

news letter

SUMMER 2025



Welcome to our second termly newsletter from the safeguarding team at Broadwater School. As we come to the end of another busy academic year we thought it would be useful to share a couple of tips and key contact details for the summer holiday.

Safeguarding Team

Sophie Smith the Safeguarding Coordinator and Deputy Designated Safeguarding Lead, Jenny Davies our Assistant Headteacher and Safeguarding Lead and Rachel Jones our Early Help Coordinator and Deputy Designated Safeguarding Lead.



Safeguarding Team

Online Safety Support

We appreciate it can be a challenge to start conversations around online safety - this 15 minute video from Kooth may be useful as a place to start :

<https://vimeo.com/1068046068>

In addition please see Kooth's resources for families where you can sign up for online digital safety webinars (23rd and 24th July) here:

<https://connect.kooth.com/for-families>



From Jenny Davies

Digital Literacy

It is likely that our children are going to spend more time on their electronic devices over the summer break. Social media and gaming apps are wonderful ways for our children to feel connected to their peers and discover new interests; however, as regularly publicised in the media and through TV shows such as 'Adolescence' these can also be avenues for fake information/imagery, grooming and sextortion.

We strongly encourage you to increase the frequency of the routine checks you complete on your child's phone/ electronic items during school holidays. Our recommendation is to review all apps and scroll through the feed to check you are happy with the content they are viewing, check photos and deleted images/files. If there is an app you are unsure about please look it up as children can download and use 'secure vault' apps which appear and function as something different (such as a calculator) but actually hide inappropriate content.

When reviewing messaging apps (such as WhatsApp and Discord) we would encourage you to review the emojis that are being used as these can also have hidden meanings.

The following list was shared by Kooth in April, you can also find further information about emojis and their meanings online:



Red Pill – “I see the truth.” Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society, often linked to misogynistic ideologies.



Blue Pill – Represents those who are “blind to the truth” or still believe in mainstream views about relationships and gender dynamics.



Dynamite Emoji – An “exploding red pill,” meaning someone is a radicalised incel.



Kidney Bean – A symbol linked to incel culture, sometimes mocking women.



Black Hole – Used to express depression, hopelessness, or being sucked into negative online spaces.



Tornado – Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.



Frog Emoji – Associated with bullying and harassment, 'you're ugly'.



Eagle – A symbol of extreme nationalism, sometimes used in far-right online spaces.



Skull – While often just slang for “that’s funny” or “I’m dead (from laughing),” in certain groups, it can signal darker themes like self-harm.

Heart Colours – Not just about love!



= Love



= Lust



= “Are you interested?”



= Interested but not in sex



= “You’ll be okay”

From Jenny Davies

Teen Mental Health

One of the great joys of working in a secondary school is the daily contact with vibrant, energetic and joyful young people. However, the nationwide concerns around teen mental health have been echoed in our school corridors too. Being a teenager is a challenge; there are relentless problems to overcome from hormones to exam stress and relationships. This is made ever more complex due to the online lives our children now lead.

Statistics from the NHS state that 20% of children aged 11-16 will be impacted by negative mental health and wellbeing needs at some point. For parents it can be difficult to judge if these are normal emotional challenges or that their child is in need of some professional help.

As we move into our summer holiday I thought it would be helpful to provide some guidance on what to look out for and how you can help.

Prof. Danese (an expert in child and adolescent psychiatry at King's College London) considers the following as normal teenage emotional traits:

- periodic irritability and moodiness
- occasional social withdrawal or desire for privacy
- anxiety about social acceptance or academic performance
- experimenting with identity and independence
- emotional reactions that seem disproportionate.

The most common problems for teenagers are low mood and feelings of anxiety (especially at the end of August as the return to school and a new academic year approaches).

Maintaining healthy routines (eating, sleeping and physical activity) as well as planning activities that your child and family enjoy can support a low mood. Finding a calming technique that works for your child (for example breathing and grounding), communicating and normalising anxious feelings can help to build resilience.

As parents we naturally want to resolve whatever issue our child faces, but I would encourage parents to empower their children by talking/coaching them to find and try their own solutions.

There may be times when you feel professional help is appropriate, our advice in the first instance is to reach out to your family General Practitioner or the local NHS mental health support team - Mindworks: <https://www.mindworks-surrey.org/>

If you have an immediate concern you can contact their 24/7 Crisis Line: 0800 915 4644 <https://www.mindworks-surrey.org/our-services/crisis-admission-avoidance/247-crisis-line>

You can encourage your child to seek advice and reach out to professionals at Kooth - <https://www.kooth.com/> or Childline: <https://www.childline.org.uk/>

If you believe your child is at risk of placing themselves at harm we would advise you take them to A&E where they can be assessed by a CAMHS worker (Child and Adolescent Mental Health Service).

From Jenny Davies

Safeguarding Contact Details

If you, or someone you know is in immediate danger please call 999

- Children's Single Point of Access (Children Services): 0300 470 9100, email - cspa@surreycc.gov.uk. Out of hours: 01483 517898, email - edt.ssd@surreycc.gov.uk
- Mental Health Crisis Helpline: 0800 915 4644
- Kooth: <https://www.kooth.com/>
- Childline: 0800 1111
- Samaritans: 116 123
- Young Minds Crisis Messenger: provides free, 24/7 crisis support across the UK. If you need urgent help text YM to 85258
- National Domestic Abuse Hotline: 0808 2000 247
- NSPCC Helpline: 0808 800 5000

The Autumn Term begins on Wednesday 3rd September (Y7 and 11 only, all students return on Thursday 4th September) and we would encourage you to reach out and update us if there have been safeguarding concerns for your child over the holiday so we are able to support them on their return. If you need to notify the school of a safeguarding concern during the school holiday please email dsl@broadwater.surrey.sch.uk



May we take this opportunity to wish you all a restful and safe summer holiday.

Safeguarding Team