



Parent and carers support information

Are you worried about your child's emotional well-being or behaviour during this difficult time?

Please speak to your child's progress coordinator for support or contact a member of the safeguarding team at Trinity, we are here and happy to help

Year 7 Mr Holt a.holt@trinity.nottingham.sch.uk

Year 8 Miss Robertson h.robertson@trinity.nottigham.sch.uk

Year 9 Mr Danaher n.danaher@trinity.nottingham.sch.uk

Year 10 Mrs Wisdish c.wisdish@trinity.nottigham.sch.uk

Year 11 Mr Wilson r.wilson@nottingham.sch.uk

The Safeguarding Team

Mrs Ella Aitchison e.aitchison@trinity.nottingham.sch.uk

Miss Heather Ridgley h.ridgley@trinity.nottingham.sch.uk

Mrs Sarah Wilkinson s.wilkinson@trinity.nottingham.sch.uk

Miss Tanya Richards t.richards@trinity.nottingham.sch.uk

**WE'RE
in this
TOGETHER**

Call the school on 01159296251 or the safeguarding team on 07885803770

E-Safety

With children spending more time online to do schoolwork and other activities, there could be an additional risk. This is why it is more important than ever that children, parents and carers know how to stay safe online.

It is important that parents and carers talk to their children about online safety, show an interest in what they are doing online and ask what they like and dislike about the apps and services they use. Discuss age appropriate 'ground rules' like how much time they spend online doing different things and what games and apps are appropriate to use. Also consider setting up and reviewing age appropriate parental controls. Setting parental controls can be a quick and effective tool to help protect children online.



Please see below information of outside agency support for parents and carers

Coronavirus (COVID-19) advice and support for parents and carers (NSPCC)

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour



Andrew Hall, Safeguarding consultant, has recommended the following resources:

The advice can be found on the NSPCC website

here: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Students-advice-while-isolated (1)

Activities to support mental being

Beating Your Worries is a useful booklet to use to support your child if they are struggling with anxiety while in lockdown.

Nottingham Behaviour Support Team- Need support and advice with your child's behaviour during these difficult times? Please contact the team for friendly advice and guidance: parentsupportBST@nottinghamcity.gov.uk

CAMHS- Child Adolescent Mental Health Services. Please contact if you are concerned about your child's emotional health and well-being or any concerns regarding self-harm or suicidal thoughts.

CAMHS Crisis team- Monday - Friday 8am - 8pm 01158440560

After 8pm 01159691300

If you are concerned that your child or any other young person is at immediate risk to themselves or others please seek A&E medical attention straight away.

Harmless- Self harm support and suicide prevention support

info@harmless.org.uk

01158800280



Equation- Domestic Violence support in Nottingham

www.equation.orj.uk or call 8800280

Anyone in immediate danger call 999 if unable to talk dial 55 when prompted to let services know assistance is needed



Young Minds- Offer practical advice and strategies to help promote positive mental well-being. Parent helpline 08088025544

Jigsaw- Alcohol and substance misuse support for young people and families

0115 9484314

jigsaw@cgl.orj.uk

Monday-Friday 9am-5pm

