Hele's School Parent and Carer Safeguarding Newsletter

Welcome back to our 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.

Safeguarding team update

Emma Hermon-Wright has now started with us as the new Designated Safeguarding Lead.
Amy Pearce, Assistant Headteacher, will be providing strategic oversight of safeguarding and inclusion across the school. Please see page 3 for more information about the Safeguarding Team and what Safeguarding means here at Hele's School.

Support for young people and families

Please refer to the Child Protection and Safeguarding page on the school website which provides a variety of general, online safety and mental health support services.
https://www.heles.plymouth.sch.uk/safeguarding



We are also in the process of securing a membership with Face Family Advice (FACE) which provides early help parenting webinars that will be free to our families. We will update you in due course.

Telling culture

Every child should feel safe to speak up, confident they will be heard and reassured that appropriate action will be taken.

- Helps identify abuse, bullying and other risks.
- Enables concerns to be addressed before becoming more serious.
- Builds trust and encourges students to speak to staff.
- Helps children to feel safe, valued and supported.
- Enables staff to take action quickly.
- Encourages everyone to take responsibility for keeping school safe.
- Promotes respect and openess.

'Tell Us Now'

This feature enables students to report an incident or raise any concerns and worries about themselves or others without having to talk to a member of staff face to face. Students can access this on their desktop on any computer at school and at home using the QR code or launchpad.



Half term fun and activities











Firework safety and advice

With bonfire night approaching, please see the Devon and Somerset fire and rescue webpage with good advice on the following: https://www.dsfire.gov.uk/safety/home/fireworks

- Firework safety
- Illegal use of fireworks
- Disposal of fireworks
- Sparkler and sky lantern safety



PHSE – Term 2 overview

Y7 – Health and well-being: Mental health, stigma, managing unhealthy feelings, the connection between physical and mental health, staying healthy, sleep and dental hygiene.

Y8 – Health and well-being: Emotions and reactions, developing positive things habits, managing rumination, worry, tension and stress.

Y9 – Health and well-being: Education around alcohol and drugs, exploring attitudes, the law, managing risks and influence.

Y10 – Health and well-being: Drug and substance use, risky behaviour, drug classifications, assessing risk to themselves and others.

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

Y12 – Education around drugs, understanding risks and consequences, managing influences, seeking support, keeping safe, travelling and making decisions.

Y13 – Personal health and illness prevention, making independent health choices, recognising serious illness and seeking urgent medical care.

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

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 identify able 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 - 0808 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.

Barnardo's Plymouth Family Hubs October Half Term Timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Latch on Rees 1-2.30pm	**Latch on** Elburton 10-11.30am	**Latch on** We offer support for women who are pregnant and wanting to breastfeed as well as offering help and advice for women who are currently breastfeeding and want to learn more about its benefits. Nomony 1 - 2.30pm Honicknowle Youth 1-230pm	**Latch on** Elm 1 - 230pm Support ONLY)	**Latch On** FourWoods 10-11:30am
Chatterbox An exciting stay and play for 0-5 year olds with themed sessions with our team. Health visitors are also available for advice and/or to have your baby weighed. Southway Church of the Holy Spirit,10-11.30am Rees 1-2.30pm	**Chatterbox** Elburton Methodist Church 10-11.30am	**Chatterbox** Honicknowle Youth Centre 1-2.30pm	**Chatterbox** D.E.L.L. 9.30-11am The Barn 10-11.30am	**Chatterbox** Whitleigh Family Hub 10- 11.30am Nomony 10-11.30am (no group session running - only Health Visitors)
	Soft Play Family hub staff and other professionals available for support and advice if needed. Soft play suitable for 7 and under. Central Methodist Church 1.15 -2.30pm	**Young Parents (Y.I.P.P.E.E)** Wednesday 28th October – 9am-11am Free – fancy dress and animal hour at Poole Farm Join us to meet the pigs, chickens, ducks, and stick insects! Poole Farm Blunts Lane PL6 8NF BOOKING ESSENTIAL – Call or message to find out meeting point, times etc and confirm attendance by Monday 26th October Jess – 07522 619076 & Sal - 07738 119697	**Young Parents (Y.I.P.P.E.E)** Thursday 29th October 10.30am-12pm Halloween dress up and spooky trail in Whitleigh woods Meet in the car park at Knowle Battery Playing Fields, Honiton Close PL5 3RX Wear sensible shoes	
SEN Spooky Fun Join us for a fun-filled session of play, crafts, and seasonal activities. Fancy dress is welcome, so come along dressed up if you'd like to add to the fun! 📞 Booking is essential. Please contact The Barn to reserve your place. 10-11.30am at The Barn Family Hub	 Join Mildred for an interactive adventure filled with storytelling, mystery, clues and challenges, magical games, creative activities, potion-making, and a magical surprise to take home. Children can take part in their own way and at their own pace. There is never any pressure to join in. For children aged 3-11 with SEND and their siblings. PLEASE NOTE: CHILDREN MUST BE AGED 3 OR OVER TO ATTEND. NO UNDER 3'S. 11:00am or 1.30pm, Tuesday 27th October (D.E.L.L. Family Hub) 11:00am, Wednesday 28th October (Manor Street Family Hub) 2:00pm, Wednesday 28th October (Morice Town Family Hub) To book a space click here or scan the QR code:	**SEN Cinema** Come and join us for a private screening of 'SHAUN THE SHEEP: THE BEAST OF MOSSY BOTTOM' at Cineworld. Film starts at 1pm (no trailers) Please arrive no later than 12.45pm. Don't forget your snacks for the film! This is a free activity which is being provided to support children with SEND to participate in fun activities with their peers, encouraging friendships and social interactions. cineworld CINEMAS Click here or scan QR code to book a space:	**Spooky Fun** Open to everyone! Join us for a fun-filled session of play, crafts, and seasonal activities. Fancy dress is welcome, so come along dressed up if you'd like to add to the fun! 📞 Booking is essential. Please contact The Barn to reserve your place. 1-2.30pm at The Barn Family Hub **Dads N Dinkies Soft Play** *FREE soft play sessions at YMCA for all male carers and their children 0-7 years* YMCA,1.30-3pm BOOKABLE ON THE YMCA WEBSITE	**What else do we offer?** • Outreach support in your home • Antenetal courses • Postnatal courses • Introduction to solid foods • Baby First aid • Baby Massage • Makaton training and workshops • Domestic abuse recovery support • A fun variety of events in school holidays Get in touch to find out dates or further information
Barnardo's Family Hubs provide a range of evidence based Parenting Programmes that are run face to face across the city each day for local families. We strive to meet the unique needs of every family and child. Please let us know how best we can support you to engage with our courses & services. These courses are available for you to book on. Please scan the QR code to the right or call a Family Hub to find out more! PLYMOUTH FAMILY HUBS BARNARDO'S BEST START IN LIFE | FAMILY HUBS	**Twins Group** A stay & play for all families with twins 0-5 2nd & 4th Wednesday of each month Rees Family & Wellbeing Hub 10-11.30am **Café Connect** *Join us for a midweek Starbucks coffee and help us tackle food waste by taking away food from M&S, Lidl and Tesco.* The Barn Family Hub 10am - 2pm	Follow us on Social Media to be kept up to date on our groups, courses and support! 'Barnardos Plymouth'		