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**Headteacher:** Mrs Emma Anderson  
**Chair of Governors:** Mr Steve Chew

Our ref: CP/RCY

5 January 2021

Dear Parent/Carer

### **Safeguarding during remote learning**

At Newfield we are considerate and value our community. We understand that the events of recent weeks are challenging for us all. Staff at Newfield are here to support our community during these times.

Safeguarding of young people remains of utmost important to us. Throughout the time of school closure we are still working hard to safeguard all of our pupils. We continue to follow the core principles set out in Keeping Children Safe in Education 2020.

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

### **Support at Newfield**

At Newfield we have a highly experienced safeguarding team who are continuing to work with external agencies and families throughout this time. Our designated safeguarding lead is Mr Power. He is supported by a team of deputy safeguarding leads which include all our Heads of Years, our SENCO and other key members of the senior team. All our safeguarding leads have been provided with a mobile phone so they can be reached during this time. If you have any concerns around the well-being of any of our pupils please do not hesitate to contact Mr Power or a member of the safeguarding team. Mr Power can be reached on 07384398181. If you have a significant concern 0114 273 4855.

### **Emotional well-being and mental health support**

Changing our routines, not seeing our friends and self-isolation can all cause an increase pressure on young people and impact on their well-being and mental health. More detail on how to support young people can be found on the Coronavirus pages on the school website. Our top tips are:

1. Get into a good routine that includes a balance between rest, work and exercise.

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2. Use technology safely to stay in contact with each other. (Please be mindful of online safety).
3. Limit screen time and spend time talking to people at home.
4. Eat a balanced diet.
5. Write a diary or journal of your thoughts and activities. Try to accomplish something new each day.
6. Stay active – From Monday 11 January PE with Joe Wicks at 9am on Mondays, Wednesdays and Fridays. This is highly recommended.
7. Stay informed on the current situation but balance how much of this you watch daily. Don't become overwhelmed by the amount of media coverage.

**Support for anxiety.**

We could all be forgiven for feeling anxious at this time. Therefore it is important we look after our well-being. AnxietyUK suggests practicing the "Apple" technique to deal with anxiety and worries.

**Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.

**Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.

**Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

**Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

**Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now.

We are here to support our community at this time. Please do not hesitate to contact us with any concerns you may have.

Take Care and Stay Safe.

Yours faithfully



Mr Power  
Assistant Headteacher