



Parenting today can feel overwhelming — especially when childhood looks so different from what we grew up with. There's no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. This guide aims to make those conversations easier and help you support your child with confidence.

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives



Changing childhoods.
Changing lives.

Struggling to talk about online safety with your child? Together with Dr Elly Hanson, clinical psychologist and expert on online harms, we have put together some tips to help parents and carers start the conversation about online safety.





NSPCC

Keeping children safe online

From understanding apps to setting parental controls, we've got information and resources to help you understand online safety and talk about it with children and young people.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



GOV • UK

Guidance

Support for parents and carers to keep children safe online

Updated 22 February 2021

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>





School Nursing Service

School Nurses work with children, young people, parents and carers to maximise health and well-being.

Use the QR code to view our web page and find out more, or call one of our locality teams using the numbers below:



Bristol East/Central:

0300 125 6980

North Somerset:

0300 125 6798

Bristol South: 0300 125 6277

South Gloucestershire:

0300 125 5151

Bristol North: 0300 124 5816

Secondary school aged children can also use our **confidential text messaging service ChatHealth**. Use the QR code to find out more.



Sirona
care & health



Useful Resources



Come and see your School Nurse
Get confidential advice and support about:



Emotional wellbeing



Healthy eating



Relationships



**Drugs, alcohol
and
smoking**



**Dental
health**



Sleep



Physical health



Sexual health

When: Tuesday Lunchtimes

Where: Meeting room 2 IT block, Next to reception.

You can also call us on: 03001255151

You can also text our anonymous ChatHealth service using **07312 263 093**: Mon-Fri, 9am-5pm.
For more info visit: sirona-cic.org.uk/children-services/services/chathealth/

Your school nurse

Tracey Baker



Your confidentiality

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would always try to speak to you first.

Service provided by





Women's Work Lab

Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

Starts: **13th January 2026**

Ends: **1st April 2026**

Our South Glos Programme is held at: Dings Crusaders, Shaftesbury Park, Frenchay, BS16 1LG

Every Tues & Wed 10 am - 1 pm, except half term

Support is available for travel costs. Open to mums ages 19+ (no upper age limit) who are not working.



Apply today at www.womensworklab.co.uk

Find out more by getting in touch with Paige, our Programme Manager:

✉ paige@womensworklab.co.uk

☎ 07300840694





**NO
APPOINTMENT
NEEDED**
JUST COME
ALONG!



**DROP IN
ANYTIME**
between
9am and
12:30pm



Need support for your family?

Drop in and chat with our friendly team

From pregnancy through to teenage years, Compass can give advice and signpost families to the right help and support available in South Glos.


Drop-in sessions available weekly at local One Stop Shops:

**PATCHWAY
TUESDAYS**

**KINGSWOOD
WEDNESDAYS**

**YATE
THURSDAYS**

VISIT

 <https://life.southglos.gov.uk>

or scan the QR code for more information



HWA SAFEGUARDING NEWSLETTER



Miss Thorpe
Vice Principal
Online Safety Lead



Mrs. Hurrell
Associate Assistant Principal
Strategic Safeguarding lead
Attendance Lead



Mr. Ballard
Principal



Miss. Dickson
Designated
Safeguarding Lead
Prevent Lead



Mr. Hocking
Assistant Principal
Anti-bullying Lead



Mrs. Gardner
Assistant Principal
EDI Lead



Mrs. Booy
Attendance Link Worker
Attendance
DDSL



Mrs. Reeves
KS3 Pastoral Lead
DDSL



Miss. Marler
KS4 Pastoral Lead
DDSL



Ms. West
Academy Councillor



Miss. Snook
Attendance Officer
Attendance

safeguarding@hwa.clf.uk
**SAFEGUARDING
TEAM**
Hanham
Woods
Academy



Mrs. Smith
KS3 Pastoral Lead
DDSL



Share a concern, anonymously.



Find the 'Speak Up!' tile on the student navigator.

