



# Safeguarding Newsletter

Termlet 6

Welcome to Witham St Hughs Academy's Safeguarding Newsletter. Safeguarding is our highest priority and includes protecting children from harm, supporting their health and development, and promoting equal opportunities for all pupils.

We work every day to keep pupils safe, including training all staff in safeguarding, following clear policies and procedures, monitoring attendance, maintaining a safe and healthy site, and ensuring behaviour aligns with our behaviour policy. We also use our curriculum to teach children about risk, diversity, healthy lifestyles, relationships, online safety and more. Our safeguarding policy is available to view on our website.

As the summer break approaches, it is a good time to think about how keeping some simple routines in place can really support children's sleep, behaviour and emotional regulation, particularly around screen time and daily structure. With children also spending more time out and about, it is important to reinforce basic road safety and simple community safety rules, such as staying with friends, knowing where to go for help, and checking in with a trusted adult when they are out. We hope everyone has a safe, happy and enjoyable summer break when it comes.

## Water Safety

Recent warm weather and tragic incidents across the country, including locally, have highlighted the hidden dangers of open water during the summer months. One of the most important but least understood risks is cold water shock. Water doesn't need to be freezing to be dangerous. Even in relatively mild temperatures, sudden immersion can trigger an involuntary gasp, rapid breathing, and loss of coordination within seconds, which is often what leads to difficulty in the water rather than lack of swimming ability.

Key water safety points for families this summer:

- **Cold water shock can affect anyone** – even confident or strong swimmers can lose control very quickly when entering open water unexpectedly.
- **Open water is very different from pools** – depth, currents, hidden hazards and temperature changes make rivers, lakes and canals unpredictable and unsafe for swimming.
- **Drowning often happens quickly and quietly** – it can occur in under a minute and without obvious signs of struggle, which is why supervision and safe, designated swimming areas are essential.

For more information and practical advice for families, please see: <https://rnli.org/safety>

### Focus on:

**Supporting Children's Emotional Wellbeing and Safe Conversations Online and in the News**



It is really important that children feel able to talk openly about their feelings, worries, and anything they may have seen or heard, both online and in the wider world. Regular, calm conversations at home can help children feel safe, supported, and better able to understand and process what they are experiencing. For primary-aged children, this does not need to be formal or difficult—often short, simple check-ins such as “How was your day?” or “Has anything been worrying you?” can make a big difference.

Below are two helpful resources that support these conversations at home:

#### How can I talk to my kids about their emotions?

This article offers practical advice for parents on helping children understand and express their emotions. It includes strategies for recognising feelings, building emotional vocabulary, and supporting children who find it difficult to explain how they feel. It is particularly helpful in building children's confidence when talking about worries and everyday emotions.

👉 BBC Bitesize: [Click here for the article on talking to children about their emotions](#)

#### How to talk to children when terrorist attacks and violence dominate the news

This article provides clear, practical advice for parents on how to talk to children when upsetting news stories such as violence or terrorism appear in the media. It offers simple, reassuring ways to have honest, age-appropriate conversations that help children make sense of what they hear without becoming overwhelmed or anxious. The focus is on listening carefully, answering questions calmly, and giving children a sense of safety and security. A really useful read for any parent supporting children through difficult or worrying news.

👉 [Click here for the article talking to children about distressing world events](#)

### Supporting Safer Online Conversations at Home

## Online Safety

Online safety continues to be an important area for families, and we are sharing useful resources below to support parents and carers. One common question many families face at this time is whether a child is ready for their first phone—balancing the benefits, risks, costs and individual circumstances, with no single “right” answer for every child. This article offers helpful guidance to support parents in thinking through this decision and what readiness might look like in practice: <https://www.thewhitehatter.ca/post/is-your-child-p-r-e-p-a-r-e-d-for-their-first-cellphone>



#### For Parents - A Practical Toolkit for Families

The Molly Rose Foundation has some wonderful resources for parents including guides and other resources. One of these guides helps families understand who and what may be shaping a child's online world and how these influences can affect mood, confidence and safety. To download this guide and check some of the other resources see the link below.

<https://mollyrosefoundation.org/resource/concerned-about-online-influences>

#### For Parents - Find the Right Words

Virgin Media and Internet Matters have released a wonderful new resource for parents/carers. Called 'Find the Right Words', the video and resources help with some of those difficult conversations about how to keep children safe online.

<https://news.virginmediao2.co.uk/find-the-right-words/>

## Our Website



Our Academy website has a host of information regarding safeguarding, our DSLs and our safeguarding practices within school.

Importantly, it also has a variety of really useful resources for parents and carers. These include resources from NSPCC, Healthy Minds and Childline to name a few.

Parents and carers will also find many links to online safety resources including the 'National Online Safety' posters which share some really helpful guidance on setting parental controls across a whole host of different apps, websites and devices.

<https://withamsthughacademy.co.uk/safeguarding/>

## Who can help?

Every school has a 'Designated Safeguarding Lead'. At Witham St Hughs Academy these are: Sam Coy, James Durkan, Michelle Dexter and Hannah Younger. Our safeguarding governor is Rachel Bishop. If you have any concerns in relation to safeguarding, please feel free to speak to a safeguarding lead at any time.

## Useful Numbers

Social Services: 01522 782111

ChildLine: 0800 1111

Lincolnshire Prevent Team:

020 7340 7264

Young Carers Helpline: 01522 553275

NSPCC whistle blowing helpline:

08088 005000

FGM helpline: 08000 283550

Samaritans: 01522 528282

## Who to contact?

Remember that we are always here to support you and Michelle Dexter, our DSL and SENDCo, contacts many parents regularly to make sure everything is going well. Her email is: [michelle.dexter@withamsthughacademy.co.uk](mailto:michelle.dexter@withamsthughacademy.co.uk)

If you think that you need further support, then do not hesitate to contact the school on: 01522 869590 or [admin@withamsthughacademy.co.uk](mailto:admin@withamsthughacademy.co.uk)

