



Dear Parents, Carers and Students,
As we reach the end of the Spring Term, we would like to thank our school community for your continued support in keeping our students safe, well, and ready to learn. This newsletter shares important safeguarding reminders, highlights key issues we've been supporting young people with, and offers guidance for the upcoming holiday break.

1. Online Safety – Staying Safe Over the Holidays

With students spending more time online during the break, we encourage families to have open conversations about safe and responsible internet use.

Key reminders

- **Check privacy settings** on phones, games and social media accounts.
- Encourage young people to speak to a trusted adult if they encounter anything online that worries them.
- Discuss respectful behaviour online, especially in group chats and gaming platforms.
- Remind students never to share personal information or images with people they do not know offline.





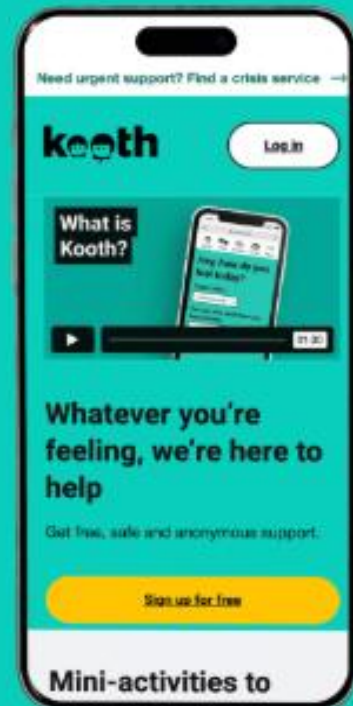
- **Useful Support**
- **Report Harmful Content:** reportharmfulcontent.com
- **CEOP Safety Centre:** www.ceop.police.uk
- **South Glos Online Safety Advice:** search "South Gloucestershire online safety for parents"
- **2. Mental Health and Wellbeing**
- This time of year can be challenging for young people. We continue to support students through our pastoral team, but families can also reach out over the break.
- **Where to get help**
- **Off the Record (OTR) Bristol & South Glos:** Free support for young people – otrbristol.org.uk
- **Kooth:** Anonymous online mental health support – kooth.com
- **Samaritans:** 116 123 (24/7)
- **Young Minds Parent Helpline:** 0808 802 5544
- Please remind your child that it's okay to ask for help—talking to a trusted adult, friend, or support service can make a huge difference.
- **3. Preventing Harmful Behaviours**
- We continue to educate students about respectful relationships, equality, consent, and positive online behaviour. This term we have focused on:
 - Challenging harmful language
 - Understanding peer pressure
 - Recognising unhealthy relationships
 - Encouraging kindness and inclusion
- We thank students for engaging thoughtfully with these sessions.





Easter and exams March 2026 update

Free mental wellbeing toolkit inside to help you support your young people.





As we approach the Easter break and the height of the exam season, we know that many of your students are feeling the pressure and may need some support.

Here's a selection of resources to help you support your pupils during this time and remind them we're here over Easter. [Access the full toolkit here](#)

It is important to remind your pupils that:

- There are ways to manage feelings of stress or worry during exam season, visit the **Exam stress calm zone**.
- Exams don't define who they are, or measure everything, see our popular article **10 things standard exams don't measure**.
- Self care is important. Help them tackle feelings of exam overwhelm with our **Self care bingo card**
- There's tips on navigating exams and big changes in our **Exam stress and managing change video** (ideal to use in assemblies, PSHEC and tutor time)

For families we have:

- Guidance on **supporting your child through exam stress**

How you can help your students:

- Raise awareness of Kooth's free wellbeing support available to your pupils by displaying the **exam support poster**.
- [Use this form](#) to book an exam stress or transition-themed assembly to introduce your students to Kooth's safe, anonymous community. You can also **order free print materials** and **arrange staff training** on Kooth and how digital mental health support works.

Please remember we are here over the Easter holidays. Our BACP-accredited digital service provides free, safe, and anonymous support with no waiting lists or referrals needed. Live chat opening hours remain the same: 12pm- 10pm on weekdays and 6pm- 10pm on weekends. All other parts of the platform including the journal and goal setting features, wellbeing articles, forums and messaging service are available 24/7.





Link to Kooth form:

https://connect.kooth.com/contact-us?utm_content=ENG&utm_medium=email&utm_source=newsletter&utm_campaign=gen-uk&utm_source=ALL+KEL+CONTACTS&utm_campaign=b901867fd2-EMAIL_CAMPAIGN_2026_03_24_09_20&utm_medium=

Toolkit:

https://portals.scaleflex.com/s/h9UfIFMU/en/easter-and-exams-march-2026?puuid=3d75e17c-b78a-457c-8cac-80e7fd67da48&utm_source=ALL+KEL+CONTACTS&utm_campaign=b901867fd2-EMAIL_CAMPAIGN_2026_03_24_09_20&utm_medium=email&utm_term=0_b901867fd2-1434676290





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:

Bristol North: 0300 124 5816

0300 125 5151

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



Sirona
care & health





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/>



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>



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.

