



— Summer Term 2026 —



Safeguarding and Wellbeing



If you have concerns about a child and suspect a child is at risk of harm, please contact the school and speak to a member of the safeguarding team.

You can also contact the Family Front Door. The Family Front Door is the referral point for all referrals where members of the community and professionals refer children and young people living in Worcestershire where they are worried about their safety and welfare.

01905 822666

In emergencies out of normal office hours (weekdays and all day at weekends and bank holidays): telephone: 01905 768020

St John's Safeguarding Team

Designated Safeguarding Lead (DSL)



Mrs K. Gallinagh

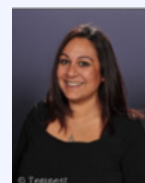
Deputy Designated Safeguarding Leads (DDSL)



Ms J. Alexander



Ms N. Birmingham



Mrs S. Shepherd



Mr L. Boyd



Mrs S. Butt

Contacting the Safeguarding Team

At the beginning of the summer term, a Safeguarding Questionnaire was shared with families—thank you to everyone who took the time to respond.

One of the questions asked was: “Do you know how to contact the Safeguarding Team?”

We noted that 19% of respondents answered “no”, so we would like to take this opportunity to clearly outline the different ways you can get in touch with our safeguarding team.

You can contact the safeguarding team in the following ways:

- **Email the school office**, and your message will be forwarded to the safeguarding team.
- **Telephone the school**, and you will be put through to a member of the safeguarding team.
- **Send a message via Epraise** directly to a safeguarding team member (see names listed above).
- **Contact your child’s Form Tutor (FT) or Head of Year (HOY) via Epraise**, who will pass your message on.
- **Use the ‘Tell Someone’ form** on the school website, which goes directly to the safeguarding team.

Please remember that safeguarding is everyone’s responsibility, and we are here to listen and support.

Water Safety Reminder

Pupils have recently taken part in an assembly and PSHE lesson on water safety. As we approach the summer holidays, it is important that these key messages are reinforced at home. Warmer weather means more time spent outdoors, often near water, so we would like to remind families of some important safety precautions.

To help keep your child safe around water, please remind them of the following:

- **Never enter water alone** – always go with friends or family and make sure an adult knows where they are.
- **Only swim in safe, designated areas** such as supervised pools or beaches with lifeguards.
- **Avoid swimming in open water such as rivers, lakes, quarries or canals**, which can be dangerous due to strong currents, cold temperatures and hidden hazards.
- **Do not jump or dive into unknown water**, as there may be unseen objects or shallow areas.
- **Stay away from the edges of canals, rivers and docks**, as these can be slippery and unstable.
- **If something falls into the water, do not try to retrieve it**—seek help from an adult instead.
- **In an emergency, call 999 and ask for the appropriate service** (Coastguard, Fire Service or Ambulance).
- **If in difficulty in water, remember: Float to Live**—lie on your back, keep calm and call for help.

Supporting Transition

As we move towards the end of the school year, many pupils will be preparing for important transitions—whether that is moving up a year group, changing key stages, or starting a new school.

While this is an exciting time, it can also bring feelings of uncertainty or worry.

In school, pupils have been supported with transition activities to help them feel more confident and prepared. It is important that this support continues at home over the summer holidays.

You can support your child with transition by:

- **Encouraging open conversations** – give your child time to talk about how they are feeling and listen without judgement.
- **Focusing on the positives** – talk about the opportunities ahead, such as new subjects, new friendships, and new experiences.
- **Maintaining routines over the summer** where possible, to provide a sense of stability.
- **Reassuring them that worries are normal**, and that many other children will be feeling the same way.
- **Helping them feel prepared**, for example by organising equipment, uniform, or discussing what a typical day might look like. Walking them through the school route so it becomes familiar.
- **Promoting independence**, such as organising their belongings or managing their time.

If your child is feeling particularly anxious about transition, please do not hesitate to contact the school. We are here to support both pupils and families during this time.



Inappropriate Content Online

In the recent Safeguarding Questionnaire, a number of parents expressed concerns about how to protect their child from inappropriate content online. Below are some key things you can do to help keep your child safe. Please also look out for our “Wake Up Wednesdays” communications, which provide more detailed information and guidance on specific apps and online platforms.

You can help keep your child safe online by:

- **Having regular conversations** about what they are doing online and who they are communicating with.
- **Encouraging them to speak up** if they see something that makes them feel uncomfortable or unsure.
- **Using parental controls and privacy settings** on devices, apps and streaming platforms to limit access to unsuitable content.
- **Keeping devices in shared spaces where possible**, rather than behind closed doors.
- **Checking age ratings for apps, games and social media** to ensure they are appropriate.
- **Setting clear boundaries around screen time** and online activity.
- **Monitoring their online presence**, including the apps they download and the content they access.
- **Reminding them not to share personal information** (such as their full name, address, school or photos) with people they do not know.
- **Ensuring they understand how to block and report inappropriate content or users.**

Introducing Peerscroller



Smartphones and socials put a whole universe of information at children's fingertips. But how do they know what to trust? That's where Peerscroller comes in. Learners at St John's C of E Middle School Academy are among the first in the country to get access to a Peerscroller, a brand new PSHE and wellbeing resource.

How does Peerscroller work?

Peerscroller puts essential life skills into bitesized TikTok-style videos - all delivered by relatable role models.

Peerscroller's bank of videos provide trustworthy and relatable information on the topics every young person needs to know about; whether that's PSHE curriculum content or a trustworthy source of advice on up-to-the-minute topics.

It looks and feels like social media, with peer presenters communicating in their own language.

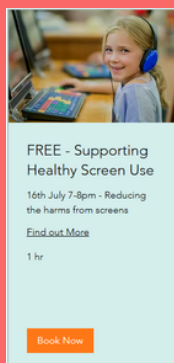
But unlike in the wild west of the online world, every video has been made and fact-checked in-house, and there's no way for users to interact with one another or share their own content.

There will be more information coming your way in September!

Live talks for Parents

Please take time to check out: <https://www.facefamilyadvice.co.uk/supportforparents>

They offer free workshops for parents as well as workshops that have a small fee (school may be able to support with this)



The next **free** workshop is on
'Supporting Healthy Screen Use'

Wake Up Wednesday

Every Wednesday we share Wake Up Wednesday guides covering a range of online safety topics. These include advice on navigating popular apps, managing privacy settings, blocking inappropriate content, and supporting children to stay safe online. Please keep an eye out for these guides, which are sent via ParentMail each Wednesday.

What Does the “Social Media Ban” Mean?

You may have seen recent media coverage about a proposed “social media ban” for young people. This has raised understandable questions and concerns for many parents.

In simple terms, the proposals aim to make social media safer for children, rather than banning it completely. The focus is on:

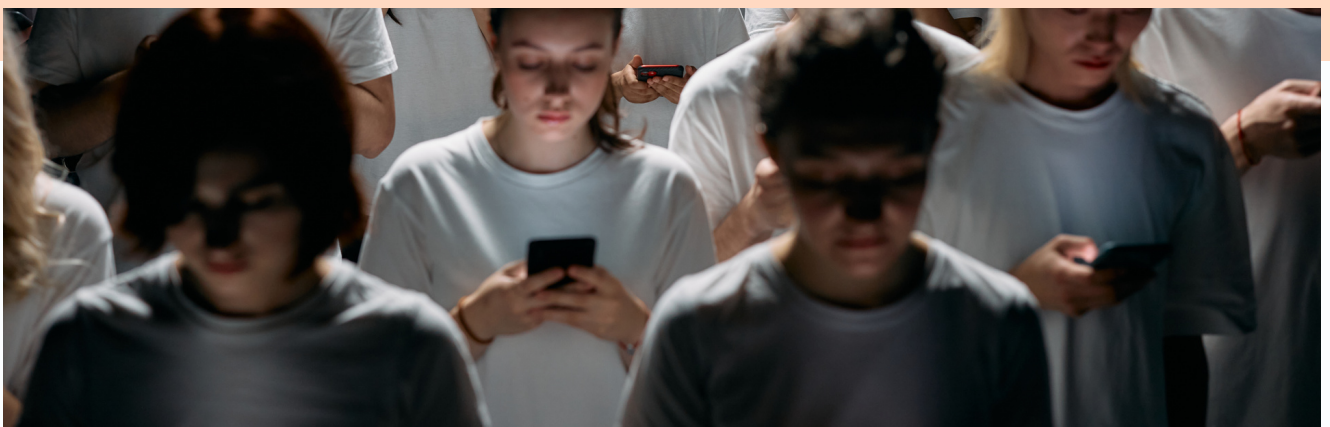
- Stronger age restrictions, so children cannot access platforms that are not suitable for them
- Better protection from harmful or inappropriate content
- More responsibility on social media companies to keep young users safe
- Improved parental controls and safety features

At present, these changes are still being developed, and there is no immediate blanket ban in place for all children. However, the direction is clear: ensuring that children have a safer online experience.

As a school, we will continue to:

- Educate pupils about safe and responsible online behaviour
- Reinforce the importance of age limits on apps and platforms
- Support parents with guidance and resources

As a parent or carer, you play a vital role. Being aware of the apps your child uses, checking age ratings, and maintaining open conversations are key steps in keeping them safe online.



Support



If you have concerns about your child's mental health or emotional wellbeing, please contact the school to speak with a member of the pastoral team, who can offer advice and support.



Melo is taking an innovative and flexible approach to improving the emotional wellbeing and mental health of children and young people aged 0–25. It offers individual & group support to address specific issues, such as coping skills, bereavement in childhood, build confidence and facilitate peer support. <https://www.onside-advocacy.org.uk/melo>



Digital therapy game for childhood anxiety

Lumi Nova is a therapeutic game that helps children aged 7–12 years self manage worries and build resilience. <https://luminova.app/>



Young people in Worcestershire can text their school health nurse for advice and support. 11–19 year olds you can text 07507331750 to speak to a School Health Nurse. They will offer confidential advice and support around a variety of issues, including bullying, emotional health, relationship problems, alcohol and drugs.

Service hours:

9:00am – 5:00pm, Monday – Friday.

<https://chathealth.nhs.uk/>



Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop. Free, safe and anonymous online support for young people. There are no charges for using Kooth. Ever. www.kooth.com



A free and confidential multi-channel service, providing support to under 25s. Connecting people to experts and peers who'll give support and tools people need to take on any challenge they're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. www.themix.org.uk



This page is for children, young people and families who need help with their feelings and mental health.

<https://camhs.hacw.nhs.uk/getting-advice>

CAMHS Bestie Application

An interactive programme that can be personalised by users.

Young people (and parents/professionals) can design their own avatar and room, and find services, tools and ideas to help with a range of different, commonly faced issues such as anxiety and low mood.

This contains numerous resources and advice for children of all ages regarding mental/emotional wellbeing difficulties.

www.camhsbestie.co.uk

New Online Safeguarding Reporting Form

We are pleased to let you know that we now have a new reporting form available on our website for anyone who wishes to report a worry or safeguarding concern.

This form has been introduced to make it easier for parents, carers and members of the community to share any concerns they may have about a child's safety or wellbeing.

Please note that this does not replace speaking directly with the school. You can still ring the school to talk to a member of staff if you prefer. The form is simply an additional way to support parents, carers and the wider community in reporting worries or concerns quickly and easily.

