



# Safeguarding Update

January 2022

Issue 37



**Sport  
In Mind**

Sport in Mind® is an award-winning mental health charity (unaffiliated to Mind and not part of the

local Mind network) that was formed in Reading, Berkshire in 2010 with a simple mission:

**"To improve the lives of people experiencing mental health problems through sport and physical activity"**

Join up for **RED January 2022**, a nationwide movement that empowers people to move everyday in January to beat the winter blues away! This is a chance for you to join 1000's of others in kickstarting 2022 in a positive way, by moving every day for better mental health!

Click on the link to download a free activity pack:  
<https://www.sportinmind.org/red-january-2022-youth>



**What should be in a healthy lunchbox?**

A school lunchbox should:

**1. Be based on starchy foods**

This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible choose wholemeal bread and potatoes with the skins on.

**2. Include plenty of fruit and vegetables**

Include at least 1-2 portions and vary these throughout the week.

You could add sliced vegetables into a pasta dish or sandwich.

You could also include packs of chopped fresh fruits or individual packs of dried fruits. Dried fruit can stick to teeth, which may lead to tooth decay, so it's best to keep dried fruit to mealtimes and not give them as snacks.

**3. Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein**

Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a salad.

If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.

If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

**4. Include a drink**

Healthy options include water. You could also give your child fruit juice or smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day.

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.

**Better Health** every mind matters

Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating, or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face.



Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

There's support available if you feel you or they need it.

Top tips for children and young people:

- Be there to listen.
- Stay involved in their life.
- Take what they say seriously.
- Support them through difficulties.
- Encourage their interests.
- Build positive routines.