



# THE S&A ACADEMY

# SAFEGUARDING

## & PREVENT NEWSLETTER

September 2024  
Edition

### ▪ Monthly Hot Topics:

#### October: ADHD Awareness month

<https://www.adhdawarenessmonth.org/>

- Should you disclose ADHD to your workplace?



#### November: 18<sup>th</sup> -24<sup>th</sup> – Self Care Week

It's often seen as something for your mind, such as breathing exercises, therapeutic activities, maintaining social connections or mindfulness. However, there are multiple things to protect your physical health that are also considered self-care, such as quitting smoking, exercising, making positive changes to your diet and more.

#### December: 10<sup>th</sup> – Human Rights Day

Human rights are laws upheld by the United Nations that make sure people can live happy, peaceful lives. Can you name any human rights?

### ▪ Partner spotlight:

The S&A Academy has teamed up with [Bee Inspired](#) to provide comprehensive support to all of our learners throughout their journey. If you're experiencing challenges related to mental health, emotional wellbeing, or other personal difficulties, please don't hesitate to reach out to your tutor or contact [support@sandaacademy.ac.uk](mailto:support@sandaacademy.ac.uk) for free coaching and/or counselling sessions to guide you through tough times.

### ▪ AI Technology:

As AI imaging technology advances, hyper-realistic images are becoming more common in everything from social media to advertising. But with these innovations come some serious concerns. 🤔

AI-generated images, especially deepfakes, can be used to spread misinformation, manipulate public opinion, and even harm reputations. Ethical and copyright issues also arise, with many AI tools using unauthorized data to create new images.

Learners who are aware of these issues can make informed decisions when using AI-generated content, ensuring they respect the work of others and avoid unintentionally contributing to unethical practices. It also encourages a broader conversation about the need for regulatory frameworks to guide the responsible development and use of AI technologies.

Stay informed, stay critical, and protect yourself in the digital world!



Every learner studying with The S&A Academy has the right to work and learn in a safe environment, free from harm, bullying or harassment. If you have any concerns about a member of staff or co-worker, please contact us immediately.

#### SAFEGUARDING CONTACTS:

*Email:*

[safeguarding@sandaacademy.ac.uk](mailto:safeguarding@sandaacademy.ac.uk)

*Safeguarding hotline:* 020 4551 1997 /  
07450 955053

*DSL:* Carla Stuthridge

[carla.stuthridge@sandaacademy.ac.uk](mailto:carla.stuthridge@sandaacademy.ac.uk)

*DSOs:* Jemma Perks & Rachel Thomas

[Jemma.perks@sandaacademy.ac.uk](mailto:Jemma.perks@sandaacademy.ac.uk)

[Rachel.thomas@sandaacademy.ac.uk](mailto:Rachel.thomas@sandaacademy.ac.uk)

See our Safeguarding policy:



Cause for concern report:



For more information visit our  
website!

[www.sandaacademy.ac.uk](http://www.sandaacademy.ac.uk)