



Welcome to QE wellbeing and safeguarding.

As we begin the second phase of this busy autumn term, we would like to take this opportunity to share with you some upcoming events.

Week beginning 17 November 2025:

Next week, our students will be taking part in an assembly that explores mental health and will signpost our students to gain support and develop strategies. We have invited Oly Newton, founder of Run4YourMind Foundation to discuss and deliver a workshop that focuses on equipping students to support mental health through physical education and the therapeutic outcomes from exercise. Further details can be found from the following link <https://run4yourmind.com/>

Furthermore, students in Year 10 will receive an assembly led by Dorset Police on Knife crime and Dangerous weapons, as part of Operation sceptre, to ensure students access further education and awareness within this aspect of safety and safeguarding. This will take place on Friday 21st November.

Alongside this, we are offering parental support through BCP Stronger Relationships online course on the 17th and 24th November. This online course helps co-parents (whether together, separated, or in blended families) reduce conflict, communicate effectively, and create a more stable home environment for their children.

This is a free six week course that will identify ways of reducing teenage conflict in the home, offering strategies and peer support, when as parents, we face challenges.

Key features

Evidence-based and inclusive – proven to improve parenting confidence and family relationships

Flexible – weekly self-study modules and live facilitator-led discussions via Zoom

Accessible – open to all parents at no cost

Supportive – each participant is matched with an experienced SFSC facilitator and receives a digital manual

Confidential – parents register directly; no formal referral process required

As Parents, you can register directly using the links below

Course info: <https://strengthening-families.net/reducing-parental-conflict/>

Registration: <https://strengthening-families.net/rpc-registration/>

Dorset Children's Services: www.dorsetcouncil.gov.uk/children-families/contact-childrens-services.aspx

Children's Advice and Duty Service:

01305 228866 (For urgent child protection concerns that require immediate attention)

Chesil Locality Team: 01305 762400 chesillocality@dorsetcouncil.gov.uk (for Early Help and access to a range of support)

CAMHS: 01305 762810 www.camhsdorset.org (Child and adolescent mental health service)

Childline: 0800 11 11 www.childline.org.uk

NSPCC: 0800 800 5000 www.nspcc.org.uk

Anxiety UK: 08444775774 www.anxietyuk.org

MIND: 0300 123 3393 www.mind.org.uk

Bereavement UK: 0800 634 9494 www.bereavement.co.uk

Kooth: www.kooth.com (A safe secure online counselling service for young people)

Safer Internet: 0344 800 2382 www.saferinternet.org.uk

Runaway Helpline: 0800 800 7070 www.runawayhelpline.org.uk

Online
Course

Stronger Relationships

For parents and other adult carers living together or apart **Group starting Wednesday 19 November at 10:00am**



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



strengthening
families
strengthening
communities

Family Hub



Online
Course

Stronger Relationships

For parents and other adult carers living together or apart **Group starting Monday 24 November at 10:00am**



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
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