SAFEGUARDING BULLETIN

September 2026

EXHALL GRANGE SPECIALIST SCHOOL



Welcome back to all of our wonderful pupils. We have missed you over the summer holidays. An empty school is a very sad place and should be full of laughter and learning.
We cannot wait to see what we can achieve this academic year.

We will be releasing our Safeguarding bulletin at the end of every half term with updates on how to keep yourself and your children safe and happy. If there is any information or a specific topic that you think yourself or other parents would find useful having some more information about then please email the safeguarding team at safeguarding@exhallgrange.co.uk to let us know and we can cover it in the next bulletin.

In this edition we will be providing some information on some of the changes happening due to Government policies and also Exhall expectations as well as attendance.

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.

What kind of things might involve the Safeguarding Team?

A child being hurt by another adult OR another child.	Unkind or sexualised comments towards a child
Feeling threatened	Inappropriate online behaviours
A child being touched in a way they do not like.	A child is not being looked after by the people at home.
A child seeing someone they love being hurt.	A child feeling mentally unwell, self-harming or thoughts of suicide.
Substance abuse/county lines risk	Anti-social behaviour
An incident involving homophobia, biphobia, transphobia.	A racist incident
If a child is being radicalised or at risk of this happening.	This list is not exhaustive – the main priority of the Safeguarding team is to keep the child safe.

Pupil and Family Support

Exhall Grange recognises the best outcomes for children and young people happen when school and parents / carers work together effectively. They focus on supporting pupils and their families to build better school communication.

The Student and Family Support aim is to help support the recognised needs of our pupils, parents, and carers. The intent is to provide knowledge, experience, specialised skills, and training to those identified pupils and their families providing a trusted point of contact. The aim is for families to access this confidential and impartial support at the earliest opportunity allowing early intervention and support. They work in partnership with other external professionals and the wider intervention team who to support pupils with emotional and social needs in line with codes of practice, school policies and procedures.
Our Pupil and Family Support Lead is Julija AndreJeva
contact her on 02476 364200 or andrejeva.j@exhallgrange.co.uk
Educational issues should continue to be directed to your child's Class Teacher or Key Stage Assistant Head.

www.exhallgrange.co.uk

Attendance monitoring

School attendance is of vital importance; it is recognised that inconsistent school attendance limits educational achievement, social development, and the future progress of young people.

During Key Stage 3, being in school consistently is important for helping young people build strong social bonds, feel connected to the school community, and build resilience around the expectations and routines of school.

During Key Stage 4, academic expectation on students increases and consistent attendance becomes important for ensuring they are well prepared to achieve at the best of their ability in any qualifications at the end of Year 11.

Attendance is a key area for school and home to work together on, supporting young people to attend consistently and have a strong school routine.
We are asking for your cooperation to help us ensure consistent attendance. You can help us by continuing to:

· Encourage your child to attend school punctually.

· Telephone on the day of an absence and providing information to explain the absence on your child's return to school.

· Inform us of any changes or circumstances at home which may affect your child. Any such information will, of course, be kept in the strictest confidence. We have a dedicated team who can help and signpost you to any additional support available to you.

· Support your child and the school by attending parent's meetings and taking an interest in your child's schoolwork. As always, your support is crucial to the success of your child.

Please remember that we are here to help and support you and your child. We will always listen, understand, empathise and support.

For families where there are barriers to consistent attendance, we always look to establish strong lines of communication between home and school, by working together closely we can ensure targeted support is put in place for you and your child.

EVERY DAY MATTERS
SCHOOL + YOU = SUCCESS

ATTENDANCE MATTERS.
ALL DAY, EVERY DAY

EXHALL GRANGE SPECIALIST SCHOOL
Be your best self

EXHALL EXPECTS YOU TO...	
Pupils/Students	**Staff**
Be where you should be on time.	Be at your designated work area on time, ready to work and create a welcoming learning environment.
Be prepared with basic equipment (pen, pencil) and ready to learn.	Be there at the beginning of the lesson, planned and prepared.
Wear school uniform. When in lessons/learning spaces remove outdoor clothing including hoodies.	Dress in an appropriate and professional manner and remove outdoor clothing when in lessons/learning spaces.
Be respectful to staff and other pupils/students and understand that everyone has the right to learn.	Be respectful to pupils/students and staff and be informed about pupils/students needs.
Follow the school policy of no mobile phones.	Only use a mobile phone in the presence of pupils/students if it is a work mobile and related to work.
Recognise that tasks are not always easy, and work will be challenging but ensure you always try your best.	Recognise that work will be challenging but ensure you always give your best, building and modelling resilience.
Understand that all actions have consequences both positive and negative.	Address both positive and negative behaviours fairly and according to pupil need.
Communicate your needs, likes and dislikes politely and with respect.	Communicate politely and with respect to all pupils/students and staff.
Be prepared to give things another go, even after you feel that things have gone wrong.	Be prepared to restore and rebuild a relationship with pupils/students or staff so that you can move on positively.
.... and 'Be Your Best Self'	

Remember the school values of Respect, Resilience, Confidence, Integrity, Aspiration and Motivation.

Mobile Phone and Smart Technology Policy

The policy establishes Exhall Grange as a smartphone-free school to ensure a safe, focused, and supportive learning environment.
Applies to all pupils across primary, secondary, post-16, and Pod settings.

Main aims:

- Eliminate distractions and disruptions caused by smart devices.
- Maximize safeguarding, health, and wellbeing of pupils.
- Support families in making decisions about when children should access smart technology.

Policy statements:

- Smartphones and any device with internet access (including tablets, smartwatches, Kindles) are strictly prohibited on school premises.
- Only basic phones without internet, camera, or app capability are allowed, and only for communication before/after school.
- Approved basic phones must be switched off, stored in bags/lockers, and not used during the school day.
- AirTags or similar trackers are permitted for location tracking.
- Reasonable adjustments are available for pupils with disabilities or medical needs, subject to headteacher approval.

Rationale:

- The policy is based on evidence of harm from early smartphone use: increased screen time, mental health issues, cyberbullying, and distraction from learning.
- Many parents and pupils are concerned about device addiction and its impact on wellbeing and concentration

Enforcement and Consequences:

- Any prohibited device or any phone seen or heard during the school day is confiscated.
- Approved basic phones, if misused, are confiscated until collected by a parent/carer.
- Prohibited phones are confiscated for two weeks (term time) and returned after the period ends.
- Refusal to hand over a device leads to internal isolation, parental involvement, and possible fixed-term exclusion.
- The policy applies during school trips and residentials, with basic phones collected overnight by staff

Frequently Asked Questions (FAQs)

- The school has the legal right to confiscate phones, supported by DfE and Ofsted.
- Communication during school hours is via the school office; basic phones are allowed for travel to/from school.
- Tracking can be done with non-smartphone devices (e.g., AirTags, GPS trackers).
- Parental controls on smartphones are not considered sufficient protection.
- No obligation to provide any phone; basic phones are affordable and sufficient for communication.
- Parents decide when their child gets a smartphone, but the school remains smartphone-free.
- Exceptions for medical or special educational needs are considered individually.
- Smartphones are not required for homework; school provides access to computers for assignments.

Full policy can be found on www.exhallgrange.co.uk





PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

Screen

The average amount of time a teenager spends online in the UK
4.54 hours

= 34.3 hours a week

= 75 days a year

= 14.3 years a lifetime

*Ofcom 2025

According to Jonathan Haidt, The Anxious Generation, the average teen spends between 6 to 8 hours a day engaged in screen-based activities, with approximately 4.8 hours dedicated specifically to social media.

PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

"Behind every screen on your phone, a thousand engineers have worked to make it maximally addicting. Children are particularly susceptible to this kind of manipulative design."

Aza Raskin
Co-inventor of 'infinite scroll', turned campaigner

PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

BILL GATES
Didn't allow his 4 children smartphones or their own computers until they were 14

EVAN SPIEGEL
Grew up without a TV and credits his own success on that tech restriction. Limits his kid to 1.5 hours screen time per week

STEVE JOBS
"We don't allow the iPad in the home. We think it's too dangerous for them"

PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

The opportunity costs

*Oxford Home Schooling and Tuition, 2022
*The Raising the Nation Play Commission ,2025

↓ 50%
Children's outdoor playtime has halved in a generation

64%
16-18 year olds say their smartphone prevented them socialising at school.

PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

Harder at first...benefits felt later on



PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

What are the pros and cons of smartphones, social media and gaming?

What do you like or dislike about how we currently use technology?

Why do you want a smartphone?

What do we value most about our family?

More time
Longer childhood
Better sleep
Better mental health
Better self-esteem
Less comparison with others
Improved concentration and focus
Stronger connections with peers
Less exposure to harmful content
Improved physical health

Exhall Grange School New rules on Mobile Phones and devices



- Do not bring a smartphone, smart watch, tablet, Kindle or any device that can access the internet into school.
- If you need a phone for travelling to and from school, it must be a basic phone only.
- A basic phone must not have internet, apps, a camera or recording features.
- Your phone must be switched off before you come onto the school site.
- Your phone must stay in your school bag or Post 16 locker all day.
- Phones must not be seen, heard or used during the school day.
- Smartphones or prohibited devices will be kept securely and returned after two weeks of term time.
- If you need to contact home during the day, speak to a member of staff and use the school system.
- If you have a medical need or disability that means you need a device, this must be agreed with school in advance.

Why we are introducing these rules



- To help pupils concentrate in lessons.
- To reduce distractions at break and lunchtime.
- To help keep everyone safe online and in school.
- To reduce cyberbullying, unwanted photos or videos, and harmful online content.
- To support positive friendships, communication and wellbeing.

PAPAYA LET'S TALK ABOUT OUR KIDS AND THEIR TECH

Nokia 105 4G (2023 version) Around £24 Amazon, Argos 	Artfone F30 4G Around £40 Amazon, eBay 
 Uleway T190 4G Around £40 Amazon, eBay (also branded as Chakeyake)	 Easyfone Prime A6 4G Around £40 Amazon

Basic smart phones allow children to connect with others via texts and calls

What our pupils say about not having a phone in school

"Having no phone at school has helped me feel less dependent on devices at home too"

"I feel less distracted and have been able to build better relationships with my teachers and TAs"

"I have felt more relaxed around school at social times"

October 10th

5 Gentle Reminders for Supporting a Loved One with Mental Health Problems

1. You don't need to fix – just being there matters.
2. Support looks different for everyone – trust your relationship.
3. Ask gently – they'll tell you what they need, in time.
4. Keep learning – no two mental health journeys are the same.
5. You matter too – care for yourself as part of the process.





Mental health support for young people in Warwickshire

A simple guide for accessing emotional wellbeing and mental health support for children and young people aged up to 18 (or up to 25 for those with an Education, Health and Care Plan)

Is your child or young person in immediate danger? Call 999 or visit A&E. For urgent mental health advice, contact NHS 111.



WHAT SUPPORT IS BEST FOR YOUR CHILD?

Mild to moderate emotional wellbeing support

Your child may be:

- Feeling anxious or worried
- Struggling with stress or low mood
- Having friendship or school difficulties
- Finding emotions difficult to manage



Your child may need some coping strategies and early support.

Tel: **02476 631835** (lines are open Mon-Thurs 9am - 4.30pm and Fri 9am - 4pm)

Visit: **www.echosupport.org.uk**

Support includes one-to-one/group wellbeing sessions and drop-in workshops.

More complex or ongoing mental health support

Your child may be struggling with serious emotional or behavioural challenges that are affecting their safety, relationships, learning, or ability to cope with everyday life e.g. eating disorders, self-harm or severe depression

Your child may need a specialist mental health assessment or support from NHS mental health professionals.

Talk to your GP, school, social worker or professional involved with your child about a referral.

For more information visit **www.covwarkpt.nhs.uk/cyp-services**



DON'T WORRY!

Both organisations will work closely to ensure everyone gets timely and appropriate support from the best service based on their needs, regardless of their referral route.

REMEMBER

Seeking support early, before things escalate, can make a big difference. For more information about mental health support, visit **www.warwickshire.gov.uk/mentalhealth**

Child Friendly Warwickshire · Coventry and Warwickshire Integrated Care System · NHS Coventry and Warwickshire Partnership NHS Trust · ECHO · Warwickshire County Council



What is Healthy Start?
If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. You'll get money added onto your Healthy Start card every 4 weeks.
You can use your card to buy:
plain liquid cow's milk
fresh, frozen, and tinned fruit and vegetables
fresh, dried, and tinned pulses
infant formula milk based on cow's milk

You can also use your card to collect:
Healthy Start vitamins – these support you during pregnancy and breastfeeding
vitamin drops for babies and young children – these are suitable from birth to 4 years old

Sign up for personalised regular emails for trusted NHS advice, videos and tips on your pregnancy, birth and parenthood. You'll receive regular emails tailored to your stage of pregnancy or your child's age.

https://www.healthystart.nhs.uk/



Click on the link below to find out about all of the activites available to book at Warwickshire Country Parks over the October Half term
OCTOBER HALF-TERM . WARWICKSHIRE COUNTRY PARKS BY WARWICKSHIRE COUNTRY PARKS | EVENTBRITE



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
- Qwell is Kooth 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.