



Holywell Safeguarding Newsletter

MEET THE TEAM

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Issue: 10



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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 looking at support for our students sitting the SATS this coming May.

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!



In order to support our students, Holywell has been offering additional SATS support during afternoon registrations.

There are a number of websites that have relaxation and calming activities to support children who are struggling with pre-SATS worries,
Here are a couple listed below;

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://charliewaller.org/mental-health-resources/supporting-your-child-with-exam-stress>

Useful support websites specific to SATS;

<https://www.sats-papers.co.uk>

<https://educationhub.blog.gov.uk/2026/03/ks2-sats-2026-what-parents-need-to-know/>

2026 KS2 SATs Exam Timetable

DATE	EXAM
Mon 11 th May	Grammar, Spelling & Punctuation (Paper 1) Grammar, Spelling & Punctuation (Paper 2)
Tue 12 th May	English Reading
Wed 13 th May	Maths Paper 1 (Arithmetic) Maths Paper 2 (Reasoning)
Thu 14 th May	Maths Paper 3 (Reasoning)



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.

Central Bedfordshire



Need some information?

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

CHAT HEALTH

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

Talk to a school nurse 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

TEL: 0300 555 0606

How do you get help?



SHOUT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. giveusashout.org
TEXT: SHOUT to 85258

BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.
www.bedfordopendoor.org.uk
TEL: 01234 360388

SORTED

Free, confidential counselling for children and young people aged 5 to 25. www.sortedbedfordshire.org.uk
TEL: 01582 891435

RELATE

Free, confidential counselling for children, young people, couples and families. www.relate.org.uk
TEL: 01234 356350

CHUMS

Mental health and emotional wellbeing service for children and young people. 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/
TEL: 116123



Do you need 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 AN EMERGENCY, DIAL 999

Need more help?



CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18
NORTH BEDFORDSHIRE CAMHS
www.elft.nhs.uk/services/north-bedfordshire-camhs
TEL: 01234 893301

SOUTH BEDFORDSHIRE / LUTON CAMHS

www.elft.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 in Yr. 6.

The Mental Health Team (MHST) at CAMHS - this half-term they have been supporting a number of our students and we are looking at them facilitating some group work with our students in the summer term.



We have been able to welcome the CHUMS team for a group intervention called TACTICS (a wellbeing intervention including sport), who have supported a group of our Yr.5 students.

Holywell School is now LIVE across Social Media Pages



@HolywellCoE



Holywell School
Bedfordshire



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www.holywellschool.co.uk