

# news

# letter

AUTUMN 2025



Welcome to our termly newsletter from the safeguarding team at Broadwater School. As we come to the end of our Autumn Term we thought it would be useful to share a couple of tips and key contact details for the Christmas 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*

As we head towards Christmas and a New Year, many of us use this moment to reflect, reset, and set goals. Do our students feel the same? January provides a perfect opportunity to talk about healthy habits, goal setting and the importance of resilience. In my role as Early Help Coordinator I talk about resilience daily to children and parents and how we can help build the skills to manage difficult situations with confidence and help families to navigate challenges.

- **Rachel Jones**, Early Help Coordinator



From Rachel Jones

### **Encouraging your child to make a New Year's Resolution**

After the indulgences of Christmas many of us start the new year with promises to do more exercise or become meat-free. It's a good idea to be encouraging our children to make their own resolutions.

New Year's resolutions can help our children identify where more effort is needed and setting goals to get to where they want to be. Whether it is a desire to be kinder, to eat more healthily or to do homework on time. It is the time of year when we can allow our children to press 'reset'.

Setting goals helps children plan, to understand that some things take time to achieve and understand the importance of resilience. So perhaps the new year is a perfect opportunity to help your child build this essential skill.

#### **WHAT IS RESILIENCE?**

Resilience is the ability to bounce back from challenges, adapt to change, and keep going even when things feel difficult. Throughout adolescence, our students face academic pressures, changing friendships, and new responsibilities. Building resilience now helps them learn to manage stress, solve problems, and grow from setbacks.

Here are some ways you can support resilience at home:

- Normalize mistakes as part of learning
- Praise effort, not just results
- Encourage problem solving, how often as parents do we want to fix our children's problems?
- Model positive coping strategies, such as taking breaks when doing homework and revising, eating properly and taking exercise. Making sure your child has some fun and has "down time".
- Keep communication open so your child feels comfortable sharing concerns.
- Change can be scary but help your child to see that change is part of life.

For more information and support on supporting your child's resilience go the Mindworks website <https://www.mindworks-surrey.org/our-services/building-resilience>. Their Building Resilience support covers a range of community-based services offering advice, information and help provided by members of the [Surrey Wellbeing Partnership](#).

#### **SLEEP**

As we know if we do not get enough sleep we become less tolerant, and our resilience can be low. You may find this video useful as it explores simple and effective ways to address sleep challenges and how to build a positive mindset around sleep.

<https://www.youtube.com/watch?v=KUaCHnsotOk&list=PLeecuHMBH4aSFV08hwTfI5u-hvzBfMLnw&index=4>

#### **WILL YOU BE SETTING YOUR OWN GOALS?**

Maybe you're hoping to learn a new language or pick up a few more tools for parenting your child. I'm right there with you and I'm constantly learning how to be a parent myself and I wish I could say it gets easier!

Please find links below for courses that are being run by various organisations.

They are all free and most of them are online.

From Rachel Jones

## **ORGANISATIONS WITH FREE PARENTING COURSES**

On the **Mindworks** website there are links to support services that you are able to self refer <https://www.mindworks-surrey.org/advice-information-and-resources/resources-and-information-parents>.

**Surrey Family Information Directory** has a wealth of information on registered charities, family activities and support groups near you <https://www.surreycc.gov.uk/children/support-and-advice/families>

**Surrey Adult Learning** – Family Learning offers courses and workshops for parents and carers on Behaviour Strategies, Teenage Anxiety, Who's in Charge, Cookery and many more <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses>

**Togetherness** – Emotional Resilience for the Every day – these online courses are free for Surrey residents using the access code ACORN. These courses include courses for parents, carers and families on subjects such as Child's Mental Health to courses designed specifically for teenagers on "Understanding your feelings and Understanding your Brain" <https://togetherness.co.uk/>

**Learning Space** offer groups for parents and carers. To enquire about this group email [clare.d@learningspace.org.uk](mailto:clare.d@learningspace.org.uk)

**Hope Service parent/carer groups** run a fortnightly parent/carer group covering a wide range of subjects <https://www.hopeservice.org.uk/>

**Waverley Family Centre** offer various courses and support available. Call 01483 417157 <https://www.surreycc.gov.uk/children/support-and-advice/families/directory>.

From Rachel Jones

## **SUPPORT FOR THE HOLIDAYS**

If you have a safeguarding concern please call Children's Services - 0300 470 9100 (out of hours : 01483 517898), or the Police on 101 (by phone or online). If you are concerned that a child is at immediate risk of harm please call the Police on 999.

The [Mindworks 24/7 mental health crisis line](#), is available for children who are worried about themselves, a friend, or for parents worried about their child. 0800 915 4644 selecting option 1.

[Kooth](#) is a free, anonymous, confidential, safe, online wellbeing service, offering counselling, information, and forums for children and young people aged 11 to 18. <https://www.kooth.com>

[CYP Haven](#) are safe spaces for young people to drop into to talk about worries and mental health confidentially. There are also a phone service and virtual workshops operating alongside the face-to-face sessions. The service is closed on 25, 26 December and 1 January. The support line, Monday to Friday, 3.30pm to 7.30pm, and Sunday 1pm to 4pm (excluding bank holidays).

For support, more information and someone to talk to during these hours you can call us on 01483 519436.

Other useful services are:

Childline: 0800 1111

Samaritans: 116 123

HOPE line UK: 0800 068 4141

Young Minds Crisis Messenger: provides free, 24/7 crisis support across the UK mental health crisis. If you need urgent help text YM to 85258

National Domestic Abuse Hotline: 0808 2000 247

NSPCC Helpline: 0808 800 5000

The Spring Term begins on Monday 5<sup>th</sup> January 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](mailto:dsl@broadwater.surrey.sch.uk)

**MERRY  
CHRISTMAS**

Finally on behalf of the Safeguarding and Pastoral Team we would like to wish you all a very Happy Christmas and a prosperous New Year. We look forward to supporting you all in the New Year.

*Safeguarding Team*