

Hele's School Parent and Carer Safeguarding Newsletter



Welcome to our termly Safeguarding Newsletter which, over the academic year, will share with you the latest safeguarding information, PSHE/Personal Development details and helpful resources for you and your children.

As we approach the Christmas break and the end of 2025 draws near, many students will spend increased time online, whether through social media, gaming, streaming or using new gifted devices. While platforms provide communication and enjoyment, they also present with risks which we all need to be mindful of.

Online and gaming risks for young people:

Social media pressure and well-being – Platforms can create pressure to look or behave a certain way which can impact on self-esteem, sleep and mental health.

Tip – Encourage breaks, start conversations about some content being misleading or not reflective of reality, access support if necessary.

Privacy and oversharing – This can expose students to phishing, fraud or unwanted contact.

Tip – Avoid sharing personal details, use private profiles, 'think before you post', avoid clicking on suspicious links, encourage young people to only connect/interact with people they know in real life.

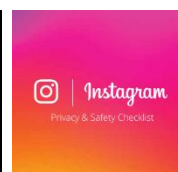
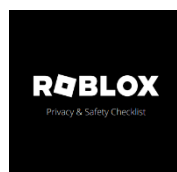
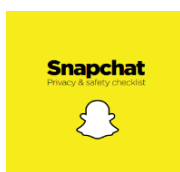
Online bullying – This can happen through messages, group chats, games or social media.

Tip – Encourage young people to speak up, keep evidence, block and report concerns.

Harmful or inappropriate content – Access to violent, explicit or extremist material.

Tip – Ensure parental controls are in place, encourage young people to talk to a trusted adult if they come across content which has concerned them and report to the platform.

Please click the icons below for links to safety check lists and information about age restrictions, how to use, settings and parental controls for the following popular platforms:



Other platforms which have flagged up to us during this term are **Reality** and **Polybuzz.ai** – Please remain vigilant and contact the Safeguarding Team or your child's Pastoral Team if you have any questions or concerns.

Christmas can heighten pressures on families, with financial strain, disrupted routines, and reduced access to support services leaving children more vulnerable to neglect or harm. School holidays often mean less supervision and fewer structured activities, which can increase risks both offline and online. For children already experiencing family tensions, mental health challenges, or isolation, this

period can intensify feelings of loneliness, anxiety, or depression. The festive period can be joyful, but it can also feel overwhelming for some children.

Here are some top tips to keep everyone happy and healthy:

- ◆ Maintain routines where possible - bed times and mealtimes.
- ◆ Encourage physical activity and movement– walks, riding a bike, dancing or outdoor play to boost the mind and improve self-regulation.
- ◆ Limit screen time – encourage offline activities.
- ◆ Talk openly about feelings and expectations.
- ◆ Encourage connection and activities together – playing, board games, baking.
- ◆ Plan ahead and prepare for visitors – ensure children have a safe time out option.
- ◆ Manage sensory overload with quiet time and breaks.

External support available:

Kooth: www.kooth.com

The Zone: www.thezoneplymouth.co.uk

ChildLine: www.childline.org.uk - Phone: 0800 1111

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org - Phone: 116 123



Further details can be found on the **Wellbeing** section of our school website: [Hele's School - Wellbeing](#)

PHSE – Term 3 overview

Y7 – Relationships: friendships, boundaries, touching, special awareness, what makes a good friend, maintaining friendships, bullying, dealing with bulling and social media and the effects on relationships.

Y8 – Relationships: Relationships and how they are portrayed in films, television, family and online, dealing with peer pressure and managing challenging content.

Y9 – Relationships: Online content, including pornography, contraception, STI's, family and parenting, consequences, ending a relationship and signposting.

Y10 – Relationships: Healthy and unhealthy relationships, online content, sexual harassment, violence and relationship abuse, consent and exploitation.

Y11 – Health and Well-being: Checking yourself, moles, testicular, breast and ovarian cancer, smear tests.

Y12 – Respectful relationships, consent, assertive communication, recognising abuse and support, intimate relationships, personal values, sexual health, fertility, pregnancy, health choices and keeping safe.

Y13 – Sexual health, contraception and abortion, intimacy, health screening and illness, festivals, drugs and alcohol and transitioning into the workplace.

We wish our school community and families a safe, restful and enjoyable Christmas break.