SAFEGUARDING BULLETIN

Autumn 1 2026

EXHALL GRANGE SPECIALIST SCHOOL

Be your best self

Happy Half Term

We hope that you and your family have enjoyed this half term as much as we have. As we welcomed everyone back in September, the sun was shining and the weather was lovely. We have now started to see the beautiful colours on the trees, crisp mornings and changing days of autumn remind us that a new season is coming. In this safeguarding bulletin, we are sharing some helpful information and timely reminders to support the safety and wellbeing of our children. Thank you, as always, for working in partnership with us to help keep every child safe, happy and supported both at school and at home.

Wishing you a wonderful and well rested half term holiday and hoping that you get to spend some special time together, whilst celebrating this beautiful season.



If there is a safeguarding topic, subject or if you would like more information on a particular concern, then please do not hesitate to get in touch with us via email and we can share it in the Safeguarding Bulletin.

Email us at safeguarding@exhallgrange.co.uk

If you need to speak to a member of the Safeguarding Team urgently, then please contact the main school office.

DISCOVER | CONNECT | IMAGINE

Warwickshire Libraries

What's On Guide

October - April 2026/27

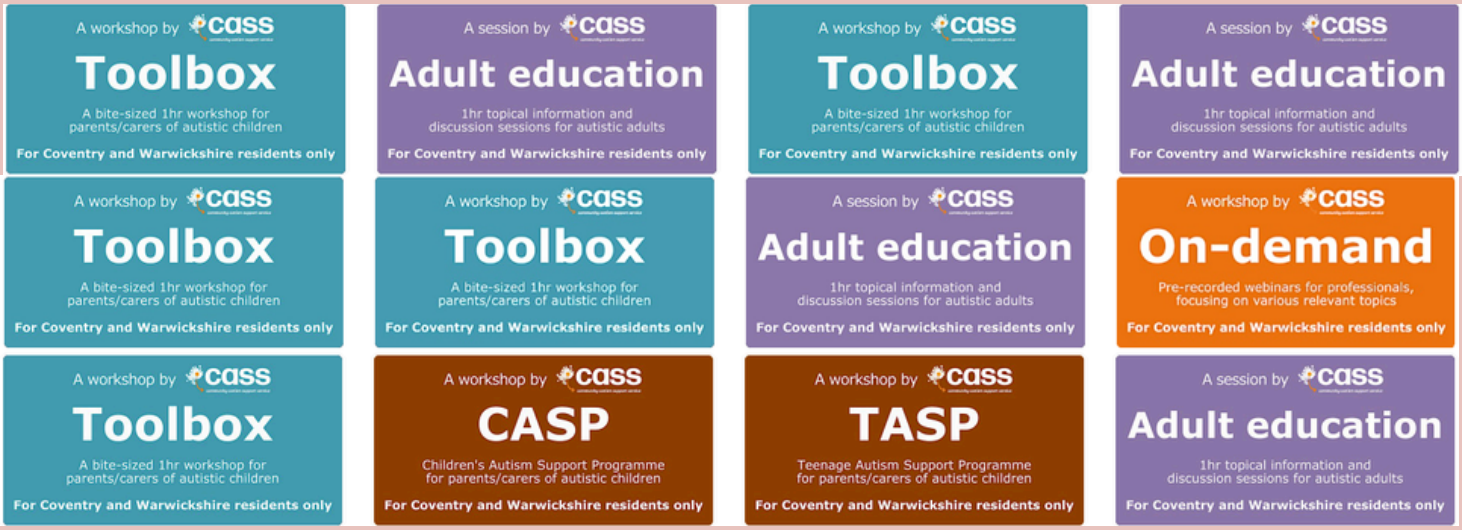
Click on the What's on guide to find out what is happening in a Warwickshire Library in your local area.

cass

community autism support service

Go to the CASS website to see what support groups & workshops they have on offer for parents.

CLick here to go to the website.
https://www.eventbrite.co.uk/o/community-autism-support-service-cass-62721567983



A wonderful monthly series of original, participatory family performances.

Musical Picnics are warm, eclectic and diverse musical performances for children, parents and families, welcoming everyone from the local community.

Brought together in a friendly and relaxed space, Musical Picnics are original participatory performances led by new musicians and artists each month, helping children and families to absorb, interact and fall in love with the incredible world of music and performance.

Come along and discover everything from flamenco to folk, beatboxing to bebop, opera to ouds, sitars to jazz guitars, electronics to percussion!

Each Musical Picnic is different, but in general, will be most enjoyed by children aged 3 to 8. Everyone is welcome, from babies to great grandma! Most performances will be best suited to children under 10, but this is just a gentle guide.

WARWICK ARTS CENTRE

For more information - visit their website by clicking here: https://www.warwickartscentre.co.uk/whats-on/UPb-musical-picnics/

FIREWORK & BONFIRE SAFETY TIPS

FROM THE FIREMAN SAM™ TV SHOW AND CHILD ACCIDENT PREVENTION TRUST





DID YOU KNOW?

Fireworks are exciting, but they can be very dangerous. Listen to your grown-up about where is a safe place to stand.



SPARKLERS

TIP #1

Keep your sparkly sparkler safely away from other people and don't run with them.

TIP #2

Once sparklers are finished, put them into a bucket of water, don't pick them back up.

TIP #3

Wear your gloves when you hold sparklers and keep them away from your body.



BONFIRES



TIP #4

Stand at a safe distance from the bonfire and stay close to the grown-ups.

TIP #5

Don't be tempted to throw things into the bonfire or poke at it with sticks.

FIREWORKS



TIP #6

Leave your dressing up clothes at home on fireworks night, wrap up warm instead.

TIP #7

If you're going to a firework display, hold hands with your grown-up and stay with them all the time.

TIP #8

Put toys and phones away when you're out and about so you can focus on keeping safe and having fun!

DON'T PANIC...

If you do catch your clothes on a flame:

STOP, DROP and ROLL

STOP what you are doing.
DROP to the ground and cover your face with your hands.
ROLL over and over to put out the flames.



Practice your **STOP, DROP and ROLL** before bonfire night.
Get your friends to try it too!

HALLOWEEN SAFETY RULES for Kids

Be Safe • Be Kind • Have Fun!

TRICK OR TREAT

1. Stay with your grown-up.



2. Look both ways before crossing.



3. Stay on the sidewalk.



4. Check your candy before eating.



5. Never go inside a stranger's home.



6. Use a flashlight at night.



7. Say "Thank You".



8. Be kind and share.



9. Stay with your group.



10. Have fun and stay safe!



KIND KIDS MAKE HALLOWEEN BRIGHTER!



Safe Kids Happier Halloween!

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 or 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.

Whatever challenges you're dealing with, you won't be judged. Instead, you'll get the tools you need to understand your emotions, build strong relationships, and feel stronger.

We can help you to develop new skills and provide resources to support your well-being. That might include finding strategies and techniques to make your life easier, like how to deal with anxious feelings, manage a panic attack or get better sleep. We might suggest you look at other online resources or support with signposting you to alternative services.

Please email us at timecoventry_warwickshire@childrenssociety.org.uk to request an online face-to-face session with a practitioner (for up to 45 minutes), leaving a name and a contact phone number.

Website - https://www.childrenssociety.org.uk/information/young-people/well-being/services/time-coventry-warwickshire

Mobile drop-in sessions - Our practitioners will come to your site and set up our drop-in service for young people to receive 1-2-1 support within familiar settings, for an agreed period.

Educational Workshops - Young people can come together with other young people who are facing similar challenges, to work on mental health and well-being skills. We'll usually run these workshops within schools and colleges, or at one of our drop-in sites. Our current workshops include:

- Transitioning from Primary to Secondary School
- Emotional Regulation
- Healthy Relationships
- Community Safety - Keeping Yourself Safe
- Therapeutic Creative Arts

Recovery & Wellbeing ACADEMY

HOMEPAGE | RECOVERY AND WELLBEING ACADEMY

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.

SOCIAL MEDIA AGE LIMITS

What children, families and schools need to know

CURRENT	NEW
13+	**16+**
Many major platforms set 13 as the minimum age in their own terms.	The UK Government plans to stop social media platforms offering their services to under-16s.
Online Safety Act rules already require stronger age checks to protect children from pornography and other harmful content.	Stronger age checks will support the new restriction.
Please monitor what your children are being exposed to.	Expected from Spring 2027, subject to the final regulations and implementation.

Which apps are expected to be included?

Instagram • TikTok • Snapchat • YouTube • Facebook • X

Thank You

for supporting the new mobile phone policy. We have noticed a significanct difference in the pupils during their breaks, lunches and within the classroom.
We appreciate your continued support.

School without a mobile phone or smartphone offers significant mental and lifestyle benefits.



Key Benefits:



Better Concentration: Removing constant notifications and social media feeds helps restore attention spans and deep-focus capabilities.

Reduced Anxiety: Eliminating constant digital rabbit holes and social comparison lowers everyday stress and mental noise.



Presence and Boredom: Moments of waiting or transit encourage mind-wandering, reflection, and deeper engagement with the immediate environment.

Time Recovery: Reclaiming hours previously lost to mindless scrolling or managing smart device updates.





Learning to play and socialise again: The pupils are playing, talking, making real life friendships rather than only virtual friends.



Why do children swallow the weirdest things?

Babies and young children explore the world around them by putting things in their mouths. Whilst most of this exploration is healthy, some things can cause long-lasting damage if swallowed.

Why do they do it?

We've all been there: you turn your back for a second and suddenly your toddler has something gross in their mouth. Dirt, old crumbs, or play dough. Everything is fair game. But why do they do it?

Natural development - Babies and toddlers naturally put everything in their mouths. It's a normal developmental stage they all go through. But it means anything they can reach is at risk of going into their mouth.
Curiosity - Young children are curious and explore the world around them by using their mouths. They aren't being 'naughty' when they swallow objects. It happens by accident.
Imitation - Small children love to watch and copy what they see. If they watch you take some tablets every morning, they'll want to join in too.
Lookalikes - Accidentally drinking or swallowing something that looks like food or drink is common. Think brightly coloured cleaning products and tablets or washing pods that look like sweets.
Accidents - While they're less likely to intentionally swallow dangerous objects, older children may pop something in their mouth to hold it or free up their hands and accidentally swallow it.
Neurodivergence - Neurodivergent children may put things in their mouths to calm themselves when stressed or manage sensory overload.
Pica - Older children with autism spectrum disorder or learning difficulties may also eat non-food items. The medical term for this is pica.

Why is this so dangerous?

Whilst most of this exploration is healthy and good for their development, some things can cause devastating injuries.

Choking

Young children have narrow airways that are more easily blocked. Anything smaller than a 2 pence piece can choke a young child. That's why it's so important to keep any small parts out of reach. Think small bits of toys, coins, buttons and balloons.

Poisoning

Unfortunately, things that make our lives easier can be harmful to small children. Due to their small size and the way their bodies process poisons, it doesn't take much to have life-changing consequences.

Internal damage

While some objects will pass naturally through the body, others can get stuck in a child's food pipe, stomach or intestines. This can cause devastating internal injuries, such as chemical burns or blockages, and may require major surgery.

What are some of the biggest dangers to look out for?

Button batteries

Button batteries power lots of items in our homes. But they can badly hurt or kill a small child. If they swallow one and it gets stuck in their food pipe it can burn through the tissue and cause life-altering injuries or death.



it is essential that they are kept away from young children.



Cleaning products

The products we use to clean our homes are helpful to us, but can be harmful for small children. Think about where you store your cleaning products. Are they by the loo or under the kitchen sink? Make sure they're in a high cupboard out of reach. This is especially important if you have a little one who has just started crawling or will be on the move soon.



More tips to keep children safe

Garden chemicals

When you're gardening, please remember that accidental poisoning can happen in an instant, even if you're there but have been distracted momentarily. So, keep garden 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.



Magnets

While magnets can be great fun, they can rip through a child's gut if they swallow them, causing life-threatening injuries. The magnets can stick together inside the body and cut off the blood supply, causing tissue to die. Avoid small loose magnets if you have little ones at home. And teach older children about the risks.



Medicines

Did you know everyday painkillers are the most common way for young children to be poisoned? That's why it's so important to keep all medicines out of reach and sight of young children, ideally in a high-up or lockable cupboard. Tablets kept in handbags are a particular risk as they're often forgotten about and left on the floor in reach of curious children.



Small parts

When you think about choking risks you probably think about food. But in reality, a large share of choking incidents in young children involve objects that were never meant to go in a mouth in the first place. Balloons, coins, small parts of toys and anything else smaller than a 2p coin can choke a young child.

Washing pods

Small children can mistake brightly coloured washing pods for sweets or toys. But the concentrated chemicals can do serious damage to children's insides, skin and eyes. While it's tempting to keep products beside the washing machine, they're much safer up high or in a lockable cupboard.



Water beads

Water beads are small and can easily be swallowed without detection. As they bathe in stomach fluids, they expand to many times their original size, posing a serious risk of blockage in a child's bowel. That's why they are not recommended for use in the bath by under 5s.



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

Download the app

- 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
- Qwell is Soluna for adults over the age of 25 who need some support.

- 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



Fiona Holliland

Safeguarding Lead
Deputy Designated Safeguarding Lead (DDSL)



Andy Commander

Deputy Headteacher
Designated Safeguarding Lead (DSL)
Prevent & Attendance Strategic Lead and MHWB Senior



Helen Seickell

Headteacher
Deputy Designated Safeguarding Lead (DDSL)

Wider Safeguarding Team



Jo Copeland
Assistant Headteacher
Primary



Janet Bacon
Assistant Headteacher
Personal Development, Behaviour and Attitudes



Caroline Parkhouse
Assistant Headteacher
Quality of Education
(Post 16)



Faye Commander
Lead Consultant Teacher
Warwickshire Vision Support Service



Julija Andrejeva
Pupil and Family Support Lead



Lauren Pinfield
Mental Health and Wellbeing Lead



Ryan Field
Pastoral Lead



Alicia Pegg
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. Please contact the designated team first, if they are not in school you can talk to anyone in the wider safeguarding team.

Staff: If you have concern for a pupil's safety and welfare, report immediately to a member of the designated safeguarding team.

Visitors: If you have any concerns about a child or young person in our school, you must share this information immediately with our Designated Safeguarding Lead, Andy Commander. In his absence, you will need to speak to one of the other Designated Safeguarding Leads. If your concern relates to a member of staff, you should report this immediately to the Headteacher, Helen Seickell. If your concern relates to the Headteacher, you should contact the Chair of Governors, Fiona Toye.