

Dear Parents and Carers,

I am sure you will agree the upcoming holidays are much needed after what seems like a long term. This Christmas may appear more “normal” than last year however please ensure you comply to covid guidelines to keep you and your family safe. We look forward to seeing you all when we return.

## Domestic Abuse

Each year there is a reported spike in domestic violence with fears that this year will be further impacted by the pandemic leading to an estimated 15,000 children exposed to domestic abuse over the 2 week festive season. Christmas 2020 saw the number of domestic violence incidents nearly doubling nationally, from 200,000 reports in 2019 to 369,000 in 2020.

The Christmas period often brings with it a reported increase in police call-outs for incidents of domestic abuse. Financial pressures, alcohol on tap, trying to create the 'perfect' Christmas and being cooped up together for long periods all contribute to a regular rise in domestic abuse. However, organisations that support victims have warned that pressures brought about by pandemic restrictions are expected to exacerbate the impact on those who are already at risk.

If you are concerned about someone who is at risk or suffering from domestic abuse please call one of the helpline numbers below; In an emergency always dial 999.

National Domestic Violence Helpline – 0808 2000 247

The Men’s Advice Line, for male domestic abuse survivors – 0808 801 0327

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

Action on Elder Abuse helpline: 0808 808 814



**Do you** need to **talk** to someone?



Do you know our Safeguarding team?

If you are concerned that a child is being harmed, is at risk of harm, or you receive a disclosure (intentionally or unintentionally) you must contact a member of the safeguarding team as quickly as possible.



**Mrs Hoods-Truman**  
Executive Principal  
DSL



**Mr P. Hunt**  
Deputy Principal  
DSL



**Mr C. Clements**  
Deputy Principal  
Deputy DSL



**Mrs Mardenborough**  
Attendance Officer  
Deputy DSL



**Mrs Moore**  
Community Support Worker  
Deputy DSL

## E-Safety – Inappropriate Content

“Inappropriate” means different things to different people. What’s acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various way – from pop-up ads to TikTok videos.

The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they’re exposed to age-inappropriate content.

In this **guide from National Online Safety**, you’ll find tips on a number of potential risks such as social media, gaming and adverts.



[https://www.suttcold.bham.sch.uk/\\_site/data/files/documents/gener al/45E83ACF1734DF29C3C630EB7A55871A.pdf](https://www.suttcold.bham.sch.uk/_site/data/files/documents/gener al/45E83ACF1734DF29C3C630EB7A55871A.pdf)

### Mental Health

Christmas may be something you look forward to, or it may be a time of year you find a bit tough. What a Christmas period brings will be individual to each of us. Christmas can be a joyful time of year for some people, through connecting people they love and joining in with celebrations. And it can be a hard time of year for others, through feelings of obligation and over-commitments to social plans, disruption in routine or an increase in feelings of loneliness and isolation.

Please consider the following:

- Balance your sense of social obligations against your need of self-care.
- Prioritise and tackle things one at a time.
- Find time for yourself- it may be taking a long bath but 5 minutes for yourself can be really helpful.
- If you're in distress this Christmas and want someone to talk to, please call Samaritans on 116 123- their phone lines are open all day every day over the festive period and they're free to contact.

**Finally, thank you for taking the time to read this newsletter, we hope that you have a great Christmas and look forward to seeing you again in 2022.**

## Your Mental Health First Aiders are here for you



**Clare Hoods-Truman**



Senior Mental Health Lead  
(Whole School)  
Mental Health First  
Aider/Trainer – Adult &  
Youth

**Suzanne Moore**



Mental Health First Aider  
(Whole School)

**Lisa Young**



Senior Mental Health Lead  
(Infants)  
Mental Health First Aider



There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at:

Oasis Academy Blakenhale

please contact: Mrs C Hoods-Truman - Executive Principal

If you require any support, you can email our Well-being Hub directly at:

[wellbeing.supporthub@oasisblakenhale.org](mailto:wellbeing.supporthub@oasisblakenhale.org)

# Symptomatic PCR Covid-19 testing



If you have Covid symptoms (continuous cough, high temperature or loss of taste / smell), you must isolate immediately and book an appointment or order a home PCR test on the Government website or calling 119.

Our Birmingham Local Test Sites (LTS) are walk thru (no car required) and can be found at;

- Seven Capital, Orphanage Road, Erdington
- 60 Villa Street, Hockley
- Lifford House Car Park, Stirchley
- South Parade Car Park, Sutton Coldfield
- Birmingham University South Gate Car Park
- Woodgate Valley Park
- Alfred Road Car Park, Sparkbrook

The LTS opening hours are 8am to 6pm daily.

We also have a Mobile Testing Unit (MTU) are drive or walk thru facilities, currently located at Reservoir Road and Fox Hollies Leisure Centre.

The MTU sites are subject to change location and hours of operation at short notice, but the booking portal above will always direct you to your nearest available site. MTU hours vary by location.

Appointments are required at LTS and MTU sites