



**Mrs Tushingham**  
Strategic Safeguarding Lead



**Mrs Dickson**  
Designated Safeguarding Lead

**HWA Safeguarding team update:** we are pleased to announce that Mrs Dickson has been appointed to the role of DSL. Mrs Dickson has oversight safeguarding and child protection across the Academy works tirelessly to support vulnerable students and we are hugely fortunate to have her in role. Congratulations Mrs Dickson!

## Online safety spotlight



**Safer Internet Day 2025** | **Tuesday**  
**11 February**

Coordinated by the UK Safer Internet Centre

### Would your child know what to do if they spotted an online scam?

Teach them the 3 Rs:

**Recognise** the signs like offers that seem too good to be true

**React** by stopping to tell an adult and avoid clicking any links or engaging

**Resolve** by not panicking, report it and taking action quickly

Tuesday 11<sup>th</sup> February was **Safer Internet Day 2025**.

This year's campaign is helping to protect children from online scams. Scams are becoming more advanced and can take many forms, from phishing emails to fake images and videos used for blackmail.

Half a million children in the UK are impacted by online scams. To help you protect your children from online scams, **Internet Matters** are sharing their brand new scams advice hub including the **different types of scams**, what you and your child can do to **prevent** them and what to do **if your child is a victim of a scam**.

### More in the hub

- Learn about online scams >
- Prevent online scams >
- Deal with online scams >
- Online scams resources >

[https://www.internetmatters.org/issues/online-scams/?utm\\_campaign=575775\\_NL%2010%2002%2025%20-%20Teachers%20-%20SID%20-%20Send%20home%20to%20parents&utm\\_medium=email&utm\\_source=email\\_internal&dm\\_i=7MSZ,CC9R,1H9EUM,1BLKP,1](https://www.internetmatters.org/issues/online-scams/?utm_campaign=575775_NL%2010%2002%2025%20-%20Teachers%20-%20SID%20-%20Send%20home%20to%20parents&utm_medium=email&utm_source=email_internal&dm_i=7MSZ,CC9R,1H9EUM,1BLKP,1)





## Online safety spotlight



### YOU don't need to be an **EXPERT** ... be a **PARENT**

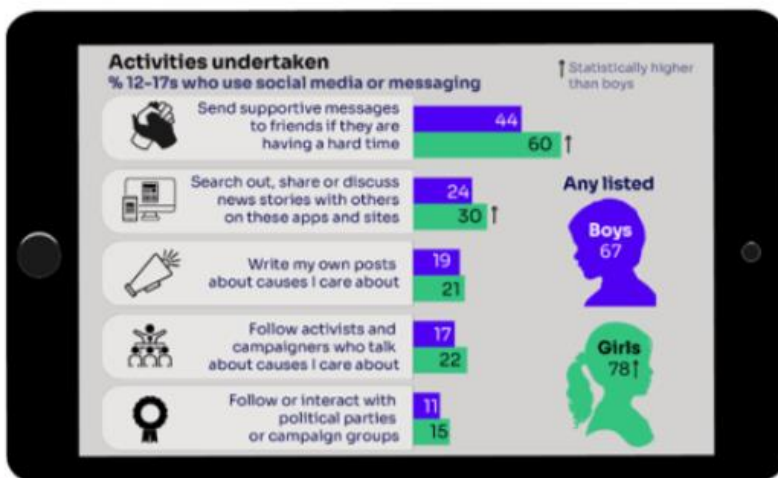


- **It's your choice** - Don't let others dictate when the right time is to use tech.
- **Stay involved** – make **time to communicate**, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular **conversations**. What's their favourite app? What is the best site to learn new things from?
- **Join in** - **watch them** play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – **ask their advice** to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so **model** good behaviour
- **Reassure them** - tell them that they **won't get in trouble** and that you are always there **to help**.



### KNOW WHAT THEY DO on social media?

Eight in ten (81%) of all children aged 8-17 use at least one social media app/site for following friends, people and organisations, reading, liking or sharing content



Many used sites and apps like **TikTok** and **Instagram** to consume content

**Snapchat** was the most favoured platform to message and communicate with friends.

"I don't think I could live without Snapchat anymore.... I've got all my friends on it, and we have like group chats where we all call, like, all the time, and we text each other and Snap each other" **Suzy, 12**



Go to [apps.lgfl.net](https://apps.lgfl.net) for guidance on apps and social media sites

Source: Children and parents: media use and attitudes report 2024





## Online safety spotlight



<https://saferinternet.org.uk/>

Young people can get around age restrictions on apps and websites, increasing the risk of them coming to harm online

To understand the extent to which children are bypassing age checks, Ofcom researched how many children have online profiles that make them appear older than they actually are.



### Parental controls guides

Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences.

[FIND A GUIDE](#)

[SEE SAFETY CHECKLIST](#)

<https://www.internetmatters.org/parental-controls/>

### Real online harms

The NSPCC calls the internet the "Wild West," because extreme and harmful content is easily accessible on mainstream social media and contact with strangers via platforms and games is all too frequent. Children don't always understand the meaning of words nor the impact of viewing/hearing extreme content. They get excited by new friendship groups and often struggle to self-regulate on these highly addictive apps, which nudge children to share photos, videos and location. Schools have behaviour policies which include expectations of online behaviour. Children who reuse rude words they've heard online or share inappropriate content could face serious consequences.

- Be involved and set security passcodes on children's devices. Consider limiting access to this 'junk food' type tech.
- Check your child's devices regularly. Let them know what you are doing and why.
- Talk to your child regularly about what they do online. This will build trust and help you to be aware and manage risk better.
- Remember, your child might be sensible but those who abuse children are also devious.
- Be open minded. The disinhibition effect online is a real issue. The nicest children can say the meanest things online.
- Your child is naturally curious and may accidentally access harmful content. Avoid blaming or shaming them if they tell you about seeing something – [talk.iwf.org.uk](https://talk.iwf.org.uk)

### Form good daily habits

- Limit gaming to the weekends – school nights will be busy with homework and clubs.
- Follow minimum age restrictions on apps and games.
- Avoid mindless scrolling. Be mindful of what you digitally consume.
- Read quality books at bedtime.
- Create a study area at home without mobile devices.
- Keep phones and gaming out of bedrooms.
- Buy an alarm clock and consider a "weekly planner" to avoid overuse of tech.
- Read Atomic Habits by James Clear.





## Bereavement Spotlight



Call our Helpline **0800 02 888 40**

## Does everyone need grief counselling?

If you're struggling with grief, you might have been told you need counselling. But there's actually a range of different things that can help if you're finding it hard to cope:

- Reading about what you are going through and [learning more about grief](#)
- A one-off call with the [Cruse Helpline](#) or a different organisation
- Joining a support group or starting a new group activity

**Cruse** Bereavement Support



## KoothTalks Families

Free webinars helping parents navigate their child's mental health worries

**The role of Kooth in the care pathway for young people with an eating difficulty.**

Inform parents and carers on how our digital platforms can support young people with eating difficulties in this 30 minute webinar.

[Share with families](https://share.hsforms.com/156wtliLoTz2InkHirOL3Wwc5dpq) <https://share.hsforms.com/156wtliLoTz2InkHirOL3Wwc5dpq>





## South Glos Parent and Carers

SGPA offer [free online SEND workshops](#). These sessions are a valuable resource for parent carers to learn more about specific SEND topics (such as sensory differences, masking, communication, anxiety, sleep difficulties, and behaviour) and build confidence in understanding and meeting their child's needs.



Workshops are open to all parents and carers in South Glos and offer practical ideas, strategies, and signposting to other services that could benefit their family. Participants will also have the opportunity to ask questions and receive extra support if needed.

**Find out more:** Take a flick through the [workshops guide](#) for full details about topics that are coming up, things that will be covered, and information about the workshop trainers

<https://sgpc.org.uk/resources-content/sgpcnews-winter25>





## FREE Triple P and Stepping Stones Parenting Programmes



Parenting is one of the hardest jobs in the world - our free parenting courses are designed to support parents to be the best they can be

Our regular 6 week programmes will not tell you how to parent, but give you a toolbox of ideas to improve your confidence in:

The staff are amazing! Friendly, great communication and make you feel at ease."

- Boundaries
- Routines
- Behaviour management techniques
- Looking after yourself as a parent



Our programmes are:

- Free to access
- For parents of children aged 0-12
- Run by professionals with SEN Experience
- Friendly and Non judgemental
- A chance to meet like minded people who understand your situation
- Flexible - run across the year, at different venues across South Gloucestershire, with day, evening and online options to attend

"We've seen a huge improvement in our confidence as parents. Since implementing strategies learned on the course, our family life is much calmer and happier."



# HWA Safeguarding Team



Mrs. Tushingam  
Assistant Principal  
Designated  
Safeguarding Lead  
Mental Health Lead



Mr. O'Callaghan  
Principal  
Online Safety



Miss. Helen Barnes  
Associate Assistant  
Principal  
Antibullying Lead



Miss. Dickson  
Deputy DSL  
Prevent Lead



Mrs. Nic Hurrell  
Associate Assistant  
Principal  
EDI Lead



Miss. Micky Snook  
Attendance Lead  
Attendance



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Ms. West  
Academy Counsellor

**kooth**  
www.kooth.com  
Free online emotional &  
mental health support.

**ChildLine**  
0800 1111  
www.childline.org  
.uk

Share a concern, anonymously.



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

