

ORIEL Keep safe



We have decided to start writing to parents and carers to keep you updated about the information and messages that are being shared with your young people to keep them safe so that you can refer to them yourself and to reinforce and support messages they hear in school. We'd love your feedback via the pscheparents@oriel.w-sussex.sch.uk address.

Best wishes, Mr Harrison and Mrs Doyle.

TRUSTED ADULTS

It's really important to us that school is and feels like a safe place. We want all our staff to have the trust of our students and for students to feel that they can approach any member of staff with a problem. We work together as a team to solve those problems where they occur. At primary school, staff and students talk about 'safe' or 'trusted' adults. This identification of one or two key people works well in a primary school setting where a student may have a core team of only 3 or 4 adults they work with regularly but a secondary school is very different. Most students in Years 7 to 9 will have a team of between 15 and 20 teachers that they see across 2 weeks and that's before we consider support staff, duty staff and admin staff. All of these have teaching timetables or busy schedules and so aren't always available to students in the same way as staff in primary school can be. That is why we make purposeful use of our pastoral structure to further build those trusting relationships. Every student has a mentor who they see twice a day. They are the person who gets to know them best and can support them with any issues they have. Additionally, there is the Learning Community Leadership team made up of a Head and Deputy Head of Community and a Pastoral Co-ordinator. The Pastoral Co-ordinator is not a teacher.

In Summary, at our school a young person's trusted adult can be whoever they choose. Every member of staff is trained to deal with issues and support them in the same way. We know that by working together we give our students the best chance to be happy and safe and ultimately be successful.

YOUR TRUSTED ADULT(S) COULD BE:



RAIL SAFETY TIPS FOR TEENAGERS IN CRAWLEY

With Crawley being home to numerous train stations, tracks, and level crossings, it's important for teenagers to be aware of rail safety. Trains travel faster and more quietly than you might expect, so it's crucial to stay alert.

Here are some top tips to stay safe:

1. Stay behind the yellow line at platforms, especially when a train is approaching.
2. Don't use headphones or phones near tracks and crossings — distractions can be dangerous.
3. Never take shortcuts across the tracks. Train tracks are often live, meaning they carry high-voltage electricity, even when trains aren't around. Always use designated crossings.
4. At level crossings, wait for the lights to stop flashing and barriers to rise before crossing.
5. Respect railway property — tracks are not places for photos or hanging out.

Crossing the tracks where it's not allowed is extremely dangerous. Trains can't stop quickly, and live tracks pose the risk of serious electric shock. Stay aware, stay safe!

HOW TO MAKE POSITIVE FRIENDSHIPS AND SPOT A HEALTHY FRIENDSHIP

Friendships are super important, especially as you grow up. Having good friends makes life more fun and helps you feel supported. But how do you make positive friendships, and what makes a friendship truly healthy?

First, being a good friend is key. Be kind, listen when your friend talks, and share things equally. Friendships are about give and take. When you show respect and care, people want to spend time with you. Also, don't be afraid to reach out! Sometimes making the first move, like inviting someone to hang out or just chatting, is all it takes to start a friendship.

A healthy friendship has some clear signs. Healthy friends support each other, even when things get tough. They respect your boundaries and don't make you feel bad for being yourself. In a healthy friendship, both people trust each other and feel safe sharing their thoughts and feelings.

Remember, a good friend helps you become a better version of yourself, and you do the same for them. So be kind, respectful, and always ready to grow together!



PERSONAL DEVELOPMENT

Here's some of the topics we have been discussing in school recently

All students during mentor time

We have had some fantastic discussions during mentor time of current affairs and different moral issues that have been in the news. If you would like to continue these discussions at home, here's some of the topics that we have covered:

KNIFE AMNESTY

THE PROS AND CONS OF AUTOPLAY



PRE-LOVED FASHION

CULTURAL APPROPRIATION



USEFUL INFO

CLICK LINKS FOR MORE INFO...

childline

ONLINE, ON THE PHONE, ANYTIME

**PUBERTY
HEALTHY AND UNHEALTHY
RELATIONSHIPS
RELATIONSHIPS
SEX AND CONSENT**

brook

**PENISES AND TESTICLES
GETTING YOUR CERVICAL
SCREENING
RELATIONSHIPS**



CALM HARM

Provides tasks that can help you resist or manage the urge to self-harm.



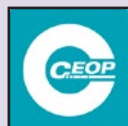
SHARING NUDES AND SEMI-NUDES



YOU ARE NOT ALONE



INFORMATION FOR YOUNG PEOPLE AGED 11-18



CEOP EDUCATION

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.



VIRTUAL HOPE BOX

To support people experiencing a wide range of emotional wellbeing/mental health difficulties, people who are stressed or having negative thoughts.



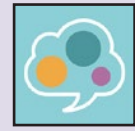
#STAYALIVE

A suicide prevention resource which offers help and support to people with thoughts of suicide, as well as for people who are concerned about someone else. Information about local services is aimed at adults, but there are still some useful features for young people.



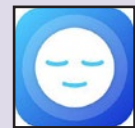
COPPAFEEL

We are a breast cancer awareness charity.



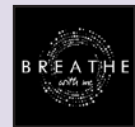
SAM

An app to support young people to understand and cope with anxiety.



MINDSHIFT

Aims to help you learn how to relax and develop new ways of thinking to help your anxiety.



BREATHE WITH ME

A useful app if you are feeling anxious. It guides you through some calm breathing. Available via the Breathe With Me website:

With Me website: <https://breathewithme.co.uk>

Assemblies themes this half term have included settling in for the new academic year, Black History Month, World Mental Health Day and World Food day.

PSHCE THIS HALF TERM

Year 7: Road safety, Respect (others, yourself and online)

Year 8: Crime and the Law (including knife crime and county lines)

Year 9: Drugs and Alcohol (the law, attitudes, effects, managing peer influence)

Year 10: My Health (emotional wellbeing, physical health, nutrition, sleep, body image)

Year 11: Mental and Emotional Health (factors affecting mental health, exam stress, unhealthy coping - depression and anxiety)

PSHCE NEXT HALF TERM

Year 7: Year 7: Healthy relationships (including positive friendships)

Year 8: Crime and the Law (fraud and online safety)

Year 9: Relationships and Sex Education (healthy relationships, STIs)

Year 10: Careers

Year 11: Mental and Emotional Health (unhealthy coping – disordered eating, healthy coping strategies), Relationships (healthy relationships, consent, gender-based violence, sexual harassment)

If you wish to contact the school regarding safeguarding please find below useful email addresses:

dsl@oriel.w-sussex.sch.uk – to contact the safeguarding team

safe@oriel.w-sussex.sch.uk – for students to email worries or concerns

psheparents@oriel.w-sussex.sch.uk – to discuss PSHCE lessons

