



# Holywell News



Issue No: 182  
October 2025

*Headlines from Mr Simpson:*



**REMEMBER STUDENTS  
ARE BACK TO SCHOOL ON  
MONDAY 3<sup>rd</sup> NOV  
HAVE A GOOD HALF TERM!**



**BUILD A BRIDGE**

Build a bridge  
Find a way  
To connect  
To close the gap  
To cross over



Build a bridge  
Make a move  
Meet at the start  
Meet together  
Meet the challenge

Build a bridge  
Reach out  
Build with kindness, respect and responsibility  
Build with care, compassion and gratitude  
Build with the heart

And, when the distance seems too wide,  
Remember, it takes both sides to build a bridge.  
Use the Holywell values  
Use the Holywell style  
Use the Holywell way  
To build a bridge

As the students and staff leave for a well-earned break and quiet falls over the school site, I have a moment to reflect on all we have achieved since September. It has been a term full of successes and challenges, surprises and routines, new beginnings and exciting plans for the future.

Our sporting teams (football, netball and table tennis) have all been superb and have won most of their games ... they have also been very gracious in their success and also in the odd defeat.



You will read later in the newsletter of all the amazing opportunities students have had to challenge themselves in modern languages with everything from the visit of a German author/illustrator to a visit to a

French restaurant experience. Other visits so far this year have been in History to Mountfitchett castle and to Wrest Park.



A group of Year 8 students took part in some filming for a new Scripture Union resource – Leap of Faith. The interviews with our students will be used nationally in schools, churches and youth groups to get young people thinking about some of the big questions in life – everything from ‘Why am I here?’, ‘Why is there suffering in the world?’, ‘How do I know God exists?’ to ‘Who is on my side?’. The responses from our students were deep, reflective, thoughtful and ultimately life-affirming and full

of the Holywell values. I was genuinely filled with pride listening to their responses. They talked about the support they get from family and friends, of the beauty of the world, of the need to care for others and the need to be respectful, responsible guardians of the planet. Many had a strong faith which helped to guide their choices and for those without a faith, they too held our values of kindness and hope in their hearts.

We have been working hard to secure our basic routines at the start and ends of lessons and this is now well-established across the school. Thanks to parents and carers for helping to keep students resourced and equipped with reading books.



Our Year 5 students have settled in well and they are already making a wonderful contribution to our school. The Year 5 form tutors have worked tirelessly to ensure a good transition and it has been lovely to see how quickly the students have settled into the school, finding their way around the site and adapting to moving around classes to go to different subjects. Our Year 5s are quite an historic year group for us as they are our last ever new Year 5 cohort! Next year will be the first time that we have a Year 9 cohort and we were delighted with the

response to our first Year 9 Open Evening. We are humbled by the number of families wanting to stay with us into Year 9 and we are continuing our planning for next year's new courses and for supporting the students through to GCSE. For families in Wootton, a key challenge will be transport and we have been making great progress in securing a dedicated public bus service – more details to follow – we are also exploring a similar service from Marston Moretaine – watch this space!



In terms of the site development, we have recently had excellent meetings with CBC and their feasibility / design teams. We have been guaranteed the facilities we need to deliver the Year 9 curriculum for September 2026 and plans are well under way for the design and development of the additional facilities needed for our long-term expansion. We hope to be able to share more details after half-term.

We have continued our theme of bridge-building during our worship this half term and, as well as looking at some famous biblical bridge-builders (Barnabas and Paul), we have been exploring how we can be bridge-builders. With 'love' as the foundation we need to:

1. Believe that there's value on both sides. This is about being willing and open to the fact that other people have different beliefs and backgrounds, but in order to build a bridge, we have to believe that everyone is of value.
2. Be willing to be uncomfortable. Sometimes, we have to step outside of our comfort zone to build a bridge ... and we need to do this with kindness and care.
3. Pursue unity over agreement. We talked about being united around our core purpose for everyone to 'live life in all its fullness' – it's what binds us all together as a community at Holywell – we don't always agree, but like pointillist painters show us, all the individual parts make up one wonderful whole.
4. See the gaps where a bridge is needed. Whatever the gap, we need to recognise it and then start to build – whether this is a friendship gap, a learning gap or just something that needs fixing – where we see a need, we should do something about it.
5. Focus on common ground. The South Africans have a word 'Ubuntu' which means 'I am because we are'. It is a philosophy of interconnectedness, respect and kindness ... common ground and a common philosophy to which we could all ascribe.



Have a great half-term; rest, recharge and we look forward to seeing the students on the 3<sup>rd</sup> November, ready for some more fantastic learning. All best wishes always

MG Simpson  
Mike Simpson  
Headteacher

# Staff News

## **Buckinghamshire Lord Lieutenant Meritorious Service Certificate Awarded to Mr Meek**

Mr Meek is our Behaviour and Inclusion Coach and works with many students supporting them to deal with emotions, issues and challenges in a peaceful and managed way. Outside of school, and what many people do not know, is that the Mr Meek has been mentoring and leading the Sea Cadet Corps as a Cadet Forces Adult Volunteer for many years.

In recognition of his outstanding service, on Thursday 16<sup>th</sup> October 2025, Warrant Officer Class 2 (SCC) J Meek, RNR received the prestigious Lord Lieutenant Certificate for Meritorious Service presented by The Lord Lieutenant, The Countess Howe in Aylesbury. These awards were instituted to afford public recognition to those members of the Reserve and Cadet Forces whose efforts are not recognised by the twice-yearly Honours Lists. The Lord Lieutenant certificate thus ranks second to The King's Honours Lists!

Mr Meek was the First Lieutenant for many years at York Sea Cadets, a thriving unit that undertook many activities for cadets in the city and across the county. He coached staff to achieve higher qualifications in rowing and was instrumental in cadet teams winning at national rowing, band and swimming.

He volunteered and wrote, as part of a national team, a new induction training package for all new staff members joining the Sea Cadet Corps. He then trained the trainers to deliver the course.

Due to his extensive Sea Cadet bandmaster experience, he was appointed to the position of Area Staff Officer (ASO) Music (Eastern which covers as far north as Scarborough and as far south as Dunstable) where he organised area training and competitions. His own band in York gained national success.

On moving down to Milton Keynes, he has led on leadership at Area level (Southern) and has led on 'peer educator' (training cadets to teach) training across Buckinghamshire, delivering area training courses at BTEC level, and assessing for leadership at cadet promotion boards.

He has a passion for developing and training cadets and adult instructors, often delivering tailored training sessions for new instructors and putting in extra time at weekends to train cadets to prepare for their promotion boards. He has been the District Warrant Officer for Oxfordshire and Buckinghamshire District Sea Cadets where he mentors and develops Adult and cadets for promotion boards.

Recently, he led on delivering the ceremonial arrangements for the Lord Lieutenant of Buckinghamshire's VE80 parade where some 300 cadets and adults from all three cadet forces and CCF across Buckinghamshire were on parade at RAF Halton; the parade VIP being the Lord Lieutenant of Buckinghamshire and a 100 year old veteran from the Second World War.

We are delighted to share the news of Mr Meek's award and we are so proud to have him as a member of our school community.



## **Term Dates for this Academic Year 2025 - 2026**

### **AUTUMN TERM 2025**

**Half term:** Monday 27th October - Friday 31st October 2025

**Closure Day:** Friday 28th November 2025

**Term Ends:** Friday 19th December 2025

### **SPRING TERM 2026**

**Term Starts for all students:** Monday 5th January 2026

**Half term:** Monday 16th February - Friday 20th February 2026

**Term Ends:** Friday 27th March 2026

### **SUMMER TERM 2026**

**Closure Day:** Monday 13th April 2026

**Term Starts for all students:** Tuesday 14th April 2026

**May Day:** Monday 4th May 2026

**Half term:** Monday 25th May - Friday 29th May 2026

**Term Ends:** Friday 17th July 2026

**Closure Day:** Monday 20th July 2026

*Dates are correct at the time of printing. Please note that dates may differ from other schools.*

### **If your child is away from school:**

**A telephone call, email or WEDUC notification is required on the  
first day of absence, before 8.30 am**

### **WEDUC Communications from School**



**Please note that we use WEDUC to communicate with families.**

**We STRONGLY RECOMMEND at least one parent / carer downloads the WEDUC app.**

If parents/carers need an enrolment code, please email Miss Watson on [awatson@holywellschool.co.uk](mailto:awatson@holywellschool.co.uk) who will be able to supply one. Thank you.

### **Attendance and Holidays in Term Time**

Parents / Carers should be aware that under current government guidelines **we can NOT give permission for any holiday in term time.** Holidays will be classed as **unauthorised absence** for your child. There may, however, be events that a student takes part in out of school which require him / her to miss a school day – we will continue to consider that sort of request. However, it is clear that the government and external authorities will want a very persuasive argument for us to be allowed to record any absence as a permitted time out of school. **No leave will be authorised during the first two weeks of the school year or during exam periods.**

**Parents/carers wishing to apply for leave of absence are required to fill in a Leave of Absence Application Form at least 4 weeks in advance of the planned absence** and before making any travel arrangements (available from the school office and to download from the school website). We always take a reasonable, supportive approach to requests (especially with regard to fines) however, taking 'the odd day' here and there can have a HUGE impact on learning.

### **Emergency Contact Details**

**Please remember to inform the school office of any changes to your contact details.** This includes **change of your home address, telephone numbers** (even temporary changes) **and doctors' details.** This is very important, as it enables us to reach you in case of emergency. Thank you.

## MFL News Our MFL Monthly Celebrities



### German and Film Taster Day at the University of Cambridge

On Tuesday 23rd September, fourteen enthusiastic Year 7 students had the privilege of taking part in a German and Film Taster Day at the University of Cambridge.



The day began at the Arts Picture house with a warm welcome from Dr Leila Mukhida, who introduced the students to the world of German cinema. They then enjoyed a screening of a German-language film, which provided both entertainment and an authentic introduction to the language in use.

Following the film, the group explored the historic surroundings on a guided tour of Trinity College, experiencing the rich traditions and atmosphere of one of the university's most iconic colleges. Students then enjoyed a three-course lunch at Trinity Hall, giving them a true taste of university life.

The afternoon was dedicated to a creative translation workshop, held in Trinity Hall's Lecture Theatre and facilitated by Sophie Lau from the Stephen Spender Trust. Using the film as inspiration, students engaged in hands-on translation activities that challenged them to think about language in new and imaginative ways.



The trip was not only hugely enjoyable but also academically enriching, offering students a unique chance to immerse themselves in German language and culture in a prestigious and inspiring setting. Many returned with renewed enthusiasm for learning languages and a deeper appreciation of how

they connect us to different cultures. We would like to extend our gratitude to Dr Leila Mukhida, Dr Mary Boyle and Sophie Lau for making this such a memorable and valuable experience for our students.



The Yr 6 and 7's thoroughly enjoyed a trip to a French restaurant for the day. From placing orders to drinking un chocolat chaud the French way (from a bowl!) the students and staff had a great time looking great in their black/red berets too!



### Enhance Language Learning at Home with *Oak National Academy*.

To support your child's language development in line with our Schemes of Work, we are incorporating Oak National Academy videos: a fantastic resource that brings classroom-quality lessons into your home.

Here are some easy ways to get started:

- ✓ Watch Oak National Academy language videos together regularly.
- ✓ Talk about what they learned after each video.
- ✓ Encourage your child to teach you what they have learned.

Check out the **KS3 French** units here:

 <https://www.thenational.academy/teachers/programmes/french-secondary-ks3/units>

Check out the **KS3 German** units here:

 <https://www.thenational.academy/teachers/programmes/german-secondary-ks3/units>

### **Duolingo**



All French and German students have access to Duolingo. Their username and password details are recorded at the front of planners. We encourage students to access the app regularly to further develop their foreign language skills. Duolingo is an app and website that uses a gamified approach to language learning, with lessons that incorporate translating, interactive exercises, quizzes, and stories.

### **Watching Movies & Shows**



Netflix, Amazon Prime or any other streaming service offer a variety of French and German films and shows with subtitles, helping language learners absorb the language naturally. Start watching your favourite films or shows with English subtitles, then switch to French/German subtitles, and gradually move to watching without them.

### **English News**

It's been a busy and inspiring half-term in the English Department! Our students have been working hard across all year groups, developing their writing skills and exploring a range of exciting texts.

Year 5 have been focusing on sharpening their grammar, punctuation and spelling skills. They are now moving on to the much-loved novel Kensuke's Kingdom by Michael Morpurgo, where they'll embark on an adventure filled with discovery and friendship. Some pupils have also started writing their own balanced arguments—an impressive step in their writing journey!

Year 6 have continued to strengthen their spelling, punctuation and grammar, as well as taking part in an exciting trip to Wrest Park earlier in October.

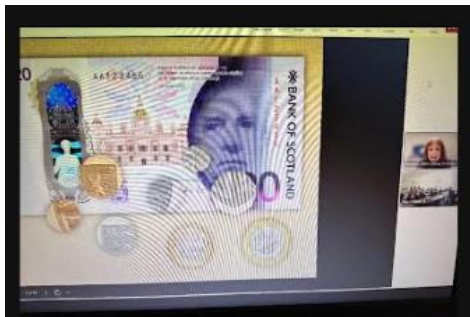
This experience gave them a wealth of inspiration and historical insight for their Soldier Stories writing assessment. Through creative writing, pupils have been stepping into the shoes of World War I soldiers, exploring their thoughts, feelings and daily lives from unique perspectives.

Year 7 have been perfecting their skills in writing to inform and entertain, creating imaginative pieces set in their very own fantasy worlds. After half-term, they'll turn their attention to Holes by Louis Sachar—an engaging novel full of mystery, adventure and rich discussion opportunities.

Year 8 have been delving into the darkly fascinating world of Gothic literature, studying classics such as Frankenstein and The Picture of Dorian Gray. They've been learning about key literary techniques to inspire their own spooky Gothic stories—just in time for the Halloween season!

It's been a wonderfully creative and productive term across all year groups. We encourage all our students to take some time over the half-term break to curl up with a good book, relax, and lose themselves in a new story. Happy reading!

### Maths



Our Year 5 Maths classes were lucky enough to enjoy five live Money Talks workshops all about the history of money from the museum on the mound in Edinburgh. The pupils thought it was great and felt they learnt lots, ending their session with designing and entering their coin designs.



### Drama & Music Department

The Drama and Music departments are delighted to announce the next school production- 'Matilda'. Rehearsals will take place on Tuesdays after school and Thursdays as we get closer to performance. There will also be some lunchtime rehearsals. Once auditions have taken place more information and a schedule will be sent out.

Obviously, this is a huge but exciting opportunity and we will need all those involved to be fully committed. Audition information will be available after half term. The show will take place on 17th and 18th June 2026.

We are also hosting 'Holywell's Got Talent', again more details to follow the final will be on 10th December 2025. So, students get thinking- can you juggle, do some stand-up comedy, recite poetry, show us your martial arts moves, sing, dance, paint a picture on demand? The wonderful thing about a talent show is that students always surprise with their creativity.



## Careers News



Year 8 enjoyed a Careers assembly, presented by Leica Geosystems, who use cutting-edge technology to survey everything from dangerous buildings to the Titanic and to create models for the film and gaming industry. The highlight was definitely 'Spot' the robotic dog who made an appearance after the presentation.



## Art



Year 6 enjoyed their annual trip to Wrest Park, led by the Art Department. Creating art in various beautiful locations around the park. Through creative writing, pupils have been stepping into the shoes of World War I soldiers, exploring their thoughts, feelings and daily lives from unique perspectives. The day was thoroughly enjoyed by pupils and staff!



## PE Department News

### **Boys Football**

3 Year groups have played their league games during this half-term, with the Year 5 team and various B teams due to complete fixtures either side of Christmas. All teams still have remaining fixtures to play but at the time of writing, 2 teams are still able to win their respective leagues, with the Year 8s currently unbeaten. All players have worked extremely hard during training sessions and continue to represent Holywell and our schools values throughout all fixtures. *Mr Eames, Mr Inskip and Mr Jones*

### **Girls Netball**

The Year 8 girls have done brilliantly this year in the 'B' league, winning all 5 of their matches. Hopefully you have kept up to date with their results via our social media pages! Year 7 will start their fixtures after half term.

### **Y7/8 Table Tennis Partnership Tournament**

Holywell hosted the Redborne Partnership table tennis tournament on Friday 10<sup>th</sup> October. We entered 2 boys team and it ended up being Holywell A and B teams in the finals, with the A team coming out victorious 5-3. They will now compete in the County finals in November.

*Miss Kotur*

### **Promote your team...**

If you would like your club/team to be promoted at school to encourage others to join, then please send details to [mkotur@holywellschool.co.uk](mailto:mkotur@holywellschool.co.uk). We have a lot of eager students who want to start playing more sports outside of school.

### **Lessons:**

It is starting to become a little cold outside so please can you ensure that students bring the correct kit for their lessons - please see the PE kit section in the students' planners. For lessons on the field, such as rugby, football and health and fitness, students will need football boots (shin pads for football) and long, black socks. Students should also ideally bring a spare top and bottoms to lessons, in case they get muddy.

### Clubs:

If attending a PE club, students should wear their normal school uniform to school and then change into PE kit before the club – unless this is an indoor club when all they need to bring is a pair of trainers. If they have PE on the day of the club they are attending, students should wear their PE kit to school BUT bring spare kit to change into if there's a chance they could get muddy!

Finally, the department would like to thanks students, parents and carers for their continued support throughout the half-term; it is much appreciated.



## PE Clubs Timetable - Autumn 2<sup>nd</sup> Half Term 2025

|                  | 13:05-13:35                                                                   | 13:35 - 14:00                                                                  | 15:45-16:45                                  |
|------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------|
| <b>MONDAY</b>    | Y7/8 Mixed Table Tennis (MK) - Gym<br>Y8 Girls Netball (SMc) - Sports Hall    | Y5/6 Mixed Table Tennis (MK) - Gym<br>Y7/8 Boys Basketball (ZI) - Sports hall  | Y7/8 Multi Sports (MK) - Sports hall         |
| <b>TUESDAY</b>   | Y7/8 Girls Basketball (ES) - Sports hall<br>Y5 Boys Football (ZI) - Field     | Y5 Mixed Netball (HMc) - Sports Hall                                           |                                              |
| <b>WEDNESDAY</b> |                                                                               | Y6 Mixed Netball (EA) - Sports Hall<br>Y7/8 Capture the Flag (ZI) - Field      |                                              |
| <b>THURSDAY</b>  | Y7 Boys Badminton (ME) - Sports Hall<br>Y5/6 Mixed Tag rugby (JU) - Field     | All Years Running Club (MK) - Field<br>Y7/8 Girls Badminton (ME) - Sports Hall | Y5/6 Multi Sports (MK) - Sports hall         |
| <b>FRIDAY</b>    | All Years Mixed Gymnastics (CSI) - Gym<br>Y7 Girls Netball (MK) - Sports hall | Y5/6 Mixed Multi Sports (MK) - Sports Hall<br>Invite Only                      | All Years Mixed Badminton (MK) - Sports hall |

If you wish to attend an after-school club, please take a permission letter from outside the main school office.

### Kitchen Garden

We came back after summer expecting to have a dried- up patch but in fact it was still full of veg and flowers. The flowers are still going thanks to some expert 'deadheading' from our Year 6 girls. We have made some 'Bulb Lasagne' pots ready for the Spring and found a ground nesting bees nest under some of the card used for mulching.



## **Eco Option**

We have started the year with some careful fire lighting using steel and flints, learning about safety and control we built up skills and had a lovely session toasting marshmallows over the fire. Next term we have an assembly planned on Recycling and a tree planting session at nearby Holcott Woods.

## **Sustainability in School**

A plea to Parents and Carers

Sadly, we have a huge problem with litter in the school. This is mostly single use plastic brought in from home in snacks and lunch boxes but we also create our own. The Sustainability group is working hard to reduce this problem but it would be hugely appreciated if you would help us by encouraging 'plastic free' lunches.

## **SEND Team**

Hello,

We would like this opportunity to say a quick hello and introduce ourselves. Your new SEND team will be myself as SENDCo, Sanchia Davidson, and our new Assistant SENDCo, Gemma Donaldson. You can contact us in the following ways:

[send@holywellschool.co.uk](mailto:send@holywellschool.co.uk) – please use this for general enquiries, if you maybe want to touch base with either of us.

For specific support please use [sdavidson@holywellschool.co.uk](mailto:sdavidson@holywellschool.co.uk) or [gdonaldson@holywellschool.co.uk](mailto:gdonaldson@holywellschool.co.uk)  
If, at any point, you are unsure if you need support or not, please just reach out. Our new system is just 'get in contact' and we will try and build a picture of what support your child may need.

Myself and Gemma have had a wonderful (if busy!) start to the half term and it has been an utter delight to meet your children.

Useful websites: SEND Local Offer Central Bedfordshire

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

## **Young Carers**

The Thursday lunchtime drop ins will be continuing next year and is an open offer to anyone impacted at home, even if they are not providing necessary care it is a safe space to have a break and connect with other's in a similar situation to them.

Contact [jjohnson@holywellschool.co.uk](mailto:jjohnson@holywellschool.co.uk)

If you have any questions about this or you want to highlight a young person who may benefit from some additional support. We are continuing to try and promote in school. There is support in the community too, we highly recommend if you feel your child is undertaking additional responsibilities at home to reach out for more info/advice:

<https://youngcarersbedford.com/> (Bedford Borough)

[https://www.centralbedfordshire.gov.uk/info/182/young\\_carers](https://www.centralbedfordshire.gov.uk/info/182/young_carers) (central beds)

## Charity News

This Harvest Festival was a great success supporting Bedford Foodbank. Students really entered into the spirit of the Harvest Appeal bringing in £1 for a charity non-uniform day, the collection amounting to £147.90! Your generosity donating food to the Bedford Foodbank amounted to an amazing 380kg of donations which will help feed approximately 905 people and will boost the Foodbank's reserves for over half term.



Macmillan Coffee Morning in September raised an amazing £151.25.

Non-uniform days are a simple way to raise money and to make a HUGE difference.  
Wonderful generosity Holywell!

## Book Fair

We will be hosting a **Scholastic Book Fair** at Holywell  
from **12th November** for one week

There will be a wide range of books suitable for all students with an opportunity to view them during the week. The Book Fair will also be open to all children at lunchtimes.  
The usual reservation and order arrangements will apply.

**We will be selling a selection of Children in Need items after half term in the Library  
(all proceeds to Children in Need)**

## Hydration Guidelines

At Holywell we encourage students to keep hydrated and we recognise the importance of drinking water regularly through the day.

### Why is water important?

Water makes up approximately 80% of the brain and is an essential element in neurological transmissions. Poor hydration adversely affects a child's mental performance and learning ability. Dehydration is simply not having enough water in your body. Mild dehydration may include tiredness, headaches, reduced alertness and ability to concentrate. Mental performance including memory, attention and concentration can decrease by about 10 per cent, once thirst is felt and continues to decrease as dehydration increases. Thirst is usually felt when dehydration results in 0.8 - 2 per cent loss of body weight lost due to water loss. As children don't always recognise the early stages of thirst, they are at risk of becoming dehydrated. Even mild dehydration can make children irritable, and can cause tiredness, headaches, lack of concentration, reduced mental performance and dry skin. Water consumption also has an immediate alerting and revitalising effect. The key to boosting the capacity to learn is to keep well-hydrated throughout each day (ideally from a personal water bottle within arm's reach).

### Organisation in school

- All students should have a water bottle (labelled) and they are encouraged to take regular sips during the day.
- Bottles must be anti-spill bottles - **NOT GLASS** - with sports tops.
- Water bottles should be carried separately from school books and library books.
- Water bottles are not allowed near electrical equipment.
- Water bottles and drinks must be for personal use only.
- Teachers have the final word in lessons as to when and if they can be used.
- Bottles must contain still WATER! Flavoured still water or sugar-free squash is also an acceptable alternative, however, water is best! (Fizzy drinks – including sparkling water drinks or power drinks – are not allowed in school.)

### Hairstyles, Make-up and Jewellery

Please remember that **extreme haircuts and colours** are not part of our school uniform!

- **HAIRCUTS MUST NOT BE SHORTER THAN A NUMBER 2**
- **'CUT IN' DESIGNS (INCLUDING LINES) ARE NOT PERMITTED**
- **DYED HAIR IS NOT PERMITTED**

If you are in any doubt about the acceptability of a hairstyle, please contact the school beforehand.

**Make-up** (including **nail varnish**) is **not** allowed.

**Jewellery:** No necklaces or bracelets are permitted unless they are part of your religious faith. One plain ring is allowed.

Earrings - plain studs, only one in each earlobe - these must be removed for PE/Games lessons. Nose studs are not permitted, except for religious purposes.

To avoid loss and any dangers or accident to the wearer or another student, expensive items of jewellery must **not** be worn.

Please remember that aerosols / sprays (deodorants, hairsprays, etc.) are **NOT ALLOWED TO BE USED IN SCHOOL.**

We have students and staff with allergies to the gases and spraying such aerosols can cause severe allergic / medical reactions. Please be considerate.

# Holywell Safeguarding Newsletter

## MEET THE TEAM

July 2025  
Issue: 7



**Mrs Stewart-McAlpine**  
Deputy Head & DSL



**Mrs Johnson**  
Family Support / Deputy DSL



**Miss Collins**  
Student Support /  
Assistant DSL

Welcome to our Safeguarding Newsletter.

We are hopeful you will find it useful.

The Safety and Wellbeing of our students are a priority to us!

We hope that we can connect you to local and national support, if you need it for you and your families.

Our focus this edition of our newsletter is keeping safe over the summer holidays, whether that be near water, road safety or knowing there are agencies to support you and your family over the summer.

If you have a topic you would like us to cover, or you are in need of support, information or advice, please do not hesitate to reach out to one of the team!



# Holywell Support this Half Term

At Holywell we have been fortunate once again this half term in accessing some excellent wellbeing support for our students from outside agencies both one-to-one and in small groups.



Holywell has been lucky enough to continue our relationship with a qualified boxing and wellbeing coach and with the Boxing Saves Lives organisation. We have been able to offer group sessions with both a Year 6 and a Year 8 group this half term.



Holywell has also been able to access some group support via CHUMS, who ended a football-based wellbeing intervention called TACTICS with our Year 5 students this half-term, the final in a number this academic year.



We have been able to access some support from the Education Mental Health Team at CAMHS – they have completed some transition support with a group of our Year 8's and we are hopeful for continuing support in the next academic year.

**Holywell School is now LIVE across Social Media Pages**



@HolywellCoE



Holywell School  
Bedfordshire



@Holywellcoe



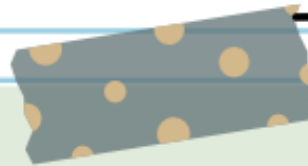
Please like/follow to receive updates



[www.holywellschool.co.uk](http://www.holywellschool.co.uk)



**NFCC**  
National Fire  
Chiefs Council



Both adults and children need to consider safety around rivers, ponds or any deep water over the summer break!

NFCC's Water Safety and Drowning Prevention Lead, Chris Kirby, said:  
Many people also underestimate the dangers of jumping into water or taking a dip to cool off, with these dangers exacerbated for those with limited experience of outdoor swimming.

Meanwhile, unseen hazards and cold-water shock can mean even strong swimmers can get into trouble.

Simple tips to help stay safe include:

- Stick to proper pathways and stay clear of the water's edge
- Don't enter the water after drinking alcohol
- Walk a safe route home after drinking, with friends and away from water
- Cold water shock can kill, walking into the water rather than jumping in can help reduce the risk.

If someone is in trouble in the water,  
the best way to help is by staying calm, staying on land, and remember Call, Tell, Throw:

- Call 999 for the emergency services
- Tell the struggling person to float on their back
- Throw them something that floats.

**#BeWaterAware**





child accident  
prevention trust



**Safety around roads - Information from the Child Accident Prevention Trust:**

**Pedestrians - older children :**

Children find it difficult judging the speed and distance of traffic until they're at least eight. Accidents peak around 12, as children start making independent journeys

Where are the safe places to cross?

What should they do if they see their bus and they're on the other side of the road?

- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road.



**Cycling**

- Get your child into the habit of wearing their helmet.
- If you cycle as a family, remember to wear yours too
- Look out for cycle training.

Many schools offer courses to help children gain practical skills.

(Holywell ran Bikability sessions with a number of our Year 5 students this year ; a big thank you to Mr Eames for facilitating).



## Getting help in Bedford Borough IT IS IMPORTANT TO TALK

Talk to your school/college mental/health support, a counsellor, doctor, friend, family or a trusted adult.  
**IF SOMEONE TALKS TO YOU:** Help them get help and get support yourself if you need it.

### Child And Adolescent Mental Health Service (CAMHS) (NHS) ONE PLACE TO GET HELP

A trained NHS mental health professional will respond to enquiries relating to getting help from the NHS child and young people mental health service and emotional wellbeing service. They can also provide self-help resources on how to understand and self help your own mental health. Enquiries, please call 01234 893362



## 1: INFORMATION

### YoungMinds

Mental health charity with a wide range of resources and information

<https://www.youngminds.org.uk/>

### CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues. Talk to a school nurse <https://chathealth.nhs.uk/>

TEXT: 07507 331450

### SCHOOL NURSING SERVICE

Providing support on a range of issues, 1-1 virtually or in school  
<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing>

TEL: 0300 555 0606

### EARLY HELP (BEDFORD BOROUGH)

The Local Offer holds a wide range of information regarding services and support available, including early help support.  
<https://localoffer.bedford.gov.uk/mentalhealthhub>

TEL: 01234 718 700

### SEXUAL HEALTH

iCaSH Provides all aspects of sexual and reproductive health including STIs and HIV testing & treatment, contraception.  
[www.icash.nhs.uk](http://www.icash.nhs.uk)

### DRUG & ALCOHOL SERVICES FOR YOUNG PEOPLE

Aquarius offer specialist services for children & young people who use substances or gamble and those who are affected by a parent or carers substance misuse. [www.aquarius.org.uk](http://www.aquarius.org.uk)

TEL: 0330 008 3925

## 2: GETTING HELP

### SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. <https://giveusashout.org/>

TEXT: SHOUT to 85258

### BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.  
[www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk)

TEL: 01234 360388

### SORTED

Free, confidential counselling for children and young people aged 5 to 25. [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk)

TEL: 01582 891435

### SAMARITANS

If you want someone to talk to, they listen, do not judge and do not tell you what to do

[www.samaritans.org/how-we-can-help/contact-samaritan/](http://www.samaritans.org/how-we-can-help/contact-samaritan/)

TEL: 116123

### CHUMS

Bereavement mental health and emotional wellbeing support for children and young people. <https://chums.uk.com/>

TEL: 01525 863924

### HEALTHY WEIGHT

MoreLife provide weight management programmes for all ages.  
[www.more-life.co.uk](http://www.more-life.co.uk) TEL: 0800 208 2340

### BEAT

National eating disorder charity with lots of resources and support. <https://www.beateatingdisorders.org.uk/>

## 3: NEED MORE HELP

### CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

For further information, please visit:

#### NORTH BEDFORDSHIRE CAMHS

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

TEL: 01234 893301

#### SOUTH BEDFORDSHIRE / LUTON CAMHS

<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs>

TEL: 01525 638613

PCAS: You can also ask your GP to refer you to the Primary Care Access Service for mental health support.

## 4: URGENT SUPPORT

### Call 111 Option 2 - 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support.

**IN ANY EMERGENCY, DIAL 999**