



KINGSMEAD SAFE NEWSLETTER

JULY 2026

SUMMER SAFE

PCSO KEATON MARTIN DELIVERS IMPORTANT SAFETY ADVICE

During the first week of July, our local Police Community Support Officer (PCSO) Keaton Martin delivered a series of engaging and informative assemblies to students in Years 7, 8 and 9.

The assemblies focused on helping young people stay safe during the summer break, when they often have greater independence and spend more time socialising with friends, both in person and online.

PCSO Martin spoke to students about a range of important topics, including:

- Personal safety when out and about with friends
- Staying safe online and using social media responsibly
- Making positive choices and avoiding risky situations
- Road and transport safety
- Respecting local communities and public spaces
- Knowing where to seek help and support if they feel unsafe or concerned

Throughout the sessions, students were encouraged to think about how their decisions can affect both themselves and others. They were given practical advice to help them enjoy a safe and positive summer holiday, such as:

- Letting parents / carers know where you are at all times
- Staying together in groups
- Socialising in open spaces, avoiding areas like woodland

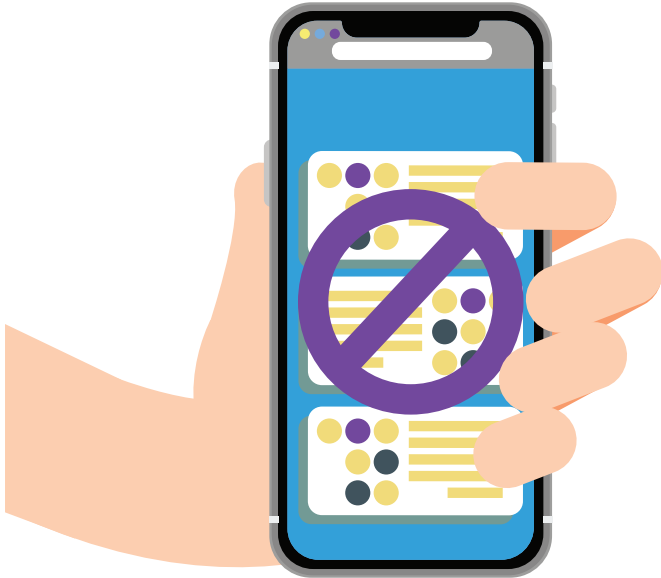


We are extremely grateful to PCSO Martin for taking the time to visit our school and share his knowledge and experience with our students. Building strong links with our local neighbourhood policing team helps us reinforce important safeguarding messages and supports our ongoing commitment to keeping young people safe.



For police advice and support, our school PCSO, Keaton Martin, can be contacted on 101 or 07773 532218 (999 in an emergency), or via email at Keaton.Martin1@staffordshire.police.uk

NEW SOCIAL MEDIA LEGISLATION: WHAT PARENTS NEED TO KNOW



You may have seen recent media coverage regarding the UK Government's proposed changes to children's access to social media. The plans form part of a wider effort to improve online safety and reduce young people's exposure to harmful content, cyberbullying, exploitation and other online risks.

Under new proposals, children under the age of 16 could be prevented from accessing major social media platforms, supported by stronger age verification measures. The Government has also proposed additional restrictions on features such as live streaming and communication with strangers. While these changes have been announced, they are not yet in force and further details are expected before implementation. Current plans suggest the measures would come into effect from Spring 2027.

What Parents Need to Know So Far

The proposals are expected to affect major social media platforms such as Instagram, TikTok, Snapchat, Facebook, Youtube and X (formerly Twitter). Messaging services used to communicate with known friends and family, such as Whatsapp, are not currently expected to be included.

The key aim for the legislation is to help protect children from harmful content and online experiences while encouraging a safer digital environment for young people. As further guidance becomes available, schools and parents will receive more information about what the changes mean in practice.

The Importance of Talking to Your Child

Regardless of any future changes to legislation, one of the most effective ways to keep children safe online is through regular, open and non-judgemental conversations.

We encourage parents and carers to talk with their children about:

- Which apps, games and platforms they use
- Who they communicate with online
- How they use privacy and security settings
- What to do if they see upsetting, inappropriate or harmful content
- The importance of reporting concerns to a trusted adult
- Maintaining a healthy balance between online and offline activities.

Young people are far more likely to seek help when they feel listened to rather than judged. Taking an interest in their online lives and creating regular opportunities for discussion can help children develop the confidence and skills needed to make safe and responsible choices online.

As a school, we will continue to monitor developments and share any updates with families as more information becomes available. By working together, we can ensure that all young people enjoy the benefits of the online world whilst staying safe, informed and protected.

For further information, please read the BBC News article:

<https://www.bbc.co.uk/news/articles/cp3xyqq79eo>

The 4 C's of Online Safety: What Every Parent Should Know

As technology continues to play a significant role in young peoples lives, it is important that we work together to help children stay safe online. A useful way to understand online risks is through the 4 C's Framework, which indentifies the four main areas where children may encounter harm online:

Content
Contact
Conduct
Commerce

Content

Content refers to what children see online. This could include inappropriate videos, harmful challenges, misinformation or content that may be upsetting or unsuitable for their age. Encourage your child to talk to you if they come across anything that makes them feel uncomfortable.

Contact

Contact relates to interactions with other people online. While many online friendships are positive, children can sometimes be approached by strangers or individuals who are not who they claim to be. Remind your child never to share personal information and to tell a trusted adult if someone online makes them feel worried or unsafe.

Conduct

Conduct focuses on behaviour online. This includes how young people communicate with others, treat one another on social media and gaming platforms, and manage their digital footprint. Encourage kindness, respect and responsible decision-making online, just as you would offline.

Commerce

Commerce covers financial risks online, such as scams, phishing attempts, misleading advertisements and in-app purchases. Children should understand that not everything online is genuine and that they should always seek permission before making purchases or sharing financial details.

The most important thing parents can do is maintain open and regular conversations about online life. Show an interest in the apps, games and websites your child uses. By creating a supportive environment where children feel comfortable talking about their online experiences, they are far more likely to seek help if they encounter a problem.

Online safety is not about restricting technology, it is about helping young people develop the knowledge, skills and confidence to use it safely and responsibly. By understanding the 4 Cs of Online Safety, we can work together to ensure our children enjoy the many benefits of the digital world while staying safe and protected.

AROUND THE WORLD DAY



On Tuesday 7th July, students in Years 7 and 8 took part in our exciting Around the World Day, a dedicated drop-down day designed to broaden cultural awareness and celebrate the diversity that makes our world unique.

Throughout the day, students explored a specific region of the world, investigating a range of themes including people and communities, diversity, daily life, history, culture and traditions. They also examined how respect is demonstrated within different societies and reflected on the similarities and differences between their own experiences and those of people living elsewhere.



As a school, we are committed to promoting equality and celebrating diversity, and this event was a fantastic way to bring these important themes to life.

We were delighted to see students engaging thoughtfully with the activities and demonstrating curiosity about different cultures and ways of life. The day was a great success and highlighted the importance of understanding and respecting the diverse world in which we live.

We would like to thank all staff and students who contributed to making Around the World Day such an enjoyable and meaningful learning experience.

The aim of the day was to encourage students to develop a greater understanding of the wider world, challenge stereotypes and appreciate the rich diversity that exists both globally and within our own communities. Through a variety of engaging activities, discussions and research tasks, students were able to deepen their knowledge while developing important skills such as empathy, critical thinking and respect for others.

Students were given the opportunity to take part in a range of immersive experiences linked to different cultures and beliefs. These included learning about and experiencing a Langar, where communities come together to share a free meal and promote equality, exploring the benefits of sound baths as a form of relaxation and wellbeing, and participating in meditation activities that encouraged mindfulness and reflection. These experiences helped students gain a deeper appreciation of different cultural practices and traditions from around the world.

Around the World Day also provided an opportunity for students to consider the values of inclusion, tolerance and mutual respect, helping them to become informed and responsible global citizens.



STRANGER DANGER

HELPING CHILDREN STAY SAFE

As children grow in confidence and independence, it is important that they understand how to stay safe when out and about in the community and online. While incidents involving strangers are rare, teaching children how to recognise unsafe situations and respond appropriately can help keep them safe and give them confidence.

The term "stranger danger" is often used to help children understand that they should be cautious around people they do not know. However, it is equally important for children to understand that safety is about recognising unsafe behaviour, rather than simply being wary of strangers. Most people they meet will be friendly and helpful, but children should know what to do if they ever feel uncomfortable, worried or unsafe.



Online Stranger Danger

It is also important to remember that strangers are not only people we meet in person. Through social media, gaming platforms and messaging apps, children may communicate with people they have never met.

Encourage your child to:

- Keep personal information private.
- Use privacy settings on apps and games.
- Never agree to meet someone they only know online.
- Report and block anyone who makes them feel uncomfortable.
- Speak to a trusted adult if they are concerned about an online interaction.

Talking to Your Child

The best way to help children stay safe is through regular, open conversations. Ask your child about where they go, who they spend time with, and what they do online. By keeping communication open and supportive, children are more likely to seek help if they encounter a problem.

Rather than creating fear, our aim is to equip young people with the knowledge and confidence to make safe choices. By working together, parents, carers and school staff can help children enjoy their independence while staying safe, both online and in the wider community.

Key Messages for Children

- Parents and carers are encouraged to discuss the following safety messages with their children:
- Trust your instincts – if a situation feels wrong, move away and seek help.
- Never go anywhere with someone you do not know without permission from a parent or carer.
- Do not accept gifts, money or lifts from strangers.
- Stay with friends when out and about whenever possible.
- Tell a trusted adult immediately if something happens that makes you feel uncomfortable or worried.
- Know who your trusted adults are and how to contact them in an emergency.

OPEN WATER SAFETY

As we approach the summer holidays, we would like to remind families about the importance of staying safe around open water and during periods of hot weather.

Open Water Safety

Rivers, lakes, reservoirs, canals and ponds may look inviting on a hot day, but open water can be extremely dangerous. Water temperatures are often much colder than expected, even during warm weather, which can lead to cold water shock, making it difficult to breathe or swim. Hidden currents, deep water, underwater obstacles and slippery banks can also pose significant risks.

We encourage parents and carers to remind their children:

- Never enter open water unless it is a designated and supervised swimming area.
- Never jump or dive into unknown water.
- Avoid swimming alone or with friends in unsupervised locations.
- Stay away from the edges of rivers, canals and reservoirs where banks may be unstable or slippery.
- If someone gets into difficulty in the water, call 999 immediately. Do not enter the water to attempt a rescue.



HOT WEATHER SAFETY

Staying Safe in Hot Weather

Hot weather can also affect children's health and wellbeing. Spending too much time in the sun or becoming dehydrated can lead to heat exhaustion and, in severe cases, heatstroke.

By understanding the risks associated with open water and hot weather, young people can make sensible decisions and help keep themselves and their friends safe.

Parents and carers can support this by planning ahead for days out, ensuring children know basic safety rules, and encouraging them to look after one another when spending time outside. A few simple precautions can make a significant difference and help prevent accidents.

Open water may look appealing on a warm day, but it is never worth taking unnecessary risks. Choosing supervised swimming facilities, staying hydrated, protecting skin from the sun, and knowing what to do in an emergency can all contribute to a safe and enjoyable summer.

To help children stay safe, encourage them to:

- Drink plenty of water throughout the day.
- Wear suitable clothing, including a hat when outdoors.
- Apply sunscreen regularly and follow the instructions on the bottle.
- Seek shade during the hottest part of the day.
- Take regular breaks from physical activity in high temperatures.

SUPPORT DURING THE SUMMER HOLIDAYS

The summer holidays can be an exciting time for families, but we understand that some children, young people and parents may need additional support while school is closed. We would like to remind families that there are a number of organisations and services available throughout the holiday period if advice, guidance or urgent help is needed.

Looking After Mental Health and Wellbeing During the Summer Holidays

The summer holidays can be an opportunity for rest, fun and spending time with family and friends. However, for some children and young people, the break from routine can bring challenges such as loneliness, anxiety, low mood or worries about friendships, school or family life.

As parents and carers, you know your child best. If you notice changes in their mood, behaviour, sleep patterns, appetite or willingness to engage in activities they usually enjoy, it may be helpful to start a conversation and seek support if needed. Remind your child that it is okay not to feel okay and that help is available.

Supporting Your Child's Wellbeing

There are simple things families can do to support positive mental health during the holidays:

- Maintain some routine and structure throughout the week.
- Encourage regular physical activity and time outdoors.
- Support healthy sleep habits.
- Spend quality time together as a family.
- Encourage children to stay connected with friends and trusted adults.
- Create opportunities for open, judgement-free conversations about feelings and emotions.
- If concerns persist or begin to affect your child's daily life, professional support is available.



Police

If you need to report a non-emergency issue, you can also contact **Staffordshire Police** by calling **101** or reporting concerns online using the QR code.

Staffordshire Families Integrated Front Door (SFIFD)

This is the first point of contact for anyone who has concerns about the welfare or safety of a child or young person. The service can provide advice, support and access to services for children and families who may need additional help.

Telephone: 0300 111 8007

Out of Hours: 0345 604 2886



Childline

Childline provides free, confidential support for anyone under the age of 19. Children and young people can talk to a trained counsellor about any issue, no matter how big or small.

- Call **0800 1111**
- Visit www.childline.org.uk
- Available 24 hours a day

NHS

- For non-emergency medical advice, families can contact **NHS 111** online or by telephone.

Call 111 for urgent medical concerns that are not life-threatening.



Mental Health Hub

Please see the Mental Health Hub poster included in this newsletter, which provides information about local mental health and wellbeing services available to children, young people and families across Staffordshire. The Mental Health Hub can help families identify the most appropriate support and services for their needs and is a valuable starting point for anyone seeking advice.



Stay Well

Stay Well offers emotional wellbeing support and self-help resources for children, young people and families. The service provides practical advice on managing stress, anxiety, low mood and other wellbeing concerns, helping young people to develop healthy coping strategies and resilience.



Sandbox

Sandbox provides free online emotional wellbeing support for children, young people and their families. Through digital resources, advice, counselling and wellbeing guidance, Sandbox aims to help young people access support when they need it, in a way that feels comfortable and accessible. Families can access information, resources and support through: www.sandbox.mind.org.uk



ALUMINA

Alumina

Alumina is an online programme delivered by Self-Harm UK for young people who are struggling with self-harm or thoughts of self-harm. The programme provides a safe space for young people to explore their feelings, develop coping strategies and receive specialist support from trained professionals. Parents and carers who are concerned about self-harm behaviours should seek support early and remember that help is available. Further information can be found at: www.selfharm.co.uk/alumina

THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE OPEN OVER THE SCHOOL HOLIDAYS

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic

Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.

If you are a parent and would like to learn ways to help support your child with anxiety and low mood, please access the QR codes below where you can view a pre recorded workshop

ANXIETY



LOW MOOD



Website information

If you ever need guidance on how to raise a safeguarding concern or make a referral, full information is available on our school website. Our Safeguarding page provides clear details about our procedures, key contacts, and links to useful support services.

You can access this information at:
<https://www.kingsmeadschool.net/home/about-us/safeguarding/>. We encourage all parents and carers to familiarise themselves with the resources available so that, together, we can ensure the safety and wellbeing of all students.



ASSISTANT TO THE SAFEGUARDING LEAD
MISS L JONES



DESIGNATED SAFEGUARDING LEAD
MR T TRUBY



DEPUTY DESIGNATED SAFEGUARDING LEAD
MRS E BRACEBRIDGE



SENCO
DEPUTY DESIGNATED SAFEGUARDING LEAD
MISS N BANNISTER



DEPUTY DESIGNATED SAFEGUARDING LEAD
MRS R DUCKETT



DEPUTY DESIGNATED SAFEGUARDING LEAD
MR J MORETON



DEPUTY DESIGNATED SAFEGUARDING LEAD
MR M ORDIDGE



YEAR 7 PROGRESS LEADER
MISS C HINTON



YEAR 8 PROGRESS LEADER
MRS G TAYLOR



YEAR 9 PROGRESS LEADER
MRS T MILNER



YEAR 10 PROGRESS LEADER
MR P LAIRD



YEAR 11 PROGRESS LEADER
MR J TAYLOR