

HOLYWELL SCHOOL SAFEGUARDING NEWSLETTER

Our new termly newsletter!
Issue 1: December 2023



MEET THE TEAM



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Welcome to the first edition of 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.

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!

ONLINE SAFETY:

Safer Internet Day Feb 4th
Click below for link to useful guides like this one:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



USEFUL WEBSITES

Click to go to
Young Minds
Useful Page
for Parents
and Carers

https://www.centralbedfordshire.gov.uk/info/113/youth_services

https://www.centralbedfordshire.gov.uk/info/257/staying_safe

Helplines open over the festive period

Please reach out if you need support

Under
25s



THE MIX

Call 0800 808 4994
4pm - 11pm, Mon - Fri
(closed 25 Dec)

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111
Open 24/7, under 19s
www.childline.org.uk

Other
ages



mind
for better mental health

Call 0300 123 3393
10am - 6pm, Mon - Fri
Helpline 18+ only
(closed 25-26 Dec and 1 Jan)

SAMARITANS

Call 116 123
Open 24/7, all ages

For more advice and information
visit: youngminds.org.uk/urgent-help

shout
85258

here for you 24/7

Text SHOUT to 85258
Open 24/7, all ages

Christmas Survival Guide

Have realistic expectations

When children are out of routine and excited (or disappointed) there may be behaviour changes. Be realistic with behaviour expectations. Also have realistic expectations of yourself. It's OK for everything not to be perfect.



Plan rewards and consequences

Normal rules often go out of the window at this time of year. Think about consequences in advance. It's unlikely you will take all the presents away so that threat rarely works. Instead maybe think of smaller steps.



Be consistent



Mean what you say. When routine changes it can be hard to maintain consistency but if you follow through with what you say it helps. This is where some quick planning can help.

Take a break



Step away from the noise and have some down time. This is a good opportunity to watch a family movie and spend quality family time resting.

Having fun doesn't always mean being busy. Make having a break a fun family activity.

Self Care is vital.

Thank you to Chloe Lovell for putting the flyer (to the left) together for our families.

https://www.centralbedfordshire.gov.uk/info/222/mental_health_and_wellbeing_guidance_and_support_services

COMING SOON
CHILDREN'S MENTAL HEALTH
WEEK: 5th - 11th FEBRUARY 2024

PARENT & CARERS SUPPORT



HOLYWELL SCHOOL PARENT/CARER DROP IN ✨

**Parent/Carer
Coffee Mornings!**
9.20am start.

Autumn Term Dates for the diary:

~~Tuesday 10th October~~ ✓
~~Tuesday 14th November~~ ✓
Tuesday 19th December

**TUESDAY 14TH NOVEMBER
9.20AM - 10.40AM** ✨

Autumn Term:
FEATURING SPECIAL GUEST: For a
brief workshop Session (9.45am) ✨

Wellbeing Drop in and General Chat
with Chloe Lovell: Fully Qualified Play
Therapist ✨



www.clearrivertherapy.com

To book your place contact Mrs Johnson
jjohnson@holywellschool.co.uk

This term was our first roll out of our Parent/Carer Drop Ins. Thank you to those of you who have been able to support and attend so far. And to Chloe for her wisdom and compassion!

Following feedback we will be hosting some of these afterschool in the new year!

Watch this space for new dates.



Wishing you all a Merry Christmas, We will see you in the New Year!

www.holywellschool.co.uk

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



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Holywell School
Bedfordshire



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