

news letter

SUMMER 2026



Welcome to our termly newsletter from the safeguarding team at Broadwater School. The following advice is intended to support families in helping young people stay safe over the summer break.

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 the summer holidays approach, many young people will enjoy greater independence, spending more time with friends, being online and taking part in new activities. Whilst we hope all of our students have a happy and enjoyable summer, the holiday period can also present additional safeguarding risks.



From Jenny Davies

New Online Safety Hub!

During the summer holidays, children and young people often spend more time online, making it a good opportunity to regularly review their devices together. We encourage parents and carers to check the apps installed on their child's phone or tablet, review privacy settings, and talk openly about the content they are viewing, who they are communicating with, and how they are using social media and gaming platforms.

For families seeking additional guidance on digital security, the Greenshaw Learning Trust Online Safety Hub offers an extensive range of professional resources. This newly launched platform provides expert advice to assist parents in navigating the complexities of the digital world, covering essential themes such as managing screen time and understanding the safety implications of emerging gaming platforms.

Furthermore, parents can now access a complimentary Qustodio account, providing enhanced parental controls across devices with a 30-day premium trial. These tools allow for greater visibility into your child's digital interactions, enabling you to filter harmful content, establish healthy screen-free routines, and receive notifications regarding inappropriate material or location tracking.

To access the Hub please see the school website, follow the link below or scan the QR code for more information and to register for your free account:

<https://greenshawlearningtrust.onlinesafetyhub.uk>



Finally, AI is being used to turn ordinary photos of children into sexual abuse material. The National Crime Agency and Internet Watch Foundation have issued new guidance to help parents make informed choices about sharing images of their children online. It covers reviewing privacy settings, revisiting consent with your child as they grow, and what to do if you're worried.

<https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/>

From Jenny Davies

Teen Mental Health

Concerns about young people's mental health are increasingly highlighted in the news and across social media. According to the NHS, around 1 in 5 children and young people will experience mental health or emotional wellbeing difficulties at some stage.



As parents and carers, you are often the best source of support for your child, helping them to talk through their worries and find positive ways to cope. During the holidays, try to maintain routines where possible, encourage time away from screens, support regular sleep and create opportunities to spend time together.

If you notice significant changes in your child's mood, behaviour, eating or sleeping patterns, or they seem withdrawn or overwhelmed, don't be afraid to ask how they are feeling. Early conversations can make a real difference. However, there may be times when additional professional support is needed. In the first instance, we recommend contacting your GP or your local NHS children and young people's mental health service, Mindworks: <https://www.mindworks-surrey.org/>

If you are worried that your child is experiencing a mental health crisis, you can contact the Mindworks 24/7 Crisis Line on 0800 915 4644: <https://www.mindworks-surrey.org/our-services/crisis-admission-avoidance/247-crisis-line>

Young people can also access confidential support directly through Kooth (<https://www.kooth.com/>) or Childline (<https://www.childline.org.uk/>), where trained professionals are available to listen and provide advice.

If you believe your child is at immediate risk of harming themselves or is in urgent mental health crisis, please take them to your nearest Accident & Emergency (A&E) department, where they can be assessed by the Child and Adolescent Mental Health Service (CAMHS) or the appropriate emergency mental health team.

From Jenny Davies

Cold Water Safety

With the warmer weather, many young people are tempted to cool off by swimming in rivers, lakes, reservoirs and the sea. Tragically, several teenagers have already lost their lives in the UK this year after entering open water.

Even on hot days, the water can be dangerously cold, causing cold water shock, which can lead to an involuntary gasp, difficulty breathing and an inability to swim, even for strong swimmers.

Please remind your child to avoid swimming in unsupervised open water, never enter the water alone, and always choose lifeguarded beaches or supervised swimming venues where possible. If someone gets into difficulty, call 999 immediately and ask for the Coastguard (at the coast) or Fire and Rescue Service (inland).

Encourage your child to remember the RNLI's "Float to Live" advice (this has been shared with your child in school). If they unexpectedly find themselves in the water, they should float on their back, keep calm and control their breathing until they are able to call for help or swim to safety. Details can be found at their website: <https://rnli.org/water-safety/float>

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 Thursday 3rd September (Y7 and 11 only, all students return on Friday 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 happy, restful and safe summer holiday.

Safeguarding Team