

Safeguarding Newsletter

Termlet 1

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 we move further into the autumn term, it is a good opportunity to revisit some key safety messages with children. With the evenings becoming darker and Halloween and Bonfire Night approaching, please remind children about the importance of staying with trusted adults, taking care near roads and wearing bright or reflective clothing when out and about. We also encourage families to continue promoting healthy screen time habits, good sleep routines and open conversations about online activity. Helping children balance online and offline activities, while knowing who to speak to if they have any worries, plays an important role in keeping them safe, happy and ready to learn throughout the season.

Safeguarding Spotlight

Children's emotional wellbeing remains a key safeguarding priority for us at Witham St Hughs. If you notice significant changes in your child's mood, behaviour or confidence, please speak to us so that we can work together to provide support. We are also delighted to have appointed our new Wellbeing Champions. Throughout the year, they will support younger pupils by promoting positive wellbeing messages and helping children to understand strategies that support their emotional health. This will include sharing simple breathing techniques, exploring friendship scenarios, discussing positive affirmations and reminding children of the trusted adults they can speak to if they have any worries. The Champions will also visit classes to introduce themselves and lead a whole-school self-portrait collage, celebrating belonging and highlighting that everyone is an important and valued member of our school community. At the end of the year, they will once again support our transition work as pupils prepare for their next step in their educational journey.

As we move further into the autumn term, many children can become tired as they adjust to the routines and expectations of a new school year. Good sleep habits, regular attendance and open conversations about school help children to feel safe, secure and ready to learn. If your child is experiencing any worries, please speak to their class teacher or a member of the safeguarding team.

Anti-Bullying Week takes place from 16-20 November 2026 and this year's theme is "Break the Silence". The campaign encourages children and adults to speak up, listen and act when they have concerns about bullying. Families can support this message by encouraging children to talk openly about friendships and worries.

Focus on:

Staying Safe in the Community This Autumn



As the evenings become darker and children spend time with friends around the village, local parks and green spaces, autumn is a good opportunity to revisit some important safety messages. Many children are beginning to enjoy greater independence, whether that is walking to meet friends, visiting the park or taking part in Halloween and Bonfire Night activities. Regular conversations about staying safe can help children make sensible choices when out in the community.

If your child is trick-or-treating:

- Encourage them to stay with friends, older siblings or a trusted adult.
- Agree where they are going and what time they will return home.
- Remind them to only visit houses where they feel welcome and to respect signs indicating that residents are not taking part.
- Consider adding reflective bands, glow sticks or bright accessories to costumes so children can be seen more easily.
- Encourage children to be polite and respectful of their local community.

Did You Know?

Many accidents around Halloween and Bonfire Night are linked to reduced visibility rather than the activities themselves. Children often wear dark clothing and spend more time outdoors after sunset, making it especially important to stay alert near roads and to remain visible when out and about. Research also shows that one of the most effective ways to keep children safe is not simply giving them rules, but regularly talking through "what if?" situations together.

You might ask:

- What would you do if you became separated from your friends?
- What would you do if your phone battery died?
- Who could you ask for help if you felt worried or unsafe?
- What would you do if someone you didn't know started talking to you?

Helping children think through these situations in advance can build confidence and support safer decision-making.

Staying Safe While Gaming

Online Safety

Online games can be a great way for children to play and socialise, but as we know many games now include messaging, voice chat, purchases and interaction with people they do not know offline. Ofcom's Parents Power Up guidance gives families a simple framework built around Check, Chat and Change — checking account details and settings, talking about who children play with and changing safety or parental controls where needed.

👉 [Ofcom — Parents Power Up: Helping Your Child Stay Safe While Gaming Online](#)



For children, games such as Roblox, Fortnite and Minecraft are often less about playing the game and more about chatting, messaging and spending time with friends.

Parent Tip: Ask your child who they play with online, rather than just what they play.

AI Is Starting to Appear in Games

AI-powered characters and chat functions are becoming more common in games and gaming platforms. Children may not always realise when they are interacting with AI rather than a real person.

Talk to your child about questioning information they receive in games and seeking help from a trusted adult if something feels confusing or concerning.

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://withamsthughssacademy.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@withamsthughssacademy.co.uk

If you think that you need further support, then do not hesitate to contact the school on: 01522 869590 or admin@withamsthughssacademy.co.uk



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