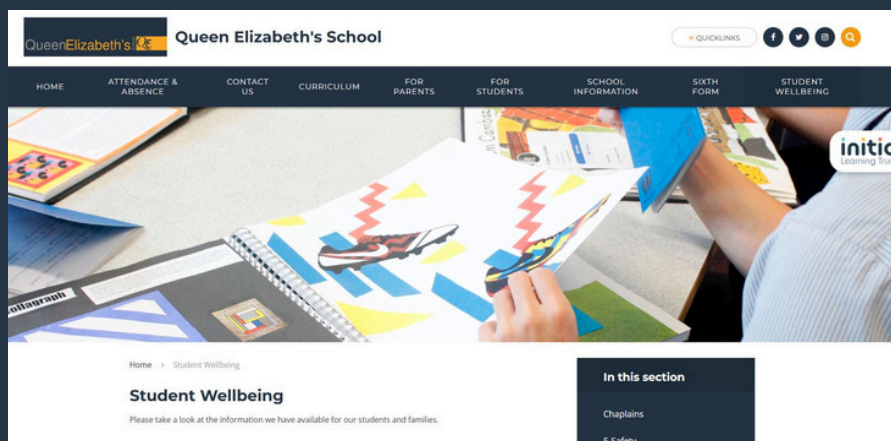


Mrs Sherwood



Mrs Wareham

### You can find our new pages on the QE website.



## Student and parent support...



**QE Safe Space**  
**C308**

**Introducing the Safe Space:**  
At break/lunch from 24th February  
If you feel you need a Safe Space to be yourself, please come along!

Feel free to bring your food!  
We've got colouring, crafts, etc too



Our main aim is to make sure everyone feels safe and welcome at QE, and raise awareness of how our differences are what make us amazing! Everyone is welcome to come along to the Safe Space in C308 at break or lunch time- just ask at the C2 doors to come up! We're also in the process of setting up a Pride Group- if anyone is interested please see Miss Crook in C308.

### Mermaids- Trans Support Charity:

Support for students click [here](#).

Support for families click [here](#).

**How we can support our young carers and their families- click [here](#) for further information.**

**All students have access to complete a young carer google form in confidence should they wish to request support.**

**MYTIME Young Carers information- click [here](#).**

### Are you a Young Carer?

#### What is a young carer?

A young person who provides regular care/support to someone in their household who has a long term illness, disability, mental health condition or addiction.

Being a young carer can feel: tiring, lonely, brilliant...

### We can help! Support we can offer:

Access to phones during break and lunch times to contact home  
Homework and coursework extensions

Homework club

Lunchtime groups

If you think that this is you, then please speak to:

Mrs Sherwood- can be found in C block!

Mrs Wareham- can be found in A block!

You can also email: [youngcarerchampion@queenelizabeths.com](mailto:youngcarerchampion@queenelizabeths.com)



Should you have any questions, please email [youngcarerchampion@queenelizabeths.com](mailto:youngcarerchampion@queenelizabeths.com)



### QE and FACE



**Click [here](#) to access further information about the benefits of FACE.**

**QE PROMO CODE**  
**QE290125**

We are excited to share with you that we have partnered up with FACE (Family Advice, Communication, Education). We have purchased a membership that allows our parents and carers of teenagers free, unlimited access to professional support through online sessions.

There are 16 talks available to you each lasting 90 minutes:

- Anxiety based school avoidance
- Supporting a child with ADHD
- Autism: improving communication
- Facing Defiance: managing challenging behaviour
- Supporting healthy screen use
- Understanding the teenage brain
- Anxiety explained
- Decreasing depression
- Understanding Anger: yours & theirs
- Introduction to OCD (obsessive compulsive behaviour)
- Improving family communication
- Supporting healthy sleep
- Cannabis & ketamine awareness
- Addictive behaviour
- Raising self esteem
- What is ACT?: an introduction to acceptance & commitment therapy

### How do I book?

On the parent page of the website: [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) you will find the 16 regular talks for parents. They are on a four weekly rotation and alternate between morning (10:00-11:30) and evening sessions (19:00-20:30). Please reference the booking calendar to find a date and time that suits you. At the payment stage of booking, add the code **QE290125** where it says ADD PROMO CODE. This will drop the price from £24 to £0.

The code can only be used for the parent talks and not for any other FACE service and cannot be shared with parents from different schools.

