



Dear Parents,

As a way of offering further support and communication regarding current national guidance and trends in the area of Safeguarding we are excited to launch the ***HWA Safeguarding Weekly Parent Bulletin***.

Please keep checking back for advice and guidance on a range of Safeguarding issues to help support your children in school, at home and in the community. This week we are focusing on supporting children on their return to the academy.

All the best,

The HWA Safeguarding Team

## How to support you child's wellbeing as they return to the academy...

### Start talking

Your child might have worries about returning to the academy. It's important to acknowledge that this is a difficult time. You can explore these and help them to think of ways to manage them using our [Time for Us](#) pack or the resources on the [Family Links website](#).

It's important to give them the message that returning to school is a big thing and you understand that. Talk to them in a way that is sensitive to their needs – you will know your child best. Don't intrude or impose yourself on them, but gently open the conversation and let them know you're there for them if they want to talk.

### Sleep routine

Sleep is very important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school in person or not. Our [guide on improving sleep](#) could be a good place to start.

### Coping strategies

Coping strategies are what you use when feeling stressed, such as speaking with friends or family, doing regular exercise, or using breathing techniques. Acknowledge that it's normal to feel anxious about going back to school – try sharing an example of a time you've felt anxious about going into a new situation.

Encourage them to focus on the present and avoid thinking too far ahead. Thinking too far ahead can feel overwhelming. Focus on what is in their control (getting prepared for returning such as packing their bag) rather than what they can't control.

### Make yourself available as much as possible

Children may want to come and "debrief" but maybe not when you expect. Create space for talking in different ways, such as going on a walk together or baking together – there may be less pressure in these circumstances than when sitting face-to-face. Check in with them periodically. Don't assume they're ok because they seem it. Ask the young person how things are going. Ask them questions like: what have they enjoyed about being back? Any worries or challenges?

### Look at the positives

It might be helpful to talk with your child about the things they enjoy about school and what they may be looking forward to, like seeing their friends or favourite teacher.

### Year 7 Parents...

Making the change from primary to secondary school can be a daunting time, both for your child and for you! This guide created by Oxfordshire County Council is for you as a parent/carer to read and share with your child to help you both during this transition.

[Transition to Secondary School: A Parent/Carer Guide](#)





# Safeguarding Team

*Safeguarding* is the action that is taken to promote the welfare of children and protect them from harm.



**Ms James**  
Designated Safeguarding Lead



**Ms Wilshire**  
KS3 Deputy Safeguarding Lead  
(Year 7, 8 & 9)



**Mrs Thurston**  
KS4 Deputy Safeguarding Lead  
(Year 10 & 11)

**Need to talk to us, but would prefer to text?**



Text us on 07749723552 between 3:00pm and 5:00pm Monday-Friday

*Please speak to us for support or advice!*

Contact us Via Email:

[Zoe.James@clf.uk](mailto:Zoe.James@clf.uk)  
[Carly.Wilshire@clf.uk](mailto:Carly.Wilshire@clf.uk)  
[Jane.Thurston@clf.uk](mailto:Jane.Thurston@clf.uk)

## External Agency Support



Both OTR and CYN can offer comprehensive support on all issues. They offer youth clubs, 1-1 support and their websites can be used for students to find advice and information on a range of topics.

Kooth offer free, anonymous online support. You can encourage students to use Kooth on any issue.

