

Meet the Safeguarding Team



Eddy
Lead DSL



Carol
Deputy DSL



Hannah
Deputy DSL



Marie
Deputy DSL

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up to date.

All can be contacted via the office or by telephone on:

01652 631280

For a copy of our school's Safeguarding Policy, please visit the Policies page on our [school website](#).

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Concerns can also be reported using the numbers below:

North Lincolnshire Children's Services Single Point of Contact on:

01724 296500 (9am to 5pm Monday to Thursday, 9am to 4.30pm Friday)

08081 689667 (free phone)

01724 296555 (answerphone – out of office hours and at weekends)

101 – Police non-emergency

Dear Parents and Carers

Welcome to our Summer Term Safeguarding Newsletter. Apologies, but it is a lengthy newsletter this term, but there is a lot of information to pass on which I hope you find helpful.

May was Mental Health Awareness month, so this term's issue contains a focus on mental health and anxiety in children and how we can all support them, particularly as we head towards the end of the academic year with the holidays, changes to routine, and transitions in mind. These transitions also include to new classes or new provisions for some of our pupils.

With the change to the weather we have seen lately, we will look at staying safe in the sun, further tips and advice to staying safe online, and links to games and activities you can do with your child during the summer break.

As always, please do contact the school or the Safeguarding Team if you have any concerns, queries or questions.

Have a great summer,

Eddy Wharton

(Designated Safeguarding Lead)

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

SPOC: Single Point of Contact

LADO: Local Area Designated Officer

CP: Child Protection

CiN: Child in Need

FPT: Family Partnership Team

TAF: Team Around the Family

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

Children With SEN Are More Vulnerable to Mental Health Issues

Children with SEN often experience unique challenges that can contribute to poor mental health, including:

Social Isolation and Bullying

- Many children with autism, ADHD or learning disabilities struggle with **social cues** and may find it hard to form friendships.
- This can lead to **feelings of loneliness and exclusion**, increasing the risk of anxiety and depression.
- Unfortunately, children with SEN are also at a higher risk of **bullying**, which can severely impact self-esteem and mental wellbeing.

Academic Pressures

- Children with SEND often feel frustrated due to learning difficulties that make traditional academic tasks more challenging.
- Pressure to meet **age-related expectations** can lead to **stress and low self-worth**, especially if they struggle to keep up with their peers.

Sensory Overload

- Many children with **autism and sensory processing difficulties** experience sensory overload in busy environments.
- Loud noises, bright lights, and crowded places can cause extreme stress and anxiety.

Communication Barriers

- Children with **speech and language difficulties** or non-verbal autism may struggle to express their emotions.
- When they can't communicate their distress, they may experience **meltdowns, withdrawal, or anxiety**.

However, there are ways to support a child or young person with their mental health, and you may already be doing it.

Nevertheless, see the advice from the NHS, Better Health and Every Mind Matters below.

Ways to support a child or young person with their mental health

Be there to listen



Regularly ask your child how they're doing, to help them get used to talking about their feelings and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).

Support them through difficulties



Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).

Stay involved in their life



Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests



Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

Take what they say seriously



Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.

Build positive routines



Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

You can also find plenty of resources and useful information about mental health for children here:

[Place2Be: Parenting Smart - Articles](#)

We can never completely eliminate stress for our children, in fact shielding them from the difficulties of life won't do them any favours. It's far more powerful to raise a resilient child who can bounce back from challenges and maintain a positive mindset. This is something we focus heavily on in school, and you can support with at home. It is important to be prepared for any worries your child may express. Since stress is a natural part of life, your goal is to teach your child healthy strategies for coping with it. You can start by following the five steps below:

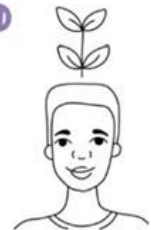
STEP 1 REFRAME STRESS

Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



STEP 3 STOP CATASTROPHIC THINKING

Do the **worst case scenario exercise**. Ask your child, "What's the worst thing that could happen?"

Caution: do not dismiss their worry!



STEP 4 PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



Not all of the steps or tips above may be relevant or appropriate for your child but understanding that they may be suffering with mental health issues, especially as routines, such as the school day, end for the summer holidays, might just help you to recognise and support their needs in different ways.

Staying Safe On-Line

The Summer Holidays can also be a time when your child may well spend more time online. So, please see below for tips, advice and support to keep them safe, and to keep up to date with information you need to know.

Online Safety

It is really important that we as parents are aware of what our children are doing online. We live in a world where nearly every child has access to some sort of online device and it is extremely important that as parents we are aware of the dangers and make sure we have controls in place. Please ask if you have any questions.

Here are some useful websites for you to look at:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
<https://www.internetmatters.org/>

10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely and positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more**: Explore reliable resources for parents so you can educate yourself.

@kathleen_morris www.kathleenamorris.com

BE SMART ONLINE

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be used to locate you where you are. Keep these safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.childnet.com

A ACCEPTING Think carefully before you click on or open something online. It could be a link, a photo, a video, a request, a photo, or a video where they may lead to or they may contain viruses. Do not accept anything if you are unsure of who the person is or what they're asking you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not actually true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childnet - 0800 11 11 or www.childnet.com

BE SMART WITH A HEART Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

CHILDNET – SEND CHILDREN

There are relatively few resources to help children with Special Educational Needs and Disabilities. Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND).

[Parents and Carers Toolkit | Childnet](#)

FIFTEEN APPS PARENTS SHOULD KNOW ABOUT

MEETME MEETME IS A DATING APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.	GRINDR GRINDR IS A DATING APP CREATED TOWARDS GAY, BI AND TRANSGENDERED USERS. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMARTPHONE'S GPS LOCATION.	SKOUT SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17 YEARS OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.
WHATSAPP WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS. WHOWHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.	TIKTOK TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.	BADOO BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE ABLE TO CREATE PROFILES.
BUMBLE BUMBLE IS SIMILAR TO THE POPULAR DATING APP TINDER. HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.	SNAPCHAT SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING STORIES ALLOW USERS TO VIEW CONTENT FOR UP TO 24 HOURS.	KIK KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE ANYWHERE, ANYTIME.
LIVE.ME LIVEME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN COINS AS A WAY TO BUY VIDEOS OR PHOTOS.	HOLLA HOLLA IS A SELF-PROCLAIMED "ADULT-ONLY" VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.	WHISPER WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.
ASK.FM ASK.FM IS KNOWN FOR CYBER-BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.	CALCULATOR% CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.	HOT OR NOT HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE. CHECK OUT PEOPLE IN THEIR AREA AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

Staying Safe in the Sun

The recent hot weather has reminded us that we all need to keep safe and protect ourselves from the sun – this also applies to adults.

So, please - **SLIP, SLOP, SLAP, SEEK AND SLIDE**



You can also keep yourselves safe by following the Government Advice and Guidance via this link

[Beat the heat: staying safe in hot weather - GOV.UK](https://www.gov.uk/government/collections/beat-the-heat-staying-safe-in-hot-weather)

Or visit the RNLI website to sat safe in the water



[Water Safety Advice And Tips - Know The Risks](https://www.rnli.org.uk/advice-and-tips/known-the-risks)

Support for families throughout the summer

Resources to help

With the cost of food and childcare continuing to have an impact on many families, the upcoming summer holidays are likely to be a worrying time for those parents who are struggling. Thankfully there are many resources available to help during this period and I have compiled some of these below:

1. Kids Eat Free schemes across the UK

Some supermarkets and restaurants allow children to eat for free or at a reduced rate during the school holidays. To access these schemes, children **DO NOT** have to be eligible for free school meals – they are available to anyone.

<https://www.moneymagpie.com/save-money/where-can-kids-eat-for-1-or-less-this-holiday>

2. Holiday Activity and Food Programme (HAF)

The Holiday Activity and Food Programme is a holiday scheme which offers in-person enrichment support for school-aged children from Reception to Year 11 and will be available over the summer holidays for children in England who are eligible to receive free school meals.

The programme aims to provide:

- Enrichment activities for children aged 4+
- At least one free healthy meal a day
- At least 4 weeks' face-to-face provisions during the six-week holidays

It is important to note that anyone wishing to access support from the HAF programme must submit an application for **each** holiday. More information about the programme and how to apply, can be found on the [Government website](#).

3. Vouchers and food parcels from local councils

Some councils across the UK currently offer weekly food vouchers such as [Healthy Start food vouchers](#) or parcels to families in need. Other initiatives offered by councils that can help to ensure that children have continued access to nutritious food throughout the summer holidays, include:

- A weekly food voucher (from selected councils in England)

The support available varies between councils and authorities, so [check with the local council](#) to see what help is on offer.

4. Food Banks

Families can also access emergency support from food banks. There are over [1,400 Trussell Trust food banks across the UK](#), and many independent food banks, offer vouchers and food packages along with essential toiletries. Families needing support can get a referral from Citizen's advice, GPs, social workers, or their local council.

See below for free or £1 meals for kids



PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

Things to do in the summer holidays

Keeping children entertained and happy can be difficult at any time of the year, but in the long the summer holidays it can seem even more so.

So, here are some ideas, and links to activity sites, that may just help you with that.



[50 Summer Holiday Activities for Kids UK](#)

[20 Best Things To Do In Lincolnshire Near Me | Attractions in Lincolnshire | Day Out With The Kids](#)

[44 Free Things To Do In The UK Summer Holidays - Mum Making Money](#)

[The Best Summer Holiday Activities Across Yorkshire \(2026 Guide\) | Yorkshire-List](#)

Also, you can visit your local Council Website who will have a host of ideas closer to home.

Finally, it is also really imperative that as parents you look after your own mental health too.

Parenting or caring for a child or young person can be tough at times. It's important to look after your own mental wellbeing, as this will help you support yourself while you are supporting others.

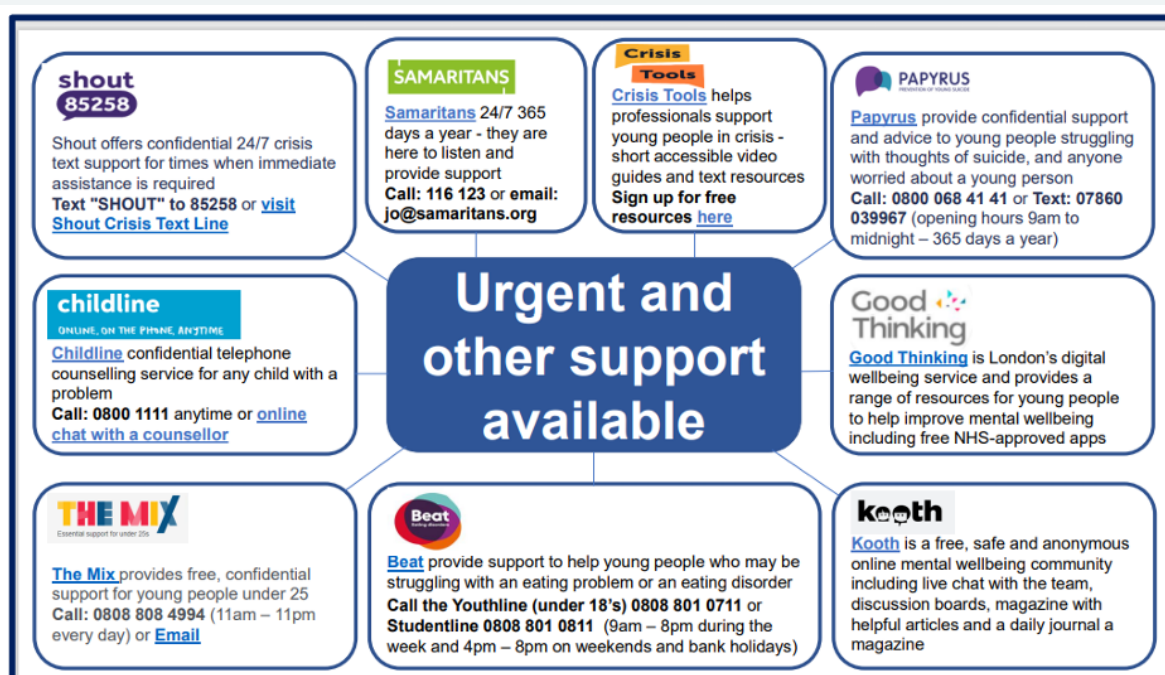
Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of.

If you can, tell someone you trust how you're feeling. Maybe there's family, friends or a colleague who could support you or allow you a break?

You should never feel like you must cope on your own, as there's help available. Scope has advice on [managing stress when caring for a disabled child](#) and Young Minds has lots of support for parents.

➔ Young Minds advice for parents



Just a reminder that the school closes on Friday 24th July and opens again for pupils on Wednesday 2nd September 2026.