

# Brunswick House Primary School

## Safeguarding Information

### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding officers straight away.

**If a child is in immediate danger, call the Police on 999**

#### Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date

If you need to contact a member of the team, please use the e mail addresses below:

Miss Fullagar—[deputy@brunswick-house.kent.sch.uk](mailto:deputy@brunswick-house.kent.sch.uk)

Mrs Skinner—[headteacher@brunswick-house.kent.sch.uk](mailto:headteacher@brunswick-house.kent.sch.uk)

Mrs Pickard—[inclusion@brunswick-house.kent.sch.uk](mailto:inclusion@brunswick-house.kent.sch.uk)

Mrs Martin/Miss Marques —[flo@brunswick-house.kent.sch.uk](mailto:flo@brunswick-house.kent.sch.uk)

Mr Fenniche—[uks2leader@brunswick-house.kent.sch.uk](mailto:uks2leader@brunswick-house.kent.sch.uk)

Mrs Harris— [asc.club@brunswick-house.kent.sch.uk](mailto:asc.club@brunswick-house.kent.sch.uk)

### Designated Safeguarding Leads



Mrs Skinner



Mr Fenniche



Miss Fullagar



Mrs Pickard



Miss Marques



Mrs Martin



Mrs Harris

### Top Tips to Beat the Winter Blues

1. Get Outside When You Can Even a short walk in daylight can boost your mood. Fresh air helps clear your head.

2. Move Your Body Try dancing, stretching, or following a workout video. It doesn't have to be intense—just get moving!

3. Keep a Journal Have you ever felt like your thoughts and feelings are all jumbled up inside? Journaling can help! It's like having a conversation with yourself on paper. You can write about anything – your day, your dreams, or even things that are bothering you.

4. Put Your Phone Down Before Bed Scrolling late at night messes with your sleep. Try reading, listening to music, or just chilling without screens before bed.

5. Make a Plan (But Keep It Real) Set small goals—like drinking more water, going for a walk, or texting a friend. Tick them off and celebrate your wins!

6. Keep a Routine Having a regular sleep schedule, meal times, and daily goals can help you feel more in control.



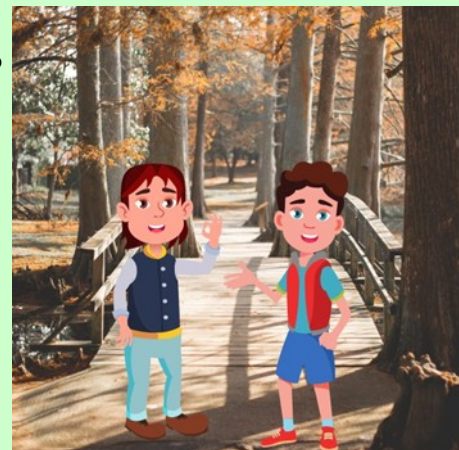
7. Learn to Breathe (Properly!) Breathing exercises can calm your mind and help you feel more focused. There are loads of free tutorials online—give it a go!
8. Talk to Someone If you're feeling down, anxious, or just not yourself, reach out. Friends, family, teachers, or youth support services are there to help.
9. Say Something Good About Yourself Every Day Start your day with a positive thought. It might feel weird at first, but it really helps build confidence and self-love.
10. Do Things You Enjoy Watch your favourite show, listen to music, draw, game— whatever makes you feel good.

### **Start the Conversation – Because Talking Helps!**

Did you know that 1 in 4 people deal with a mental health issue each year? That's a lot of us —and it's totally okay to talk about it. It might feel awkward at first, but opening up can actually make things way better. Here are some chill ways to get the conversation going:

#### **Check In – For Real**

People often say “I'm fine” even when they're not. That's why it's worth checking in again— whether it's a quick message, a call, or just showing up. Knowing someone's got your back can mean a lot.



You don't always have to ask directly. Sometimes the best way to start a real conversation is just by spending time together. If you're worried about a mate, being there—without pressure—can open the door to something deeper.

#### **Speak Up – If You Want To**

You don't have to lay it all out—just share what you're comfortable with. You'd be surprised —people can handle a lot when you're straight with them. Opening up a little can go a long way.

#### **Find What Helps You Switch Off**

Not sure what works for you? Ask your mates what they do when they're stressed. You might pick up some solid ideas—and realise you're not the only one who has rough days.

#### **Say Thanks – It Matters**

If someone's done something decent, let them know. A quick “thanks” can kick off a good conversation and make their day. It doesn't take much, but it means a lot.

#### **Reach Out for Help**

Whether you're struggling yourself or supporting someone else, it's okay to ask for help. There are free services in Kent that are ready to support you— by phone, text, or online. You've got options, and you're not alone.



## Need advice?

There's no shame in asking for help. In Kent, there are free services just for young people. Whether you want to talk to someone or get advice, help is out there.

## Websites

There are loads of great websites out there offering support, advice, and information — and everyone has their own preferences when it comes to design, layout, and how things are explained. That's why it's worth checking out all four of these sites, because each one offers something a little different and could be just what you're looking for:



**Mood Spark** – This site is all about emotional wellbeing. It's packed with tips and advice to help you feel your best, and while some opportunities are Kent-based, the guidance is useful for anyone.

**Health for Teens** – If you're curious about feelings, relationships, health, or even sex, this site breaks things down in a way that's easy to understand. It's designed especially for young people and covers what's normal, how to cope, and where to get help.

**A Better Medway** – Although it's not written specifically for young people, there's still loads of helpful info here for anyone living in Medway. It covers support services and wellbeing topics that are totally relevant.

**Kent & Medway Wellbeing Hub** – This is your go-to place for finding support across Kent and Medway.

Whether you're feeling low, anxious, or just want to know what help is out there, the Hub brings everything together in one easy-to-use space.

Why not take a look at each one and see which feels right for you? You might find something really helpful or discover a new way to boost your wellbeing.

## Messaging services

If you're finding things tough or just need someone to talk to, there are loads of free and confidential ways to get support — and you don't have to stick to just one.

Kooth.com is a safe online space for anyone aged 10–25 in Kent, offering free counselling, self-help tools, and a supportive community. If you need to talk right away, Release the Pressure is available 24/7 — just text SHOUT to 85258 or call 0800 107 0160 to speak to someone who's trained to help with anything you're going through.

Prefer texting? Chat Health is a confidential service where you can message a school nurse about anything physical or emotional. If you're in Kent, text 07520 618850, and if you're in Medway, text 07480 635786, (Mon–Fri, 9am–5pm).

You can try one, or all of them — sometimes the first person you speak to isn't the right fit, and that's okay. Keep reaching out until you find the support that works for you.