



Holywell Safeguarding Newsletter

MEET THE TEAM

May 2026
Issue: 11



Mrs Stewart-McAlpine
Deputy Head & DSL



Ms Newbury
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.

This edition of our newsletter focuses on changes and transitions.

As a school we are about to go through many changes and many of our students will be transitioning to new schools in September.

We are also welcoming a new member to the Safeguarding Team;

Ms Newbury, our new Family Support Worker!

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!



There are lots of resources online to support children transition to secondary school and to start a new school.

We have listed a number of supportive sites and organisations offering advice below for parents and carers to access.



BBC
BITESIZE

The BBC has a number of pages dedicated to supporting transition to new school – please see below;

Advice for parents who have a child starting secondary school this year, with tips on the emotional and practical sides of the transition.

<https://www.bbc.co.uk/bitesize/groups/c5vpkq11934t>

<https://www.bbc.co.uk/teach/articles/zkc9pg8>

There are organisations such as Young Minds and Place2Be that offer advice and short videos for parents and children supporting children going to new schools and transitioning to secondary;

www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>

www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/

<https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/>



YOUNGMINDS
Fighting for young people's mental health



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.

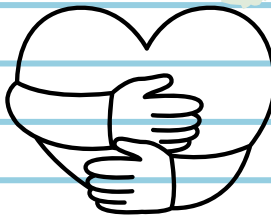


Holywell has been lucky enough to continue our relationship with a qualified boxing and wellbeing coach and with the Boxing Saves Lives organisation. She has been working with a number of our students across all year groups.

The Mental Health Team (MHST) at CAMHS - have begun some small groups with Yr5 and Yr7, covering Anxiety and Resilience. We are hoping to hold further group with this team before the end of the year.



We are lucky enough to have a member of the O-19 Team (School Nurse) in to complete work with a number of children across all year groups.



Holywell School is now LIVE across Social Media Pages



@HolywellCoE



Holywell School
Bedfordshire



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www.holywellschool.co.uk