

# Safeguarding Newsletter

## Safeguarding Lead Message

Dear Families,

*As we move through this half term, our safeguarding focus is on the learner profile attribute of Being Healthy. At school, we talk about health as something much broader than just eating well or staying active—it's about nurturing the whole child.*

*Over the coming weeks, our conversations with pupils will explore what it means to be healthy in body, mind, and behaviour. This includes understanding good hygiene, establishing positive sleep routines, making thoughtful choices about diet, and recognising the impact that phones and online habits have on wellbeing. We will also be supporting pupils in preparing for and navigating Ramadan, helping them maintain balance, energy, and positive routines during this important time.*

*Being healthy also means making safe choices, behaving respectfully, and looking after ourselves and each other. Together—with your partnership—we can help our pupils develop lifelong habits that allow them to thrive both in and out of school.*

*Thank you, as always, for your continued support.*

*Kindest regards,*

*Safeguarding Team*



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## Healthy Diet

A healthy diet is one of the simplest ways to support children's wellbeing, learning and behaviour. Children do best when they have a regular routine for eating and drinking, rather than long gaps followed by big snacks. A balanced breakfast helps children settle quickly, concentrate in lessons and manage their emotions throughout the day.

Please support your child by providing a nutritious lunch and snack where possible (for example: fruit/vegetables, yoghurt, cheese, wholegrain items, and a source of protein). Sugary foods and fizzy drinks can cause short bursts of energy followed by tiredness and irritability.

Just as important is hydration. Even mild dehydration can affect attention, mood and headaches. Please ensure your child brings a named water bottle to school each day and is encouraged to refill and drink regularly.

## Hygiene

Good hygiene is an essential part of safeguarding children and supporting their health and wellbeing in school. Maintaining good hygiene practices, such as regular handwashing, personal cleanliness, and clean learning environments, helps to reduce the spread of illness and infection, keeping children safe and well. It also enables children to feel comfortable, confident, and ready to learn each day. From a safeguarding perspective, promoting hygiene supports children in developing important self-care skills, while ensuring that their physical needs are met in a safe and respectful way. High standards of hygiene allow staff to quickly identify any concerns that may impact a child's wellbeing and respond appropriately. By encouraging consistent hygiene routines at school and reinforcing them at home, we help children build lifelong healthy habits that protect both their own health and the wellbeing of others.

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## Good sleep hygiene for teenagers

To establish good sleep hygiene, teens (who need 8-10 hours of sleep per night) should follow these five key steps, which address their unique, naturally shifted body clock:

1. Maintain a consistent sleep-wake schedule. Go to bed and wake up at about the same time every day, including weekends. This consistency helps regulate your internal body clock.
2. Create a tech-free, restful environment. Ensure your bedroom is cool, dark, and quiet. Crucially, keep all electronic devices, such as phones, tablets, and computers, out of the bedroom.
3. Establish a relaxing, non-screen bedtime routine. Wind down for at least 30-60 minutes before bed with calming activities. This could involve reading a book, listening to soft music, writing in a journal, or taking a warm bath or shower. Avoid stimulating activities like intense studying, playing video games, or watching exciting TV shows.
4. Avoid stimulants in the afternoon and evening. Limit or avoid caffeine (found in coffee, tea, soda, energy drinks, and chocolate) from the late afternoon onwards. These stimulants can stay in your system for hours and make it difficult to fall asleep.
5. Be physically active during the day. Regular exercise can help you fall asleep more easily and sleep more deeply. Aim for at least 60 minutes of physical activity daily. Getting some outdoor light, especially in the morning, also helps set your body clock.

These guides offer advice on establishing consistent sleep schedules, creating a restful environment, and avoiding stimulants to improve teen sleep hygiene.

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## Staying Healthy: Behaviour Expectations for Being Safe and Safeguarded

Staying healthy isn't only about eating well and exercising, it's also about feeling safe, making sensible choices, and looking after both yourself and others. As part of our learner profile, Staying Healthy, we encourage all students to understand how their actions contribute to a safe and supportive school community.

Below are the key behaviour expectations we follow to help everyone stay safe and protected.

### Look After Your Own Safety

Students are expected to make positive choices that keep them physically and emotionally safe. This includes:

- Using equipment and moving around school spaces carefully.
- Following digital safety rules when online.
- Knowing who to speak to if something feels wrong or uncomfortable.

#### **Why this matters:**

When you understand how to keep yourself safe, you can react wisely and confidently in different situations.

#### **Student-friendly resources:**

- Video: [online safety](#)
- UK Gov Advice: [Child Safety online document](#)

### Treat Others with Respect and Care

Safeguarding means protecting everyone. Students should:

- Speak kindly and listen respectfully.
- Include others and avoid behaviours that might hurt or exclude.
- Report bullying or unkind behaviour—whether in person or online.

#### **Why this matters:**

When everyone acts responsibly and respectfully, school becomes a safe place where all children can learn and grow.

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## Use Technology Responsibly

Online spaces are part of our learning environment. Students are expected to:

- Follow school rules for appropriate device and internet use.
- Protect their personal information.
- Avoid sharing anything that could be unsafe or hurtful.

### **Why this matters:**

Being a positive digital citizen helps protect you and others from harm.

### **Student-friendly resources:**

- Video: [https://beinternetawesome.withgoogle.com/en\\_us](https://beinternetawesome.withgoogle.com/en_us)
- Interactive Game: *Interland (safe online behaviour adventure game)*

## Ask for Help When You Need It

You are never expected to deal with worries on your own. Students should:

- Talk to a trusted adult if something doesn't feel right.
- Share concerns about others' wellbeing.
- Recognise that asking for help shows strength, not weakness.

### **Why this matters:**

Speaking up early helps keep everyone safe.

## Make Healthy Choices

Making healthy choices supports your wellbeing and ability to learn. Students should:

- Bring healthy snacks and drinks.
- Join physical activities and take breaks.
- Look after their mental health by resting, talking, and managing stress.

### **Why this matters:**

Healthy habits help you stay safe, focused and happy—both in and out of school.

## In Summary

Being safe and safeguarding yourself and others is a core part of being a responsible learner. By making good choices, treating others with kindness, using technology wisely, and speaking up when needed, you contribute to a school where everyone can thrive.

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## Mobile Phones, Focus & Online Safety

Mobile phones are a normal part of teenagers' social lives and learning. Used well, they can support independence, organisation and connection. Used without boundaries, they can **affect concentration, sleep, mood, and wellbeing**.

### Healthy Boundaries – Try these simple family boundaries

A supportive approach works best, clear routines, consistent expectations, & calm conversations.

- Agree on phone-free areas such as during mealtimes, homework time & **30-60 minutes** before bed.
- Use a simple rule, "**Homework first, then screen.**" Phone time comes after responsibilities.

### Phones & Concentration – Homework routines that protect focus

Even quick phone checks can break focus. "Just one message" often leads to lost attention. The goal is to make studying easier, not stricter.

- **Out of sight = out of mind.** Keep the phone in a bag, drawer, or another room during revision.
- Turn on **Focus / Do Not Disturb** while studying.

### Online Strangers – Rules

Teenagers can be confident online but still be vulnerable to manipulation.

- **Don't accept friend requests** from people they don't know in real life.
- Never share personal information. **Be cautious** if someone asks to move the chat to another app.
- If someone is pushy, overly flattering, or threatening. **Stop, block, report, & tell a trusted adult.**

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## Why Routines Matter for Your Child

Routines help children feel safe. Knowing what will happen next—whether it's a morning routine before school, regular mealtimes, or a bedtime wind-down—gives children a sense of predictability. This sense of structure reduces anxiety and helps children manage transitions more confidently, both at home and in school.

Consistent routines also support behaviour and emotional regulation. Children who have regular sleep, homework, and screen-time routines are often better able to concentrate, manage their emotions, and cope with challenges. When expectations are clear and consistent, children are less likely to feel overwhelmed or unsure of boundaries.

In short, routines are not about strict control—they are about creating a stable, nurturing environment where children can feel secure, thrive emotionally, and reach their full potential.



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## Ramadan and being safe:

During the month of Ramadan, many children and families may be observing fasting and taking part in special routines. At school, our priority is always to keep all children safe, healthy, and happy. We recognise that every child is different, and fasting is a personal family decision. Primary-aged children are not expected to fast, however some do like to partake in Ramadan with their families.

Staff will continue to closely monitor pupils' wellbeing throughout the school day. Children are encouraged to listen to their bodies, drink water, eat when needed, and speak to a trusted adult if they feel tired, unwell, dizzy, or upset. Rest breaks will be provided where appropriate, and physical activity will be adapted to ensure pupils remain safe and comfortable.

We also promote kindness, respect, and understanding during Ramadan. Children are reminded to be considerate of others' choices and beliefs. Any concerns about a child's wellbeing during Ramadan should be shared with a member of staff so we can work together with families to provide the best support.

Safeguarding and pupil welfare remain our top priority at all times.



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## Mobile Phones in Secondary

To support focus, wellbeing, and a positive learning environment, our school operates a phone-pouch system. Students must place their phone in the pouch at the start of the school day. Phones remain secured until home time. This helps minimise distractions and reinforces healthy digital habits. Please ensure your child has a phone pouch; this will be monitored more rigorously in the new half term. We appreciate your support with this.

### Research supports the value of restricting school-day phone use:

- Strict mobile-phone policies in schools significantly reduce distraction and improve classroom engagement. [knowledge....upenn.edu]
- School-wide phone restrictions have been associated with reductions in cyberbullying and behaviour issues, as well as positive impacts on school climate. [rand.org]

We will continue to review our policy in line with international best practice and MOEHE guidelines.

Children do not require their own phone in primary school unless there is a clear safeguarding or logistical need and this must be discussed with leadership.