

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 details and helpful resources for you and your children.

Exam Support

Exams can be a challenging part of school life for children and it is normal for students to feel some pressure during the build-up, on the exam day and while waiting for their results. Whilst a small amount of stress can be motivating, the pressure to manage revision, perform and meet expectations can be scary, and stir up feelings of self-doubt and fear for the future.

- **Signs your child may be struggling with exam stress:**
 - Increased anxiety, irritability or tearfulness.
 - Changes in sleep or appetite.
 - Avoidance of schoolwork or excessive revision.
 - Having bad thoughts about themselves, worrying about the future and disappointing others.
 - Physical symptoms such as headaches, stomach aches or feeling sick.

- ✓ **How parents/carers can help.**
 - Encourage regular revision breaks – Fresh air, stretching or a conversation will help!
 - Maintain healthy routines – Regular sleep, balanced meals and daily movement.
 - Help your child to create a realistic revision timetable – Short and focused sessions.
 - Reassure your child that you are proud of them for their hard work/effort.
 - Keep communication open and listen without judgment.
 - Encourage your child to make use of extra interventions and study support in school.
 - Make time for treats and things your child enjoys.
 - Create a safe and calm home environment.

Click the icons below for additional exam stress information, advice and support.

YOUNGMINDS

(for parents/carers)



(for young people)

Please contact your child's Pastoral Team or encourage your child to speak to a trusted adult if they are feeling overwhelmed with exams or tests.

Click on the BBC Bitesize link below to find out more about revision methods and top tips:

<https://www.bbc.co.uk/bitesize/articles/zw8qpbk#zh38wnb>

Child on Child Abuse

Child on child (peer on peer) abuse can occur between students of any age, gender, both in person and online. Child on child abuse can and does happen everywhere. It can be a one-off incident or there can be a pattern of abuse.

- Bullying and cyberbullying (Racism, Religion, Homophobia, Transphobia, Sexism, Misogyny, Disablism).
- Sexual violence and sexual assault.
- Sexual harassment - Unwelcomed touching, unwanted sexual comments and “jokes”.
- Sharing nude/semi-nude images or videos, upskirting.
- Sexual exploitation and criminal exploitation.
- Physical violence (hitting, kicking, shaking, biting, hair pulling) or intimidation.
- Initiation or hazing-type behaviours - Activities involving harassment, abuse or humiliation used as a way of initiating a person into a group.

Downplaying or dismissing certain behaviours as “just banter”, “just having a laugh”, “part of growing up” or “boys being boys” can lead to a culture of unacceptable behaviours and an unsafe environment for children.

We do not tolerate this behaviour at Hele’s School - all reports will be taken seriously and handled sensitively in line with our Safeguarding and Child Protection policies.

Online safety

The Department for Education has launched a new set of online safety resources for parents/carers which provide clear guidance for navigating online content, reporting concerns, and supporting children’s digital literacy.

You can view the materials by clicking the Department for Education icon:



PHSE – Term 4 overview

Y7 – Relationships: Healthy relationships, importance of respect and communication and understanding the dynamics of different relationships.

Y8 – Relationships: Types of relationships including intimate relationships, what is consent, positive and negative behaviour, making assumptions and signposting.

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

Y10 – Relationships: The importance of stable, committed relationships and qualities for family life.

Y11 – Relationships: Healthy and unhealthy behaviours in relationships, revenge porn and coercive media.

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 Half Term.