



# BECCLES FREE SCHOOL

*"Providing a foundation for life"*

Castle Hill,  
Beccles,  
Suffolk, NR34 7BQ

T: 01502 718850

E: [enquiries@becclesfreeschool.org.uk](mailto:enquiries@becclesfreeschool.org.uk)

W: [www.becclesfreeschool.org.uk](http://www.becclesfreeschool.org.uk)

6 February 2017

Dear Parent/Carer

At Beccles Free School we are committed to ensuring the safety and wellbeing of our students. It has been brought to the schools attention that across the county students from all different high schools have been commenting on and viewing Facebook pages that discuss self-harm and allow students to share their experiences. Although it is important that students talk about these issues, sites like this are not monitored by trained adults and the content is not vetted. The school advice is that students do not use these sites and if they have any concerns about themselves or others they talk to one of the following trained staff in school:

- Their Form Tutor
- Their Head of Year
- School Nurse during the weekly drop-in sessions
- The Safeguarding Officer – Miss Laker

Within school we have a very robust supportive network in place to support students who are dealing with issues such as self-harm. Students are able to talk to any member of staff within the school who will refer any concerns to myself as the Designated Safeguarding Lead in the school.

Self-harm is an issue that many young people and families face. Please see below 2 very useful links for students and parents to websites that give advice and support for children and families:

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/?gclid=CNHW4fWV-9ECFU237QodwOUE6Q#.WJhSe9KLTIW>

<https://www.childline.org.uk/info-advice/your-feelings/self-harm/>

If you have any concerns or would like to talk about this further please contact myself at the school.

Yours faithfully,

Mr T Ward  
**Deputy Headteacher**

