



# Holywell News



Issue No: 183  
February 2026

## Mr Simpson's Headlines



It has been a long, long half-term, however, watching the launch of Falcon 9 with 4 astronauts heading to the International Space Station this morning with my Year 6 English group was a truly exciting and thought-provoking moment. The reason for taking time out from our SATs preparation, was that the pilot of the space shuttle was NASA's Commander Jack Hathaway who visited Holywell in January last year. Thanks to

Cranfield University, all the current Year 6 students met Commander Hathaway and he shared stories of his road to becoming an astronaut and his hope to pilot a space shuttle sometime in the near future. That hope became a reality today. Some of the students designed their own space stations and presented them to Jack. He told them to 'Dream Big'. This was echoed in the message from the crew of the shuttle as they left the Earth's atmosphere; they marvelled at the interconnectedness, beauty and fragility of our home planet: *"We hope that our arrival in space reminds all of*



*you that dreams truly can become a reality given dedication, perseverance and a little bit of luck along the way."* It certainly inspired the students in the class as they shared their aspirations of being engineers, designers, authors and being the best that they can be ... advising each other to work hard and not giving up when things get tough. We wish the crew and Commander Hathaway a successful mission. Some of the Year 6 students have also recorded some



questions which will be sent up to the space station ... and we're looking forward to hearing some answers from space!

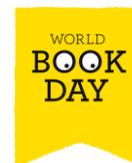
Meanwhile, here on Planet Holywell, we have had a very busy half-term. Our Value of the Month for January was HOPE and, although somewhat intangible and abstract, we have been celebrating all those students who give us all hope for the future and who remain positive and optimistic. One such student was Year 5's Tilly who responded to the 'Thankfulness Challenge' with a wonderful collection of moments for which to be thankful.





## World Book Day 2026 Friday 6<sup>th</sup> March

We are celebrating World Book Day on **Friday 6<sup>th</sup> March**. Students will be receiving a £1.00 World Book Day voucher, that can be used in exchange for one of the World Book Day books, or £1.00 off a book valued at £2.99 or more. For more information they can visit [worldbookday.com](http://worldbookday.com)



### Book Fair

We will be holding a **Scholastic Book Fair** at Holywell from **4<sup>th</sup> -11<sup>th</sup> March 2026**

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.

Students will be able to use their £1 World Book Day voucher on any book worth £2.99 or more.

## Comic Relief Red Nose Day 20<sup>th</sup> March 2026

We look forward to another day in school when our students have a great deal of fun whilst thinking seriously about helping others who are very much less fortunate than ourselves. School uniform as normal – not mufti.

**We have ordered a limited supply of this year's red noses and they will be on sale in the Library at lunchtime 20<sup>th</sup> March 2026.**



## Term Dates for this Academic Year 2026

### **SPRING TERM 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 for School**

**reach more parents**  
by weduc

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

**We strongly recommend at least one parent/carer downloads the WEDUC app.**

### **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 proposed 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, there are an increasing number of families taking ‘the odd day’ here and there ... this is having a HUGE impact on learning.

### **SUMMER TERM TEST DATES 2026**

**PLEASE DO NOT BOOK HOLIDAYS DURING THE FOLLOWING ASSESSMENT PERIODS:**

**Year 6 - Key Stage 2 SATs**

**Monday 11<sup>th</sup> May – Thursday 14<sup>th</sup> May 2026**

**All Year Groups – GL Assessments**

**Week commencing 8<sup>th</sup> June 2026**

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.

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**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

### **School Caterers**

**Please note the School Caterers operate a cashless system, so no money is taken at the kitchen.** Please can parents regularly check the balance on their child’s Parent Pay account via the ParentPay website: <https://www.parentpay.com/>.

## ABSOLUTELY NO NUTS OR NUT PRODUCTS IN SCHOOL



Could everyone please be aware that we have several children and members of staff with **severe nut allergies**. If your child comes to school with a packed lunch, or just brings in snacks for break time, **please ensure that nuts are not included** in any shape or form (including **Nutella or Peanut Butter**). Your co-operation in keeping everyone safe at Holywell is greatly appreciated.

**For those students having school dinners provided by AiP**, please ensure you have completed their '**Special Dietary Allergy/Medical Meal Request Form**', available from the Kitchen.

### **Dropping Off and Picking Up**

We ask parents not to drive their vehicles onto the school grounds at the beginning and end of the school day. This is for safety reasons, due to the presence of large numbers of students and the school buses arriving and departing.

Please also drive carefully and considerately around the area of Red Lion Close, as students often dash across the road for their "lift" home without taking the usual care. Please also ensure that you do not block residents' driveways at any time. Thank you.

### **Payment for Uniform, Trips and Sundries**

**Please note that we are now a cash-free school and request that payments are made online whenever possible**, with the link on our website.

**Tucasi (Scopay.com)** For payment of the following:

- Ordering School ties / blazer badges
- Trips
- Lost or damaged library books



If you have not previously logged in to Tucasi you will need an access code from the school. Please email [finance@holywellschool.co.uk](mailto:finance@holywellschool.co.uk) for this code.

If you are unable to pay online we have the facility to pay by credit/debit card in person at the school office or via telephone.

#### **ESSENTIAL EQUIPMENT – A REMINDER**

- School Organiser (replacements available to order via Scopay)
- Handwriting pen
- Green pen / Red pen / Blue pen / Black pen
- Pencil
- Ruler
- Eraser
- Mini white board
- White board pen
- Pencil Case
- Reading book
- Water bottle (labelled with name!)
- Bag (rucksack)

#### **ADDITIONAL EQUIPMENT**

- Coloured pens or pencils
- Pencil sharpener
- Calculator
- Protractor
- Dictionary

## MFL News:

### **Creativity in German: Holywell's Award-Winning Students**

As previously announced, here are our three winners proudly holding their bags of goodies from the Goethe-Institut, including a £10 voucher to spend on a book of their choice. Congratulations to **Harper, Maryam and Daisy**, who took part in the German competition “*Little Heroes, Big Ideas*”, organised by the Goethe-Institut in cooperation with German illustrator Viviane Schwarz.



Viviane Schwarz has illustrated many well-known children's books, including *The Incredible Adventures of Gaston le Dog* by Michael Rosen.

The judges were extremely impressed with all the entries, praising the students' creativity, storytelling skills and use of German. The standard was so high that three winners were selected from Holywell School — a truly fantastic achievement.

### **Holywell Students Take on the Oxford German Olympiad**

We have recently submitted several fantastic entries to the Oxford German Olympiad 2025–26, organised by the University of Oxford, and we are now impatiently awaiting the results! The standard of work from our students has been outstanding, with entries showcasing impressive creativity, imagination and confident use of German.

Students in Years 5 and 6 produced beautiful hand-drawn illustrations of their *ideales Reiseziel*, carefully labelled in German, while students in Years 7 and 8 rose to the challenge by creating comic strips, essays, videos and visitor brochures — all written in German. The variety and quality of the work truly reflected the enthusiasm and talent of our students.



Winners will be announced by the University of Oxford in March 2026, with successful entrants invited to a celebration ceremony at the University. We are incredibly proud of everyone who took part and look forward to sharing the results soon!

### **German Carnival in the Classroom!**

This half-term we celebrated German Week 2026, a week-long celebration of German language and culture initiated by the German Embassy in London. We are also taking part in the Express Yourself Festival of Languages!



Our students have been exploring the traditions of German Carnival (Karneval/Fasching) in their lessons — from colourful parades and elaborate costumes to the fascinating cultural history behind the celebrations. Inspired by what they have learned, students have created stunning carnival masks, demonstrating incredible creativity, effort, and attention to detail. These masks have now been entered into a competition organised by the British-German Association.



As part of the festivities, our Year 8 German Option group also celebrated a Karneval tradition by enjoying some delicious Berliner doughnuts — a tasty treat commonly eaten during the carnival season!



## Letters, Videos, and New Friendships Across Borders

This half-term we received a bundle of beautiful letters from our French pen pals in Chaumont, filled with colourful drawings, thoughtful messages, and lots of questions — they brought big smiles to our faces.

Our students loved reading about life in France and discovering how much they already have in common with their new friends. In return, we sent letters to France, telling our pen pals all about Pancake Day, and even shared videos of ourselves introducing ourselves in person. These exchanges are a lovely reminder that language learning is about connection, curiosity, and friendship beyond borders. We can't wait to receive a reply soon — and hopefully our pen pals will send us videos of themselves, so we can put a face to the letters!



## Residential Trip to France – Parents' Meeting



Parents of students who are taking part in the residential trip to France are invited to attend a Parents' Evening meeting on Monday 23rd March at 5:00pm.

The meeting will provide important information about the trip, including travel arrangements, accommodation, and what students will need to bring. We strongly encourage all parents/carers to attend.

## KS3 French Study Day at the British Film Institute



On Wednesday 3<sup>rd</sup> February students had a fantastic and immersive experience at the BFI KS3 French Study Day at The Stables in Wavendon. From the moment we arrived, the day challenged students to step outside their comfort zones and fully engage with the French language.

One of the highlights of the day was when Sophie and Rosie went up on stage to perform their French dialogue in front of the entire audience. Both girls absolutely smashed it, delivering their performance with confidence and enthusiasm and making everyone from Holywell incredibly proud.

Throughout the day, students surprised themselves with just how much French they already know. The sessions were conducted largely in French, encouraging authentic listening and participation, and students rose to the challenge brilliantly. Interactive activities, film clips, and discussions helped bring the language to life and showed students that they are capable of understanding and using French far more than they might have realised.

The afternoon screening of *Belle et Sébastien: Nouvelle Génération* was a perfect way to round off the day.

While students remained composed, the only person reaching for the tissues afterwards was Miss Stephenson, proving just how moving the film was.





Overall, it was an inspiring and enjoyable trip that boosted students' confidence, enthusiasm, and appreciation for learning French. Well done to all students for representing the school so positively.



## MFL Star of the Week



Each week, the MFL Department celebrates outstanding students of French and German as our Stars of the Week! This recognition is awarded to learners who demonstrate exceptional effort, progress, or enthusiasm in their language studies. Students may be selected for their active participation, creativity, or notable improvement and their achievements are proudly showcased on our department noticeboards. Keep an eye on the school's social media pages for posts featuring weekly certificates and nominations. And if you are named a Star of the Week, you will also earn 5 House Points!



## Duolingo French and German Competition! Still Time to Take Part!

## Languagenut Homework Club



All students are warmly welcome to attend our Languagenut Homework Club every Tuesday in Room 4, from 1:05–1:50pm.

This is a great opportunity for students to:

- ✓ Get support with their MFL homework.
- ✓ Use school devices if needed.
- ✓ Spend focused time practising independently on Languagenut.

## 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.

## How Can Parents/Carers support language learning at home?

By incorporating these simple habits listed below, parents/carers can make language learning more interactive, enjoyable, and effective at home! 🚀

- ✓ **Make Vocabulary Stick** – Encourage your child to make regular use of the *Languagenut* and *Duolingo* apps to support their language learning. Both platforms offer fun, interactive activities that help build confidence, strengthen vocabulary, and boost independent study.
- 🎧 **Immerse in Listening** – Suggest listening to podcasts, music, or watching TV shows in French/German to improve comprehension and pronunciation.
- 🗣️ **Practice Speaking** – Engage in simple conversations using basic phrases, even if you are not fluent. Consistent practice builds confidence!
- 📖 **Encourage Reading** – Borrow or buy books, magazines, or graded readers in French/German to make reading enjoyable and accessible.
- 📝 **Create a Study Routine** – Set aside regular time for French/German homework and revision to maintain consistency.
- 🎬 **Explore Culture** – Watch films, documentaries, or YouTube channels like *Easy French / Easy German* to connect language with real-world contexts.
- ❓ **Be a Quizmaster** – Help your child review vocabulary, grammar rules, or key phrases by quizzing them in a fun and engaging way.

### Are you thinking about your GCSE Options yet?

Choosing your GCSE subjects is an exciting step. French or German could open doors you haven't even imagined yet!



Studying a language is more than just learning to speak. It is about discovering new cultures, boosting your confidence, and standing out to future employers and universities. Whether you are passionate about travel, interested in international careers, or simply want a challenge that is both fun and rewarding, GCSE French or German could be the perfect choice.

To help you and your child explore what studying a language at GCSE really involves, check out this short video from our exam board Pearson Edexcel:

<https://www.youtube.com/watch?v=bplJmehb4XI>

It gives a clear overview of the course content, assessments, and the amazing benefits that come with language learning.

Don't miss the chance to unlock a world of opportunities! Why not consider French or German as part of your GCSE journey?

### Maths News:

#### **National Cipher Challenge update:**

Last school year some of our students took part in the 2024 National Cipher Challenge. This is an annual event run by Southampton University. It is not something that we run every year at Holywell, (it is extremely challenging and requires lots of dedication and time devoted to it both inside and outside of school hours!), but once every few years, in the hope that at some point students will have a chance to participate in it during their time here.

It is an extremely challenging competition, being open to individuals up to the age of 18. So our hope is that any students who do take part might do well on the early rounds and that would spark a desire and prepare them for further success in future competitions should they wish to get involved as they get older... and this exactly what one of our students has done!

On the back of his success last year, Vito Robertson has gone it alone, and unbelievably made it all the way to the end, completing every single part of the challenge. This is simply outstanding! We are all very proud of Vito, and this is Vito in his own words:

“Recently, I have been working on the annual cipher challenge that the University of Southampton sets for the nation for anyone up to the age of 18. Since September, I have been working on a new challenge every week for ten weeks. Each challenge had two parts, and after a lot of hard work, I managed to complete the final challenge with no mistakes. This year, the background story of the challenges was based around Charles Dickens trying to introduce a copyright law. Each week I had to decipher a letter between some of the characters.

The challenges got harder as the weeks went on. I was introduced to the challenge last year, and competed with the help of the school. I really enjoyed it so I decided to take part again this year, but independently. I'm looking forward to seeing what theme the challenge is about next year!" Many congratulations, once again!

### Food Technology

In food preparation and cooking this half term students have been learning lots of new and exciting skills.

Year 5 have been making fresh fruit salad and cookies.

Year 6 have been learning the 'rubbing in' technique to make shortbread and both groups will be moving onto their next DT project.

Year 7 have been developing their skills, learning how to make flapjack and flatbread using different techniques; for example, using the hob and oven, melting ingredients and rolling out their dough.

Year 8 have been exploring food from different countries and food experiments. The students made their own version of a 'Ramen' dish and made butter out of cream in a fun and exciting way, shaking the cream in a jar until the fat separates from the liquid to create butter. The students then used the butter and butter milk to make scones.



### P.E Department :



## PE Clubs Timetable - Spring 2<sup>nd</sup> Half Term 2026

	13:05-13:35	13:35 - 14:00	15:45-16:45
<b>MONDAY</b>	All Years Running Club (SMc) - Field Y7 Boys Rugby (ZI) - Field Y8 Boys Badminton (MK) - Sports hall	Y7/8 Girls Rugby (MK) - Field	Y5/6 Multi Sports (MK) - Sports hall Rugby fixtures
<b>TUESDAY</b>	Y7/8 Girls Sport & Wellbeing (ES) Invite only - Sports Hall	Y5 Mixed House Netball Competition (HMc) - Sports Hall	Football fixtures
<b>WEDNESDAY</b>	Y7/8 Mixed Flag Football (ZI) - Sports hall Y6 Girls Netball (EA) - Sports Hall		Rugby Fixtures Football Fixtures
<b>THURSDAY</b>	Y5/6 Mixed Rugby (JU/MK) - Field All Years Mixed Gymnastics (CSI) - Gym Y7 Boys Badminton (ME) - Sports hall	Y7/8 Girls Badminton (MK) - Sports Hall	
<b>FRIDAY</b>	Y7/8 Girls Football (MK) - Field Y8 Boys Rugby (ME) - Field	Y5/6 Girls Football (MK) - Field	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.**

## KS3 Badminton

In January we took a Key 3 boys and girls' team to Henlow to play in the District competition. Both teams won more games than they lost but, unfortunately, it wasn't enough to qualify for the finals! Well done to Jack, Tom, Freddie B, Seth, Isla, Lilly, Abigail and Lucy.

## Y5 Boys Football

The year 5 football team have battled hard and shown excellent determination and resilience throughout all their matches this season. The boys have created some excellent chances and goals whilst also getting extremely unlucky having numerous shots hitting the post and crossbar. They have defended well putting in some great tackles and blocks and have shown fantastic team work during their matches. Well done to everyone that has attended training every week; it has been lovely seeing the progress the boys have been making.

## Cross Country

On Wednesday 5<sup>th</sup> February, several of our students took part in the County cross country competition, held at Ampthill Park. On a challenging course, in even more challenging conditions, the students all performed brilliantly! Special mention to Boris who finished 27<sup>th</sup>, Grace C (22<sup>nd</sup>) and Oscar E in Year 7 who finished 7<sup>th</sup>.



On Tuesday 20<sup>th</sup> January we took 18 students to the Mid Beds Cross Country race at Sharnbrook Upper School. The students ran in races of over 100 students and ran extremely well in very muddy conditions and cold conditions. From each e=race the top 16 students were selected to go through and represent Mid Beds at the Ampthill Cross country race in February. We were delighted that 3 of our students, Grace, Oscar and Boris were selected to compete at the next stage. Congratulations goes to all the students that ran. They showed all of the School values and represented the School impeccably.

## Netball

The Year 6 girls' netball team have made a fantastic start to their season, playing two competitive matches so far. The girls have played extremely well in both fixtures, showing great teamwork, determination and sportsmanship. Although the results have not quite gone our way, they were unlucky and should be very proud of their performances. It has been particularly lovely to see new faces attending training each week, with more girls keen to get involved. The improvement in skills, confidence and understanding of the game has been clear to see, and most importantly, the girls are thoroughly enjoying the opportunity to represent the school. Well done to everyone involved!

## Lessons

It is still cold outside so please can you continue to ensure that students bring the correct kit for their lessons - please see the PE kit section in the students' organisers. For lessons on the field, such as rugby, football and health and fitness, students will need football boots (shin pads for football, gumshields for rugby) and long, black socks. Students should also ideally bring a spare top and bottoms to lessons, in case they get muddy. **HOODIES ARE NOT ALLOWED!**

## Music News:

### Curriculum

Year 5 have started to learn how to play the keyboard and to understand basic notation.

Year 6 have been playing Samba rhythms on a real Samba kit.

Year 7 have been studying Jazz and have learnt how to play a jazzy arrangement of 'Oh When the Saints Go Marching in'

Year 8 have been learning about Folk Music and have performed their own arrangement of the Wellerman.

### Instrumental Lessons

We have a new singing teacher starting after half term and she has availability to take on our existing and new vocal students. To enrol your child for instrumental lessons provided by Inspiring Music please use the link below.

[Instrumental lessons - how to enrol](#)

We are currently able to offer instrumental lessons on the following instruments:

Piano/keyboard

Singing

Violin

Guitar

Woodwind – flute, clarinet, saxophone and bassoon

\*Brass – trumpet and trombone

\*Drums

\* offered by private visiting teachers

### Upcoming Events

Spring Concert – Tuesday March 24<sup>th</sup> 6pm School Hall

### Young Voices



On the 26th January, saw twenty of our wonderful singers performing alongside thousands of other students from across the country, at the BP Pulse arena in Birmingham.



The students were a true credit to the school and their

parents, singing their hearts out to the 'Wicked Medley', signing the words to 'Something inside so strong' and grooving alongside the street dance crew - Urban Strides. *What an experience!*

## Careers

### Visiting Speakers

This half term we have had visits from a software engineer and an aerospace engineer, who came to speak to our year 8 students. Both sessions were really informative and the students asked some excellent questions. These sessions run once a month in the school library during tutor time and interested students sign up to attend. We are always looking for volunteers to come and share their experiences of the world of work so please contact Mrs Gough [pgough@holywellschool.co.uk](mailto:pgough@holywellschool.co.uk) if you would be willing to give up 30 minutes of your time.

### Take Your Child To Work Day – Year 8

A gentle reminder that **TYCTWD** will be taking place on **Thursday 2<sup>nd</sup> July**.

Many of you have already signed up, but there is still time if you have not yet replied. The idea is that you organise a visit to a workplace with yourself, a relative or a close family friend. Students

will be given a booklet to complete and return to school after the day. This is an excellent opportunity and will help to prepare the students for their year 10 work experience.

### SEND Team



Our SEND team is Sanchia Davidson as SENDCo and Assistant SENDCo, Gemma Donaldson. You can contact them 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)

[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.

Useful websites: SEND Local Offer Central Bedfordshire  
<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

### Young Carers

The Friday P.M reg 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.

#### **Calling all our Holywell Young Carers!**

We are looking to update our internal register of Young Carers and working with local support to ensure no Young Carer misses out and has a chance of a "fair future" for themselves.

<https://carers.org/young-carers-action-day/young-carers-action-day>

Please fill out the survey below to let us know if you feel your child is providing additional support or has someone at home with an illness, additional need or disability.

We sometimes get opportunities, like our visit from Bedfordshire Carers at the latter end of last term who delivered some wellbeing workshops for us and we would hate for you to miss out!



We have a regular Young Carer "Drop Ins" These are on Fridays where Young Carers can pop along, play games and just chat/check in as needed.

A space to meet other's in a similar situation and know that they are not the only children with family/friends who need additional support. If you haven't come along feel free to speak to Mrs Johnson or your form tutors to find out more!

This Young Carers Action Day Weds 11<sup>th</sup> March 2026 we hope to raise awareness with the support of as many of our Young Carers as possible.

Please ensure you have completed our survey below if you have a young carer in your family who attends Holywell!!

<https://docs.google.com/forms/d/e/1FAIpQLSeVAqtKzTG8wGWGTOIMW2jibZae34nPOARknoK9mKNmfyL08g/viewform?usp=dialog>



# Holywell Safeguarding Newsletter

## MEET THE TEAM

February 2026  
Issue: 9



**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 to showcase some of the organisations both locally and nationally you can access to support your children.

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!

Let's Chat! 



### Chathealth

ChatHealth is a secure and confidential text messaging service for young people aged 11 to 19 across Bedfordshire and Luton. Our team can help with all sorts of issues such as bullying, emotional health, being active, healthy relationships, alcohol, drugs and much more. All young people need to do to start a conversation is text:

**07507 331450** if they live in Bedfordshire

**07520 616070** if they live in Luton

If a young person texts ChatHealth out of hours, they will receive a bounce back message.

The message explains where to get help if their question is urgent and when they can expect a response.

Texts are usually replied to within one working day and cost the same as a standard text

will come out of the young person contract message allowance.

**YOUNGMINDS**  
fighting for young people's mental health

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

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

The website has lots of helpful guides on a variety of topics from anxiety to self-esteem.

YoungMinds also has a parent helpline and an online chat service available to offer support.



Central Bedfordshire

## How You Feel Matters

### Getting support in Central Bedfordshire

IT IS IMPORTANT TO TALK: Try talking to the school/college mental health support, a counsellor, doctor, friend, family or another trusted adult.  
IF SOMEONE TALKS TO YOU: Help them get help and get support yourself if you need it.



### Need some information?

### How do you get help?



#### Everything OK?

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings.  
[www.everything-ok.co.uk](http://www.everything-ok.co.uk)

#### CHAT HEALTH

Service for young people to confidentially ask for help on a range of issues.

Talk to a school nurse [chathealth.nhs.uk](http://chathealth.nhs.uk) TEXT: 07507 331 450

#### School Nursing Service

Providing support on a range of issues, 1-1 virtually or in school.

[bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service](http://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service)  
TEL: 0300 555 0806

#### SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. [www.shout.org](http://www.shout.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 360386

#### SORTED

Free, confidential counselling for children and young people aged 5 to 25. [www.sortedforbedfordshire.org.uk](http://www.sortedforbedfordshire.org.uk)  
TEL: 01525 861235

#### RELATE

Free, confidential counselling for children, young people, couples and families. [www.relate.org.uk](http://www.relate.org.uk)  
TEL: 01234 356350

#### CHUMS

Mental health and emotional wellbeing service for children and young people. [chums.uk.com](http://chums.uk.com)  
TEL: 01525 863924

#### 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



### Do you need urgent support?

### Need more help?



#### 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 AN EMERGENCY, DIAL 999**

#### CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18

#### NORTH BEDFORDSHIRE CAMHS

[www.eft.nhs.uk/services/north-bedfordshire-camhs](http://www.eft.nhs.uk/services/north-bedfordshire-camhs)  
TEL: 01234 893301

#### SOUTH BEDFORDSHIRE / LUTON CAMHS

[www.eft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs](http://www.eft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs)  
TEL: 01525 638613

#### Primary Care Access Service PCAS

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



# 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 a group of students of mixed ages.

The Mental Health Team (MHST) at CAMHS - this half-term they ran a small group intervention around positive body image with a group of our Key Stage 2 students.



We have been able to welcome the CHUMS team for a group intervention called TACTICS that support wellbeing through sports - this will begin after February half-term.

Holywell School is now LIVE across Social Media Pages



@HolywellCoE



Holywell School  
Bedfordshire



@Holywellcoe



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