

SAFEGUARDING BULLETIN

April 2025



We are very busy getting your young people ready for their exams and we rely on them attending the lessons so we can do as much learning and preparation as possible. We appreciate all of your support in ensuring that your young person is in school and ready to learn. Missed lessons/days will only add to the exam stress your young person will face.

<i>Days away from school</i>	<i>Hours of learning lost</i>
1 day	5 hours
3 days	15 hours
10 days	50 hours
20 days	100 hours

**ATTENDANCE
MATTERS.**
ALL DAY, EVERY DAY

Attendance matters in all sessions. Please encourage your young person to talk to their class teacher, TA or Form Teacher if they are struggling with anything or they need extra support.

Exam stress

It is that time of year again. The dreaded 5 letter word EXAMS. Don't worry, here are some helpful hints and tips to help your young person get through what can be a very stressful time for them. This bulletin has lots of helpful hints and tips that will help you support your child in the best way you can.

If you need any extra support, please speak to your young persons form tutor, they will be able to offer support and advice as needed.

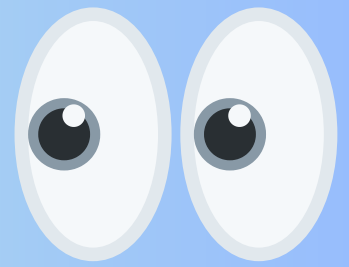




Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.

If you notice your child is struggling, ask them what you can do to help them.



Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

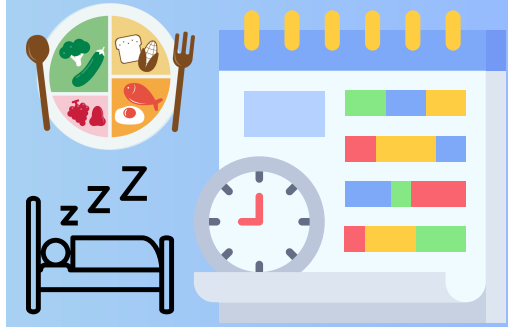
Practice relaxation techniques with your child, we love [these ideas from NHS Scotland](#).



Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.



Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure - for example when you're in the car on the way home from school, or during a walk



Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](#) for their free online chat
- Visit [place2be.org.uk/help](#) for more advice





A free, confidential substance misuse service for children and young people who need support around their own or another person's drug or alcohol use. The service works with anyone between 5 and 25 years of age in Warwickshire. Our caring and friendly health and wellbeing workers are available at a time that suits you and at a place where you feel comfortable.

Contact us if you need support:

- With your own or someone else's drug or alcohol use
- Because you are affected by someone else's drug or alcohol use
-

How you can access the service

If you're a young person, parent or professional and would like to refer yourself or an individual in to the service, you can do so by using the online referral form below.

[Online referral form](#) - click here

If you feel that you, or someone you know, would benefit from our support, you would like some more information about the service, or to talk to a member of the team before referring, you can get in touch anytime via:

- Our confidential [call back request form](#)
- ChatHealth confidential text messaging on 07507 331 525
- Telephone on 01788 578 227 to speak to one of our friendly team

Our office hours are Mon-Thurs 09:00 to 17:00 and Friday 09:00 to 16:30 or we will get back to you within one working day outside these hours.

Check the website for more information:

<https://www.compass-uk.org/services/warwickshire-cypdas/>

Moving up to secondary school for children with additional needs

If your child with additional needs has recently received their secondary school place on National Offer Day, you may benefit from accessing a free moving up to secondary school for children with additional needs online

course. It is designed to support both you and them as they transition into secondary school. Building on the principles of nurturing emotional wellbeing shaped by the Solihull Approach, the course will help you to develop your communication and support their development.

Follow this link to gain access to this free course:

<https://inourplace.heiapply.com/online-learning/course/128>

Use the code BEAR to get free access.



In Warwickshire a significant number of admissions to hospital for children and young people is due to poisoning. In most cases the poisoning is due to paracetamol or similar household medicines.

Safe storage of medicine can help prevent poisonings within the home:

- Remove the opportunity for your child or young person to access paracetamol or other medicines by storing them safely in the home. Consider using a lockable storage box or cabinet.
- Don't leave packets of medicine in easily accessible places such as kitchen drawers, work bags, or bedsides.
- Always check the dose and supervise children and young people when they are taking medication.
- Take unwanted medicines and tablets to the pharmacy for disposal.
- Buy over the counter medicines in small amounts and keep in their blister packs.

If you suspect that someone has taken an overdose or has been poisoned, do not try to treat them yourself. Get medical help immediately.

If you are concerned about your child self-harming, or being at risk of self-harm, services and resources available within Warwickshire can be accessed [here](#).

Keeping your children safe at home

As the warmer weather arrives then we need to be mindful of the dangers that our young people might encounter in the garden or out in the community.



Garden Safety

Playing outside is great fun and it's good for us. But, there are some things to watch out for to keep children safe from serious injury.

So, here are some top tips to make your garden a safer place to play.



Gardening tools

Garden tools are helpful for us but dangerous but can be dangerous for little ones and young people. So, lock them away in a shed or other secure area. Never leave electrical equipment plugged in when not in use.



Chemicals

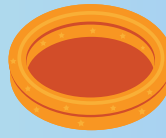
Accidental poisoning can happen in an instant, even if you're there but have been distracted momentarily. So, keep chemicals such as weed killer and fertiliser out of reach of young children, and always keep them in their original containers. Don't be tempted to transfer them to food jars or drinks bottles.



If you're a car owner, you may have antifreeze and screen-wash lurking in the garden shed too. Both are highly poisonous to children so they should be kept well out of reach at all times. If you can, buy products that contain a bittering agent such as Bitrex, that deter accidental swallowing of household chemicals.



Drowning



It's scary to think about but babies and toddlers can drown in very little water. So supervision around ponds, pools and hot tubs is essential. If you have a paddling pool, it's a good idea to get into the habit of emptying it after use and storing it so it can't refill with rainwater.

Larger pools that cannot be emptied after each use should be fenced off to prevent children gaining access unsupervised.

Hot tubs need to have a solid lockable cover that children can only open with adult help. Plus, don't forget to store any chemicals safely out of reach.

Fill in, cover or fence off ponds while your children are little.

Think about your neighbours' gardens too – young children can wander off into them and drown even if you don't think they have access.



BBQs and fire pits



A BBQ and the ground underneath it can stay hot enough to cause a serious burn for a long time after it's been used. So, stay alert and keep children well away from the cooking area until it's completely cooled.

The same can be said about fire pits. They may even still be hot enough to burn the next day! Plus, they have the added hazard of being lower to the ground so easier for young people to stumble into or reach out and grab.



Trampolines



Trampolines are great fun and fantastic for burning energy. But please do what you can to use them safely. Most trampoline accidents happen when there are two or more bouncers at the same time. The biggest risk is when the users have very different weights. And, it's usually the little one that gets hurt. So, let children take it in turns and avoid adults and children jumping together.

Plus, teach children the trampoline rules. And use a net to prevent falls.



Plants



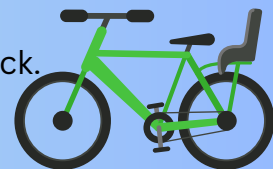
While serious poisoning by plants is uncommon in the UK, it's always best to be safe. Some plants may cause digestive upset or discomfort if eaten. And a small number of common garden plants are more toxic and could cause severe poisoning.

So, teach children never to eat plants or berries they have picked in the garden or out and about in the countryside, without checking with an adult first.

Poisonous berries can easily look like the ones they have for their snack.



Keeping kids safe on bikes



Most children love to cycle, and it's a great way for them to keep fit and healthy. With a few safety tips, you can help them learn to cycle safely.

Before children are ready to try riding a bike themselves, you can take them out on a bike yourself using a baby cycle seat.

Look for a child bike seat that conforms to British Standard number BS EN 14344:2004. Seats are suitable for children of different weights, so make sure your child is within the weight range of the seat you choose.

Before you cycle for the first time with the extra weight of a child on board, it's a good idea to have a go in a safe place where there's no traffic.

You should also make sure both of you are wearing cycle helmets and high-visibility clothing.



Your child's first bike



By the age of five, many children will have started riding a tricycle, bicycle, bike with stabilisers or a balance bike. Kids' bike helmets are a must every time they go cycling as they can prevent serious head injuries if your child falls off or crashes into something. It will also help children get into the habit of wearing a helmet if they see the adults around them wearing bicycle helmets. Local parks and gardens can be safe places to ride until children are old enough to cycle on the road.

Biking safety for children aged seven to 10

Children have better coordination and control and are usually more confident cyclists by the time they are around seven. They're still not ready to cycle in traffic, though, even if they're with an adult. Remind them to wear a bike helmet every time they go out on their bikes. Children are 'top-heavy' and more likely to land on their heads if they fall off their bikes. Some children might need help doing up the straps and making sure the cycle helmet is secure.

Bikeability cycle training

Many children of 11 and over will want to cycle to school or go out on their bike with friends. It's okay for them to ride on the road, but they should be properly trained so they're safe and can cope with traffic.

Most schools offer cycle training for kids which will build their confidence and help them stay safe on the roads:

Bikeability offers courses at different levels depending on a child's age and cycling ability.

Cycle Training Wales helps both children and adults learn to ride and maintain their bikes

Cycling Scotland offers lots of road safety for cyclists courses to help families cycle confidently on the roads.

Once your child is out and about on the road, they should wear high-visibility clothing so it's easy for drivers to see them – fluorescent for daytime and reflective for after dark.



Chat Health: health visitor and school nurse text messaging service

Chat Health for parents and carers of pre-school aged children is a health visitor text messaging service.

Health visitors can help with concerns ranging from infant feeding, sleeping, child development, behaviour management issues, feeling low and finding it hard to cope.

Text the team on 07520 615293.

Chat Health for parents and carers of school aged children and for 11 - 19 year olds is a school nurse text messaging service.

School nurses can help with concerns ranging from general health, child development, behaviour, toileting advice, emotional health and wellbeing.

Parents and carers, text the team on 07520 619376.

11 – 19 year olds, text the team on 07507 331525.



Parent/Carer's Guide to Consent and Harmful Sexual Behaviour



Consent is about boundaries.

Early talks when children are young lay the groundwork for open and direct conversations as children get older.

For your younger child, you can introduce ideas about consent without relating it to sex. As your child gets older, you can start talking more openly and directly about sexual consent.



1. **Teach children to ask permission before touching or embracing a playmate.** Use language such as, "Sarah, let's ask Joe if he would like to hug bye-bye." If Joe says "no" to this request, cheerfully tell your child, "That's okay, Sarah! Let's wave bye-bye to Joe and blow him a kiss." Set a good example for your child by being clear about your own personal boundaries. E.g. if you need privacy while you go to the toilet, explain this to your child and ask them to wait outside.



2. **Help create empathy within your child by explaining how something they have done may have hurt someone.** Use language like, "I know you wanted that toy, but when you hit Michael, it hurt him and he felt very sad. And we don't want Michael to feel sad because we hurt him." Encourage your child to imagine how they might feel if Michael had hit them, instead. This can be done with a loving tone and a big hug, so the child doesn't feel ashamed or embarrassed.



3. **Teach children to help others who may be in trouble.** Talk to children about helping other children, and alerting trusted grown-ups when others need help. Ask your child to watch interactions and notice what is happening. Get them used to observing behaviour and checking in on what they see. Use the family pet as an example, "Oh, it looks like the kitty's tail is stuck! We have to help her!" Praise your child for assisting others who need help, but remind them that if a child needs help with anything, that it is a grown-up's job to help. Praise your child for alerting you to people who are in distress, so that the appropriate help can be provided.



No!

4. **Teach your children that "no" and "stop" are important words and should be respected.** One way to explain this may be, "Sarah said 'no', and when we hear 'no' we always stop what we're doing immediately. No matter what." Also teach your child that their "no's" are to be respected. Explain that we always stop doing something when someone says "no", and that our friends need to always stop when we say "no", too. If a friend doesn't stop when we say "no," then we need to think about whether or not we feel good, and safe, playing with them. If not, it's okay to choose to not be friends with that person anymore. If you feel you must intervene, do so. Be kind, and explain to the other child how important "no" is. Your child will internalise how important it is both for themselves and others.



5. **Support children to learn to read facial expressions and other body language:** Scared, happy, sad, frustrated, angry and more. Charade-style guessing games with expressions are a great way to teach children how to read body language.



6. **Never force a child to hug, touch or kiss anybody, for any reason (including relatives).** If Grandma is demanding a kiss, and your child is resistant, offer alternatives by saying something like, "Would you rather give Grandma a high-five or blow her a kiss, maybe?" You can always explain to Grandma, later, what you're doing and why. But don't make a big deal out of it in front of your child. If it's a problem for Grandma, so be it, your job now is doing what's best for your child and giving them the tools to be safe and happy, and help others do the same.



7. **Encourage children to wash their own genitals during bath time.** Of course parents have to help sometimes, but explaining to the child that their genitals/ private parts are important and that they need to take care of their body is a great way to help encourage body autonomy and a sense of ownership of his or her own body. Also, model consent by asking for permission to help wash your child's body. Keep it upbeat and always respect the child's request to not be touched. "Can I wash your back now? How about your feet? How about your bottom?" If the child says "no" then hand them the washcloth and say, "Ok! Your bottom needs a wash. Go for it."



8. **Give children the opportunity to say yes or no in everyday choices.** Let them choose clothing and have a say in what they wear, what they play, or how they do their hair. Obviously, there are times when you have to step in (e.g. dead of winter when your child wants to wear a sundress would be one of those times), but help them understand that you heard their voice and that it mattered to you, but that you want to keep them safe and healthy. Help them to understand why wearing a warm coat, hat and mittens are important so that they know it's not just because you said so.



9. **Allow children to talk about their body in any way they want, without shame.** Teach them the correct words for their genitals, and make yourself a safe place for talking about bodies and how babies are made. Say, "I'm so glad you asked me that!" If you don't know how to answer their questions the right way just then, say, "I'm glad you're asking me about this, but I want to look into it. Can we talk about it at bedtime? Ensure you follow up with them when you say you will. If your first instinct is to shush them or act ashamed, then practice it alone or with a partner. The more you practice, the easier it will be.



10. **Talk about "gut feelings" or instincts.** Sometimes things make us feel weird, or scared, or icky in our tummy and we don't know why. Ask your child if that has ever happened with them and listen quietly as they explain. Teach them that this "icky in our tummy" is sometimes correct, and that if they ever have a gut feeling that is confusing, they can always come to you for help in sorting through their feelings and making decisions. Remind them that no one has the right to touch them if they don't want it. Only trusted adults should be touching their genitals/ private parts if they are helping them with health or hygiene. E.g. A doctor or nurse might ask to see your body. That's a good reason, but only if parents are there too.



Free, safe and anonymous mental wellbeing counselling for adults

Wellbeing for Warwickshire is partnering with Qwell – part of Kooth, providing effective and personalised digital mental health care.

Qwell provide anonymous support, including:

online messaging... at a time that suits you

community support – moderated peer forums

booked and drop-in chats...midday to 10pm weekdays and 6pm to 10pm on weekends, all year long. With BACP, UKCP or NCS

registered or accredited counsellors.

personal development tools




















therapeutic content – from online community and professionals

[Click here to go to an anonymous web support on any device - Wellbeing for Warwickshire](#)

EMOJI'S EXPLAINED

FROM SECRET SLANG TO CODED MESSAGES, EMOJIS ARE OFTEN USED TO CONVEY MEANINGS THAT PARENTS MIGHT NOT RECOGNISE. UNDERSTANDING THESE HIDDEN MESSAGES CAN HELP BRIDGE THE GAP BETWEEN GENERATIONS AND ENSURE OPEN, INFORMED CONVERSATIONS.




















DRUGS RELATED

 Cocaine	 Cocaine	 Cocaine	 Cannabis	 Cannabis	 Cannabis	 Joint
 MDMA	 MDMA	 Heroin	 Heroin	 Meth	 Mushroom	 Ketamine
 Gassed	 Lit	 Dealer	 Dealer	 Dealer		















VIOLENCE

 Weapon	 Weapon	 Weapon	 Crime	 Crime	 Murder	 Murder
		 Threat	 Locked Up	 Snitch		

















SEX

 Penis	 Penis	 Genitalia	 Bum	 Vagina	 Vagina	 Nudes
 Porn	 Orgasm	 Orgasm	 Oral Sex	 Lust	 Lust	 Anal Sex
	 Intercourse	 Fingering	 Playful	 Horny	 Lets Hump	









SELF HARM EXTREMISM

 Cutting	 Cutting	 Burning	 Trapped	 Sad	 Down	 Anxious	 Not Eating
	 Neo Nazi	 Neo Nazi	 Neo Nazi	 IS Extremist	 IS Extremist	 Far Right	

INCEL CULTURE

 Red Pill	 Black Pill	 Hopeless	 Emotional Detachment	 Men are kings	 Extreme Masculinity	 Power	 Older woman
 Lone Wolf	 Incel	 Incel	 Incel	 Incel	 Anti-Women	 Anti-Women	 Anti-Women

HEARTS

 Love	 Horny	 Friends	 Interested	 Loyalty	 Platonic	 Pretty	 Trust
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Recognising child sexual exploitation

Child sexual exploitation (CSE) can be very difficult to identify. Warning signs can easily be mistaken for 'normal' teenage behaviour.

Children and young people who are being sexually exploited may display certain behaviours:

displaying inappropriate sexualised behaviour for their age

being fearful of certain people and/or situations

displaying significant changes in emotional wellbeing

being isolated from peers/usual social networks

being increasingly secretive

having money or new things (such as clothes or a mobile phone) that they can't explain

spending time with older individuals or groups

being involved with gangs and/or gang fights

calling an older person their 'boyfriend' or 'girlfriend'

missing school and/or falling behind with schoolwork

persistently returning home late

returning home under the influence of drugs/alcohol

going missing from home or care

being involved in petty crime such as shoplifting

spending a lot of time at hotels or places of concern

not knowing where they are, because they have been trafficked around the country



Physical signs include:

unexplained physical injuries and other signs of physical abuse

changed physical appearance - for example, weight loss

scars from self-harm

Repeat sexually transmitted infections, pregnancy and terminations can also be a sign of CSE

Risks and vulnerability factors

Child sexual exploitation can happen to **any** child or young person. But research has identified certain factors that may make a child or young person more vulnerable to CSE. These include:

low self-esteem or self-confidence

lacking friends from the same age group

being a young carer

being in or leaving care

a history of abuse, particularly sexual abuse

recent bereavement or loss

homelessness

links to a gang through relatives, peers or intimate relationships

living in a gang-affected neighbourhood



There are some factors affecting LGBTQ+ children and young people that can put them at risk of sexual exploitation. For example, they don't always receive relevant sex and relationships education and may not be able to find safe spaces where they can meet peers. If the young person feels isolated and unsupported, they may go online and/or build relationships with strangers. This can mean they are more easily influenced by exploitative adults

You can also report concerns to the Police directly.

Follow the link below

[Contact us | Police.uk](https://www.police.uk)

POLICE.UK



Perpetrators of child sexual exploitation

CSE can be perpetrated by:
individuals or groups
males or females
children or adults.

The abuse can be a one-off occurrence or a series of incidents over time and range from opportunistic to complex organised abuse

Identifying perpetrators is difficult because:

data isn't always recorded or is inconsistent or incomplete
children and young people may only know their abuser by an alias, nickname or appearance
victims may be 'passed between' abusers and assaulted by multiple perpetrators
children and young people are often moved from location to location and abused in each place
young people may be given alcohol or drugs, so may not remember details clearly

They exert power over young people through physical violence, emotional blackmail or financial pressure, for example holding them in debt.

Perpetrators may use one victim to gain access to others, persuading or forcing a child or young person to bring their friends along to pre-arranged meetings or 'parties'. In some cases, if a child or young person tries to break free, the perpetrator will use their peers to draw them back in.

REMEMBER TO REPORT ANY CONCERNS THAT YOU HAVE ABOUT A CHILD, IT IS IMPORTANT, IT COULD SAVE A CHILD'S LIFE!



We all have mental health and wellbeing.



The Academy offers a wide range of trauma informed courses and workshops designed to empower your mental health and wellbeing, provided by a number of Partner organisations working together.

Courses are delivered face to face and via online group sessions and are completely FREE OF CHARGE.

The courses are open to anyone over the age of 18 living in Coventry and Warwickshire who wants to better manage or understand their health and wellbeing.

Click here to access the web page and book yourself in: <https://www.recoveryandwellbeing.co.uk/>

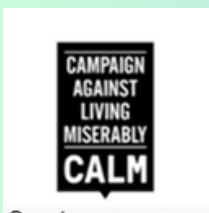
Useful mental health services



- 24/7 text helpline for mental health and suicide
- Machine learning - detects suicide intent/thoughts
- Machine learning - informed prioritisation protocol (the system can prioritise certain behaviours to receive support)



- Free to use 24/7 access to phone line
- One to one communication
- 24 hour response time on email access
- Confidential - no contact details are displayed to volunteers



- Helpline - 0800 58 58 58,
- Webchat <https://www.thecalmzone.net/help/webchat/>
- Instant response between 5pm - midnight phone and web chat helplines
- Free offer practical support and vital intervention for those in crisis
- One to one communication



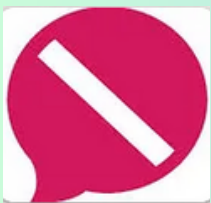
- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone



- Calm - free app to download.
- Can access lots of things to support mental health and wellbeing, however there is a subscription charge for access to the whole app.
- Meditation and other techniques to support mental health and wellbeing



- Calm Harm - free app to download.
- Support for young people who are self-harming
- Helps reduce the urges to harm and offers practical solutions and distractions
- Comfort, Distract, Express Yourself, Release, and Random.



- notOK App® is a free digital panic button to get you immediate support via text,, phone call, or GPS location when you're struggling to reach out.
- Pre-crisis tool
- Other resources available online too.



- Combined Minds is an app to help parents, family, friends support a young person who is in distress
- Share plans and guidance amongst support system to ensure the young person can access the right support at the right time.



EXHALL GRANGE

SPECIALIST SCHOOL

Be your best self

Designated Safeguarding Team



Andy Commander
Deputy Headteacher
Designated Safeguarding Lead



Helen Seickell
Headteacher
Deputy Designated Safeguarding Lead



Helen Hughes
Assistant
Headteacher
Primary



Geoff Goode
Assistant
Headteacher
Year 7, 8 & 9



Janet Bacon
Assistant
Headteacher
Year 10 & 11



Caroline
Parkhouse
Assistant
Headteacher



Fiona Holliland
Family / Pupil
Support



Julija Andrejeva
Family / Pupil
Support



Lauren Pinfield
Pupil Wellbeing
Lead



Roy Owen
Emotional Wellbeing
Key Worker



Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



Alicia Pegg
Learning Pod Manager

Pupils: All staff have a responsibility to keep you safe and you can talk to any staff member if you are concerned or worried about anything. The 12 staff members above can give you extra help and support.

Staff: If you have concern for a pupils safety and welfare, report immediately to a member of the Designated Safeguarding Team.