

# SAFEGUARDING BULLETIN

July 2025



We have once again reached the end of another academic year. Full of successes and achievements. We are so very proud of each and every child who attends Exhall Grange.

Thank you for your continued support.

We hope you enjoy your summer.



These Safeguarding Bulletins aim is to bring you helpful and supportive advice on how to keep your young person safe and to signpost you to services who might be able to help you and your family if extra support is needed.

What is safeguarding? The term safeguarding children describes preventative approaches to keeping children safe from suffering or being likely to suffer significant harm. It is the action taken to promote the welfare of children and protect them from harm. The document we work from is the Keeping Children Safe in Education policy. If you would like to read this, then you can find it on the .gov website. You can also go to our website to find out more information about our own school policies.



Speak to a member of staff or one of the safeguarding team at school

They will offer advice, recommendations, and support. If they need to speak to someone else or an external service they will do that whilst keeping you informed about what is happening.

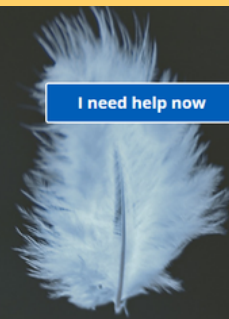
Offer regular check in's and updates for you. Provide guidance and support as needed.

# Safe Haven

## Coventry and Warwickshire



I need help now



### Safe Haven Coventry and Warwickshire

The Safe Haven Coventry and Warwickshire service provides non-clinical, community-based support, in the evening, when most other options are closed. It also provides crisis intervention, de-escalation, and support for those experiencing mental health distress.

The Safe Haven Coventry and Warwickshire service is making access to support easier.

Open access – no appointment needed.

Face-to-face one-to-one and group activities.

If you're age 16+ then you can drop in between 6pm and 11pm.

Their drop-ins are friendly spaces based in venues across Coventry and Warwickshire and they provide support for five hours an evening, seven days a week. They are safe spaces and help people to connect with others.

**The Retreat, Bond Street,  
Nuneaton CV11 4DA**

Open every evening, 6pm–11pm

**Colehill Community Centre,  
Temple Way, Colehill B46 1HH**

Open Fridays, 6pm–11pm

**Wellington Gardens, Windsor  
Street, Coventry CV1 3BT**

Open every evening, 6pm–11pm

**The Old Bank, 45 Coten End,  
Warwick CV34 4NT**

Open Thursdays, 6pm–11pm

**Rugby Wellbeing Hub, 28  
Cromwell Road, Rugby CV22 5LY**

Open Wednesdays, 6pm–11pm

## Using the correct medical service

For common ailments and illnesses such as sore throat or grazed knee - SELF CARE

For advice on conditions such as headaches, aches & pains or upset stomach -

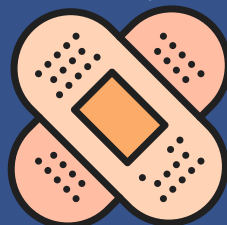
PHARMACY

If your child has symptoms that don't go away such as ear ache or ongoing concerns -

GP SURGERY

For urgent medical help that isn't an emergency, NHS 111 can direct you to the right service - NHS 111

Use only in an emergency such as loss of consciousness, breathing difficulties or heavy bleeding - EMERGENCY DEPT (ACCIDENT & EMERGENCY)



A session by  **cass**  
community autism support service

# Dads' drop-in

An online session for dads to  
share and learn together

**For Coventry and Warwickshire residents only**



**CLICK HERE**

Community Autism Support Service - Dad's Drop-in

The Community Autism Support Service (CASS) offers free online sessions for dads of autistic children to share and learn together.

Subjects can include understanding autism, co-regulation, co-parenting and consistency in managing your feelings and your child's. This will be a discussion-led session where you can pose any questions or just listen.

Upcoming dates:

Saturday 19 July at 10am

Wednesday 24 September at 6.30pm

**#YOU ARE**  
*not alone*

Mutual respect in a  
relationship is not:

- Cyberbullying with hate texts
- Checking your messages on your phone
- Pointing out your faults (body, life choices)
- Threatening to hurt you or other family members

If you're worried or scared of  
someone who you feel is being  
over controlling please go to  
[www.talk2someone.org.uk](http://www.talk2someone.org.uk)



## Family and Relationships Support



A guide to free  
support available to  
Warwickshire families



You can access the online guides via:  
[www.warwickshire.gov.uk/parentguides](http://www.warwickshire.gov.uk/parentguides)





Warwickshire County Council run a large selection of online courses, designed to increase the confidence of parents-to-be, mums, dads, grandparents, and carers.

All the courses can be completed flexibly, at your own pace. Each of the course modules takes around 15 to 20 minutes to complete. Each course contains several modules.

All the courses are FREE for Warwickshire residents using the access code BEAR.

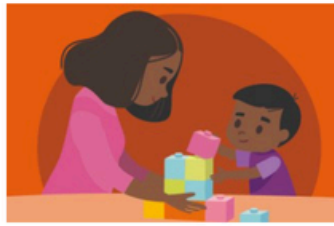
<https://www.warwickshire.gov.uk/parentguides>

Understanding your child:  
from toddler to teenager

Understanding your child with  
additional needs

Understanding your child's  
feelings

Understanding your  
teenager's brain



## My Daily Mindful Moments



Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us. Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after your mental health.

1 Breathe in for three seconds and out for five seconds. Repeat this three times. Really notice your breath.	2 Look up at the sky. Take time to really notice what it is like.	3 Take a pencil for a walk on a piece of paper. Let it go wherever it likes. Notice how it feels.	4 Think of three things that make you special. Notice how it feels.	5 Blow up an imaginary balloon — deep breath in and slow breath out. Really feel your breath.	6 Look around the space you are in. Slowly, name each thing you see.	7 Focus on the sounds you can hear — describe them in your mind.
8 Think of three things that make you feel happy. Notice how it feels.	9 Smell your snack. Describe what you smell.	10 Starting at your toes, notice how each part of your body feels until you reach your head.	11 Make a creation of your choice. Really notice and appreciate it.	12 Think of three things you are grateful for. Notice how it feels.	13 Listen to a piece of music which relaxes you and notice how you feel.	14 Think of three things you love about yourself. Notice how it feels.
15 Eat your lunch and notice how it feels in your mouth.	16 Go on a mindful walk, really noticing what you see, hear and feel.	17 Create a colour pattern to show how you are feeling.	18 Tense all the muscles in your body, hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.	19 When you have a drink, really notice how it feels.	20 Look closely at your snack. Describe what you see.	21 Think of three things you are looking forward to today. Notice how it feels.
22 Feel the breeze on your face. Really notice how it feels.	23 Touch something soft and really notice how it feels.	24 Colour in a picture mindfully — really noticing the colours and shapes.	25 Learn something new about an animal of your choice. How does it feel?	26 Share kindness with someone else. Notice how it feels.	27 As you walk, run or play, really notice how your body feels.	28 Chat with a friend — really notice what they are saying with their words and body.
29 Trace your finger in a pattern on a flat surface. Notice how it feels.	30 Sit quietly for one minute. Focus on your breath and let your mind and body settle.	31 Take a mindful moment in any way you choose.	Well done for making time to be mindful each day this month! How do you feel?			



the  
**national sleep**  
helpline

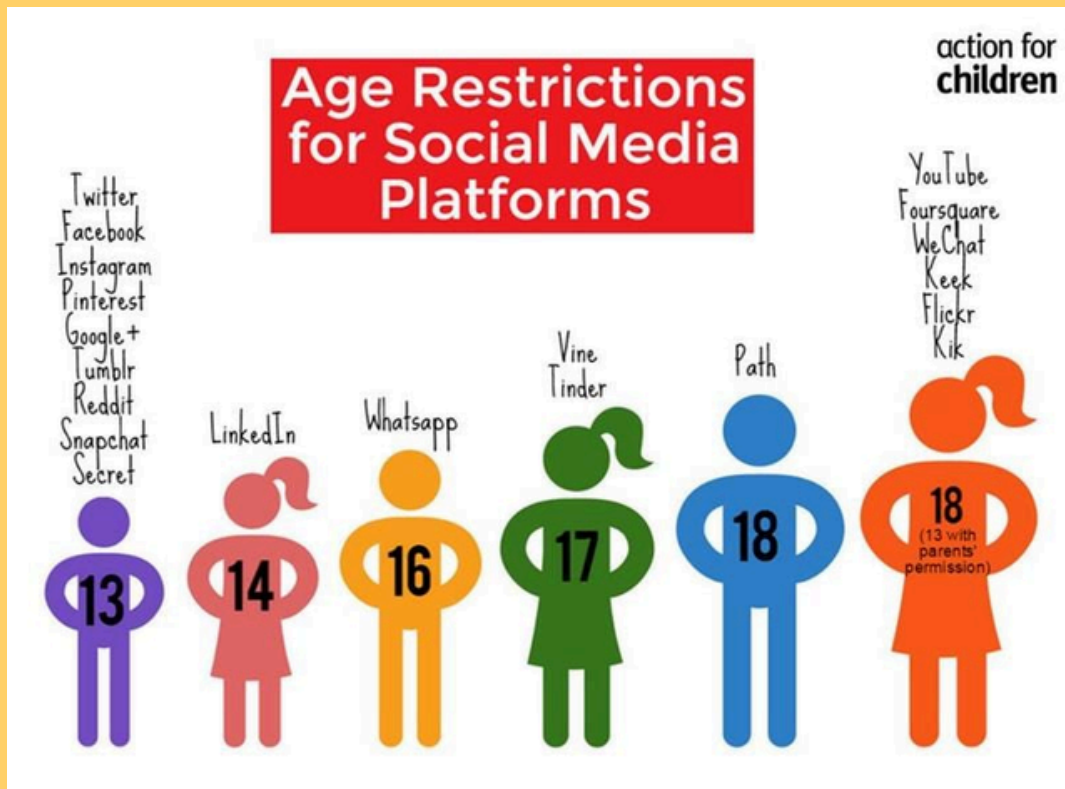
CALL US

**03303 530 541**

SPEAK TO TRAINED SLEEP ADVISORS

Available Mondays, Tuesdays, Thursdays 7pm-9pm  
Mondays, Wednesdays 9 -11am

\*excluding Bank Holidays



### What can you do as a parent to help keep your child safe online?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

The freephone, 24-hour National Domestic Abuse Helpline

0808 2000 247



Chat to us online

Send us a message

01

**Isolation** - From friends, family and other relationships.

02

**Gaslighting** - Telling the victim they are wrong, have misunderstood or are going mad. Making them doubt their ability of sanity.

03

**Jealousy** - Of family, friends, work, school- even strangers.

04

**Financial Control** - Limiting access to money, bank accounts or with holding finances.

05

**Name-Calling & Put Downs** Constant verbal abuse- designed to chip away at a victim's self-esteem and self-worth

### Recognising the signs...

**Monitoring** - Constant watching of devices, movements and conversations.

06

**Denying Freedom** - Stopping seeing others, spending time away from your partner.

07

**Threats** - Of violence, sharing intimate photos, of harm or of suicide.

08

**Physical Assault** - Physical violence to maintain control and instil obedience and fear in the victim.

09

**Humiliation & Taunting** - Leading to victims believing they are worthless and deserve the abusive treatment.

10





# STRANGER DANGER

NEVER

Never agree to meet a stranger.  
Do not go anywhere, or do anything, with someone that you are not comfortable with.

NEVER

Never take sweets or presents from someone you don't know.

NEVER

Never get into a car or vehicle belonging to someone that you do not know.

NEVER

Never give your personal details to a stranger.

ALWAYS

Tell your parents or a responsible adult, where you are going and who you are with.

ALWAYS

Arrange a time to be back – and stick to it!

ALWAYS

Look out for each other when you are playing with friends.

ALWAYS

Make sure you know the contact details of your parents, or a responsible adult, that you can contact in an emergency.



Bee ready for  
**anything**  
this summer



## BEACH SAFETY ESSENTIALS

STAY SAFE AT THE BEACH THIS SUMMER  
BY FOLLOWING OUR LIFE SAVING TIPS!



BE SAFE AND HAVE FUN THIS SUMMER!

## Mental Health support for young people

Understanding and looking after mental wellbeing is just as important as taking care of physical health and a good habit to develop as early as possible.

Good mental health and wellbeing improves the ability to learn and engage to help pupils achieve and thrive in education ultimately setting them up for life and work. When young people's their mental wellbeing is supported, they are more likely to;



attend school regularly,  
develop key life skills,  
particularly social and emotional skills,  
engage in learning,  
achieve academically,  
have better long-term outcomes, such as future employment.



Mental health is a priority topic for the Warwickshire Youth Council and they group recently recorded a podcast about some of the issues young people face and where support can be found. The episode was recorded to help young people better understand mental health and break stigmas around talking about it. It involved conversations with mental health professionals who listened to the young people's concerns and offered advice and details of resources to help them.

We want young people to know they're not alone. Support is available in schools, online, and within the community.

Young people in Warwickshire have access to a range of support services, including:

Warwickshire Rise Service – Offers comprehensive support for all children and young people

Kooth – Free, anonymous online counselling and wellbeing support for young people  
([www.kooth.com](http://www.kooth.com))

Childline – A confidential helpline offering support and advice ([www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111)

YoungMinds – Mental health information and crisis support for young people  
([www.youngminds.org.uk](http://www.youngminds.org.uk))

Support in schools – Many schools have pastoral leads, counsellors, or wellbeing services where young people can get help

Warwickshire County Council – Find health and wellbeing information as well as links to family support and related service areas at [www.warwickshire.gov.uk/wellness](http://www.warwickshire.gov.uk/wellness)

To hear more about mental health and how to support yourself or a friend, listen to the latest episode of Let's Talk Warwickshire – Voices of Tomorrow: <https://www.podbean.com/ew/pb-aqzzf-17f753e>



## **Supporting your child if they are self-harming**

If a young person in your life is self-harming it can be distressing and confusing. It may be difficult to start a conversation with them.

They might be doing it because they don't have the words to explain what they're experiencing. But it's important you know that you can support them. There are resources and advice for children and young people on Childline.

### **Why do teenagers and children self-harm?**

The reasons children and teenagers self-harm will be different for everyone. They might not be able to name any one reason they're self-harming.

For many young people, the physical pain is a distraction from the emotional pain they're struggling with.

Some experiences or emotions can make self-harm more likely in children, including:

- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse or neglect
- grieving or having issues with family relationships
- feeling angry, numb or like they don't control their lives.

### **Signs of self-harm in children and teenagers**

It can be hard to recognise the signs of self-harm in children and teenagers, but as a parent or carer it's important to trust your instincts if you're worried something's wrong.

#### **Signs to look out for can include:**

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs.

### **How to support a child who self-harms**

#### **Pause**

#### **Offer them emotional support**

Finding out that your child's self-harmed can be hard to accept, and it's natural to feel anxious or upset. Some parents and carers might blame themselves or feel powerless to help. But you can try:

- showing them you're there whenever and however they choose to talk. They may prefer to message you about it rather than speak directly
- listening and not asking too many questions about why they've self-harmed, which may make them feel judged
- letting them know that you care about them and want to help them find healthier ways to cope
- reassuring them it's OK to be honest with you about what they're going through.
- Focus on what's causing the self-harm







## Warwickshire Family and Relationship Support

The Family and Relationship Support Team provides online guides you can complete at a time to suit you. These include online and in-person workshops and programmes for parents and carers on topics including sleep, behaviour, teenagers, nurture, boundaries and rules, and more.

Make sure you follow their Eventbrite to receive regular updates about new workshops and programmes available to book.

Click here to book your place today.

[Warwickshire Family and Relationship Support Events – 41 Upcoming Activities and Tickets / Eventbrite](#)

KoothTalks helping young people stay safe on smartphones and online  
Kooth are offering a 30 minute webinar covering young people's use of the internet, social media and smartphones exploring how parents and carers can support them to stay safe.  
The webinar will cover:  
Young people online  
Social media, the law, the pros and cons  
Smartphone safety  
What parents can do to support their children



[Helping young people stay safe on smartphones and online](#)

## The Children's Society

[Time for Young People Registration Form](#)

Drop-in support

Please register with them if you wish to receive support. Once you have submitted your form, you will be able to walk into any of our drop-in locations below. When you arrive at the drop in, please inform us that you have registered – you will then be allocated a practitioner for a one-to-one for a session (up to 45 minutes). There is no waiting list for this service, and you do not need to book an appointment.

Time for young people, Coventry and Warwickshire  
Time for young people is our free emotional wellbeing support service for young people aged 10 – 25 who live or study in Coventry and Warwickshire.

Time for young people empowers young people to take time for themselves. You can press pause, breathe, and move forward. You can choose what support you access and when.

Our trained practitioners can help you if you're feeling unhappy or are finding things difficult. Together, we'll work through your problems to try and stop things getting worse.

### Current drop-in locations

Wednesdays from 1pm–5:30pm at our Coventry City Centre site: Central Library, Smithford Way, CV1 1FY  
Thursdays from 1pm–5:30pm at our Camphill Nuneaton site:  
Camphill Children and Family Centre, Hollystiches Road, CV10 9QA  
Fridays from 12:30pm–5:30pm at our Nuneaton Town Centre site:  
Saints, Newdegate Street, CV11 4ED

# Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

**To enjoy the water safely and make the right call...**

- **Enter slowly and carefully**  
Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers\*. Are you really a good swimmer?
- **Stay within reach**  
Don't go too far and stay within a standing depth.
- **Always be supervised**  
Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.



Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

**In an emergency...**

- **Call 999**  
If you are at the coast, call 999 and ask for the Coastguard. Don't enter the water to rescue.
- **If you're in trouble FLOAT and call for help**  
Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT

# Budget-Friendly Summer Holiday Activities

twinkl

Go bird watching and see how many different types you can identify.

Visit a free museum, choose a painting or statue and try to recreate it.

Camp in the garden.

Visit the seaside and explore the rock pools – how many different types of creatures can you see?

## Low-Cost Activities

Write a letter to a friend and post it, snail-mail style.

Make homemade ice cream.

Cook s'mores in a homemade solar oven.

Get some origami paper and make origami ice creams.

Have a bubble-blowing competition.

Watch an open air theatre production.

Organise a teddy bears' picnic for you and some friends.



## Explain the Risks of Substance Misuse

The beginning of summer break is a good time to give your young people a refresher about the dangers of drugs and alcohol (or to broach the topic for the first time). These conversations need to happen early, regularly and be appropriate to your young persons understanding, so they can understand the risks before they are exposed. The ability to say no and avoid putting themselves in those situations is a skill they will need for the rest of their life.



# LEARN



## Help Them Prioritize Sleep

Sleep deprivation is not good for children and teens. It can causes rollercoaster emotions and impulses, angry outbursts, and an increased risk for anxiety and depression. The summer is the perfect time to set healthy sleep habits that will last your child a lifetime. Together with your young person, choose a bedtime that ensures they get more routine quality sleep. Let your child become part of their own sleep solution, discuss the importance and benefits of a good sleep routine. Find out about any obstacles they might be facing such as smartphones, eating and drinking too late, computing games and TV.



## Curb Their Phone and/or Social Media Use

Technology can be a gateway to a child's weak spots. It's okay to allow your children to spend some time on their phones or social media but do not allow it to consume their lives. They need to be given the opportunity to interact with family and friends regularly.



## Prioritize Family Time

Even though summer schedules can have everyone going in different directions, be intentional about connecting as a family several times a week. Schedule BBQ's, movie or game nights, a weekend at a zoo or an afternoon in an escape room.

# GOOD TIMES








## Get Them Moving Every Day

Encourage your young person to get up off the couch and head outdoors for some physical activity every day, this will increases blood circulation, improves mood, and helps them stay in shape. They could go for a walk, run or bike ride. Encourage them to do outside activities with friends, family or siblings.



# How to Protect Yourself from the Sun

Ultraviolet (UV) radiation from the sun can damage our skin. Use this guide to help you stay safe in the sun:

UV-Index Level	What you should do to stay safe in the sun
1-2 <b>Low</b> 	No protection required
3-5 <b>Moderate</b> 	You <b>should</b> : <ul style="list-style-type: none"><li>• <b>slip</b> on some protective clothes,</li><li>• <b>slop</b> on some sunscreen,</li><li>• <b>slap</b> on a hat, especially if you have fair skin.</li></ul>
6-7 <b>High</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>slip</b> on some protective clothes,</li><li>• <b>slop</b> on some sunscreen,</li><li>• <b>slap</b> on a hat</li><li>• <b>wrap</b> (cover) up.</li></ul>
8-10 <b>Very High</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>slip</b>,</li><li>• <b>slop</b>,</li><li>• <b>slap</b>,</li><li>• <b>wrap</b></li><li>• <b>seek shade</b>.</li></ul>
11+ <b>Extreme</b> 	You <b>must</b> : <ul style="list-style-type: none"><li>• <b>avoid outdoor activities</b> during the day,</li><li>• <b>slip</b>,</li><li>• <b>slop</b>,</li><li>• <b>slap</b>,</li><li>• <b>wrap</b>,</li><li>• <b>seek shade</b>.</li></ul>





# 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



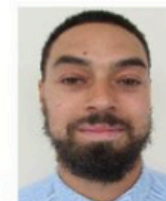
Fiona Holliland  
Family / Pupil  
Support



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.



# 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



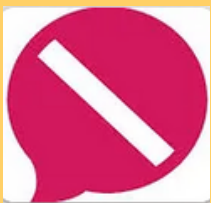
- Free, safe and anonymous online chat and wellbeing service
- Support for 11-25 year olds
- Friendly counsellors who can help you talk through your problems
- They are there for you to talk to when you need someone



- 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.