

Hele's School Parent and Carer Safeguarding Newsletter



The summer term is in full swing, Y11 GCSE exams and Y13 A Level exams have begun, and hopefully the May Half Term will be the start of sunnier and warmer weather for us.

Technology continues to play a central role in society, with many young people spending a significant part of their social lives online. The digital world offers great opportunities for young people, but can carry changing and challenging risks that often exist out of adult sight. Online safety is essential in helping young people to make informed and safe choices online.

Weight loss injections

Information has been brought to our attention about young people accessing websites and social media platforms promoting weight loss injections. Purchasing weight loss injections through unregulated and unapproved sources is extremely dangerous and can pose serious risk to a young person's physical health and emotional well-being and can effect body image and relationships with food. We encourage you to;

- Regularly monitor your children's online use.
- Have open conversations about online use and social media influence.
- Encourage healthy habits and positive conversations around body confidence.
- Have conversations about the importance of seeking advice from a qualified trusted medical professional.

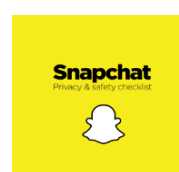
If you are concerned your child may be accessing or using weight loss injections, we strongly advise you to seek advice from your GP.

Message from the Police

Please ensure your children have privacy and security settings in place so content cannot be used by anyone else. Children often upload TikToks to their profile, videos with friends, posing and singing along to music, however this content is at risk of falling into the wrong persons hands if security and privacy settings are **not** in place.

We continue to remind students about the dangers of posting in uniform, having public accounts and sharing images with others through our PHSE lessons and assemblies.

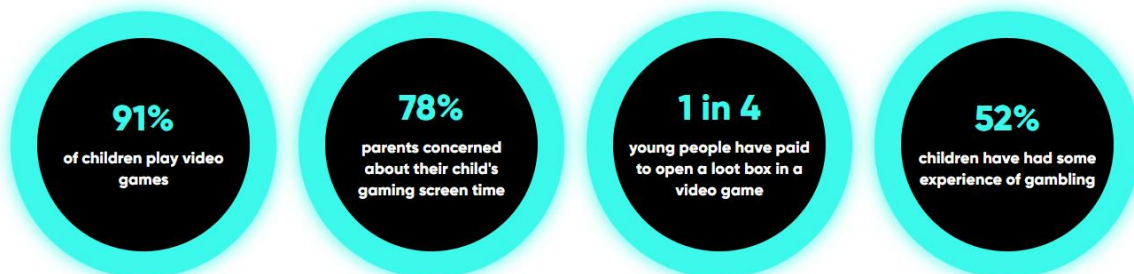
Please click the icons below for links to safety check lists and information about age restrictions, how to use, settings and parental controls for the following popular platforms:



Gaming and Gambling – How does this link?

Ygam (Young Gamers and Gamblers Education Trust) is a charity dedicated to preventing gaming and gambling harms in children and young people.

Ygam youth gaming and gambling statistics:



Gaming and gambling can often overlap in subtle ways for our young people because many modern games include features that resemble gambling mechanics, even when no real-money betting is involved at first. Modern games are designed to keep players engaged and invested, features like loot boxes, mystery rewards, skin betting, virtual currencies and tradeable items make games more exciting, but they can also trigger the same responses in the brain as gambling does.

- Ygam are offering parents and carers online support sessions for the following games: Minecraft, Fortnite, Roblox and EA Sports FC26.

Click this link - [Let's Explore | Ygam](#)

Social media ban debate

As some of you may be aware, in January 2026 the government launched a discussion about how to help children develop healthier relationships with mobile phones and social media. The House of Commons Library has published a briefing looking at the debate surrounding proposals to ban social media for children. You can access the briefing and full report by clicking [here](#).

PHSE – Term 6 overview

Y7 – Budgeting and saving, and achievements this year.

Y8 – Community, careers, equal opportunities and life choices.

Y9 – Setting goals, preparing for options and careers.

Y10 – The world of work: CV writing, online behaviour and impact, preparation for work experience.

Y11 – Maths and English exam preparation.

Y12 – Diversity and inclusion: Living in a diverse society, challenging prejudice and discrimination, recognising and dealing with individual misogyny, homophobia and racism. Planning for the future and Post 18 options.

Y13 –Preparing for the end of year 13 and exam preparation.

We wish our school community and families a safe, restful and enjoyable May Half Term!