

Hele's School Parent and Carer Safeguarding Newsletter



Welcome to our final safeguarding newsletter for this academic year. It has been a challenging few weeks for our students with the rising temperatures, but they have handled the conditions with resilience and maturity. We hope you have all managed to stay as cool, hydrated and comfortable as possible during this period of exceptionally warm weather.

As we approach the end of the school year, we would like to thank you all for your continued support in helping us keep our students safe, happy and healthy.

Safeguarding team update

Sandra Crawford, our current Designated Safeguarding Lead is leaving at the end of this term. Emma Hermon-Wright will be joining us as the new Designated Safeguarding Lead in September. Alongside Emma's appointment, Amy Pearce, Assistant Headteacher, will provide strategic oversight of safeguarding across the school, working closely with the safeguarding team to ensure the highest standards of care and support for all students.

Water Safety

With summer holidays just around the corner, children and families will be spending more time around beaches, lakes, rivers and swimming pools, and it is crucial we raise awareness about water safety. Understanding how to stay safe can help prevent accidents and save lives.



Rip Currents... know your options

Rip currents are power currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

If you do find yourself caught in a rip:

1 Do not try to swim against it or you'll get exhausted.

2 If you can stand, wade. Do not swim.

3 If you can, swim parallel to the shore until free of the rip and then head for shore.

4 Always raise your hand and shout for help.

Support over the summer holidays

Childline: www.childline.org.uk or call: 0800 1111

Samaritans: www.samaritans.org or call: 116 123

Kooth: www.kooth.com

Access our Hele's School wellbeing page [here](#)

The Zone: www.thezoneplymouth.co.uk

Mental Health Crisis line: 111

Text SHOUT - 85258

Sextortion

Sextortion is a growing online crime whereby criminals manipulate victims into sharing nude images and then blackmail them for money by threatening to send the images to family, friends and others. Criminals can also edit and create explicit AI images of young people. Over 90% of reported victims are males and sextortion has been linked to suicides.



Jordan Stephens, a musician who is best known for being part of the Rizzle Kicks has recently been part of a Channel 4 documentary called Hunting my sextortion scammer. In the documentary Jordan discusses Sextortion, talks to victims and their families and exposes the manipulative tactics used by criminals.

Click the Guardian to read a sextortion article, including figures and the impact.



Support and advise for parents/carers and young people:

<https://www.iwf.org.uk/resources/sextortion/>

Be aware of suspicious messages

Speak out



Private fostering

Private fostering is an arrangement where a child is cared for by an adult who is not their parent, step-parent, legal guardian, or close relative for more than 28 days. This can happen due to parental illness/health issues, family breakdown/crisis, education, parents working away, children coming to the UK from overseas. It is parents and the carers responsibility to inform the Local Authority so a private fostering assessment can be completed.

PHSE for September 2026 – Term 1 overview

Y7 – Health and well-being and living in the wider world: Welcome to Hele's School, accountability, community safety including road, bike and train safety.

Y8 – Health and well-being: Consequences of caffeine, vaping, alcohol, drugs, the law and first aid.

Y9 – Health and well-being: Risky behaviour, gangs and exploitation, county lines, knife crime and first aid.

Y10 – Health and well-being: Online safety, gaming and gambling, consequences and the effect on others, fake accounts, scams, AI generated content, making money online, the rights and risks, cryptocurrencies, financial exploitation online and support.

Y11 – Health and well-being: Checking yourself, including moles, cervical smears, testicular, breast and ovarian cancer, starting difficult conversations and the GILLIK competency.

Y12 – Mental health and support, body image, drugs and awareness, first aid, nights out, misogyny and violence against woman and girls.

Y13 –Managing stress, finances and living independently, travelling, saving money and media literacy.

We wish our school community and families a restful, fun-filled, well-deserved summer break and we look forward to welcoming students back in September.



Hele's School Plymouth



Safeguarding information for visitors to Hele's School

Safeguarding is our main priority at Hele's School. All our students have the right to feel safe in every aspect of their lives, and to thrive in an environment where they feel that they are being listened to. We support students in being aware of the key safeguarding issues through our curriculum and other key events throughout the year. We encourage our students to look out for each other in addition to themselves to make sure we are all 'doing our very best' to make sure everyone is safe and supported. Students are always shown how to report issues/concerns and the difference doing this can make.

What is Safeguarding?

Safeguarding means protecting a citizen's health, wellbeing, and human rights; enabling them to live free from harm, abuse and neglect. It is an integral part of providing high-quality care within schools. We have both a statutory obligation and a moral responsibility to make sure that we address, challenge and report any instances where it is felt that this is not happening.

Our safeguarding practice in school is of the highest standard and is consistent with Westcountry Schools Trust, the Plymouth Safeguarding Children Board (PSCB), as well as Ofsted regulations. We work under the guidance of the Working Together to Safeguard Children's Act and Keeping Children Safe in Education.

What you will see when visiting Hele's School

- All staff wearing lanyards with Hele's School ID badges so they are clearly identifiable as members of staff.
- Staff on duty during students' social time.
- Students challenged and sanctioned appropriately if their behaviour and language is harmful to others.
- All other visitors will have a red visitor lanyard and badge.
- Key Safeguarding staff information on display in reception.
- Please report it— if you see something that you don't think is right please let us know. We all have a responsibility to safeguard our students and staff.
- safeguarding@heles.plymouth.sch.uk is the email address that you can contact to report a concern/incident. If it is something that needs immediate action please contact Reception who will alert a member of our Safeguarding Team straight away.
- Please be assured that any concerns you raise will be taken seriously by staff at the school and we will try our best to help you.
- In the event of you having concerns outside of school hours, the following numbers will be of use to you: Children's Services - 01752 668000 or if in doubt dial 999
- NSPCC - 0800 800 5000

Our Senior Safeguarding Team



Mrs Hermon-Wright
Designated Safeguarding Lead



Miss Glasspoole
Deputy Designated Safeguarding Lead



Mrs Pearce
Deputy Designated Safeguarding Lead



Mr Stone
Deputy Safeguarding Lead

Advice regarding disclosures

Do...

- Take the child seriously
- Reassure them that it is alright to tell you
- Take your time
- Let them speak
- Listen carefully
- Ask open questions
- Clarify with open questions
- Inform a child what you will do next (i.e. report to the Designated Safeguarding Lead)
- Record verbatim and sign and date
- Provide factual information
- Consider medical attention

Do not...

- Promise to keep it a secret
- Stop the child from speaking
- Ask leading questions
- Question unnecessarily
- Make assumptions
- Minimise (e.g. 'That doesn't sound serious')
- Try to deal with it on your own
- Delay in passing on your concern
- Force the child to recall
- Ask the child to show you any injuries requiring the removal of clothing
- End the conversation abruptly
- Criticise the alleged perpetrator

What to do with a disclosure or concern

Write your disclosure or concern down (with as many details as possible including the date, time and your name) pass your disclosure directly to a member of the Safeguarding Team as soon as possible.

Arrange to speak to a member of the Safeguarding Team either via phone or using safeguarding@heles.plymouth.sch.uk confidentiality - you should not discuss your concerns with anyone else.

A great place to learn. A great place to grow.