



**KINGSMEAD SAFE**

# **NEWSLETTER**

**MARCH 2026**

## **LEAN (DIRTY SPRITE) A DANGEROUS NEW TREND**

We want to create awareness about the harmful trend of substance use, which is referred to as Lean or “Dirty Sprite.” The substance is a combination of prescription-strength cough syrup with codeine and soda or sweets, which makes it highly addictive and risky as it may cause respiratory problems, seizures, and damage to organs in the long run. We urge parents and carers to engage their young person in an open discussion about the risks of substance experimentation, and if you have any concerns, you should contact the Safeguarding Team at [ks-safeguarding@kng.jtmat.co.uk](mailto:ks-safeguarding@kng.jtmat.co.uk).



## **SHARING IMAGES & VIDEOS**



It is important to remind young people that once an image or video is shared online, via messages, social media, and group chats, it cannot be removed completely. The Online Safety Act provides stronger protections by making the sharing of harmful and illegal content, such as explicit images of anyone under the age of 18, against the law. This includes young people sharing images of themselves.

Parents can help their young person by staying calm, providing reassurance, and having open discussions about what has happened instead of blaming them. It helps to remind young people of the importance of discussing appropriate behaviour, discussing apps and media with them, and reminding them that the people they are chatting to may not necessarily be who they say they are.

In addition, young people should always be encouraged to talk to a trusted adult about what has happened to them, and with their consent, parents should contact the school's safeguarding lead to obtain further support, monitoring, and assistance to prevent the image being shared further. If you feel your child is a risk, please contact SFIFD / the Police / the Safeguarding Team at [ks-safeguarding@kng.jtmat.co.uk](mailto:ks-safeguarding@kng.jtmat.co.uk)

# WORKING WITH COMMUNITY PARTNERS



As part of our on-going commitment to safeguarding, the school continues to work in close association with various members of the local community, such as those in the local shops, as well as the police. This enables us to stay up to date with any concerns that are being highlighted in the local community, ensuring we can respond quickly and appropriately. Our partners are also invaluable in supporting us in terms of educating young people in matters related to risk, safety, and responsible citizenship.

## WELLBEING, MENTAL HEALTH AND SELF HARM

We are dedicated to promoting good mental health and emotional wellbeing in all of our students. Young people may be under pressure, which could cause them to feel anxious, depressed, or even self-harm, and it is essential that they know where they can go if they need help. Our safeguarding team works closely with families and external agencies if we suspect that a student may be experiencing difficulties. We urge parents to discuss things with their young person, observe their young person's behaviour, and contact us if they have any concerns, however minor they may seem.



### Signs Your Young Person May Be Struggling

Every young person is different, but some common changes to look out for include:

- Withdrawing from friends, family, or activities they once enjoyed
- Noticeable changes in mood—irritability, sadness, or anger
- Changes in sleep patterns or appetite
- Decline in school performance or motivation
- Expressing feelings of hopelessness or low self-worth
- Increased worry or difficulty concentrating

### Tips for Supporting Mental Wellbeing at Home

#### • Encourage open conversations

Create a safe, non-judgemental space where your young person can express how they feel. Regular check-ins—even brief ones—can make a significant difference. Promote healthy routines. Sleep, balanced meals, hydration, and regular exercise play a vital role in emotional health. Try to keep routines consistent, especially around bedtime.

#### • Help them manage screen time

Phones, gaming, and social media can contribute to stress. Setting boundaries and modelling healthy digital habits can be beneficial.

- **Teach coping strategies**

Simple techniques such as deep breathing, journaling, listening to music, or spending time outdoors can help reduce stress and anxiety.

- **Celebrate effort, not perfection**

Young people can feel immense academic and social pressure. Praise their hard work and progress—not just results.

- **Stay connected with school**

If something feels “off”, please reach out. Early conversations can make a huge difference.

### Where to Get Help

There are a number of services that can support families with Children’s mental health.



**Shout** – Text SHOUT to 85258



**Young Minds** – [www.youngminds.org.uk](http://www.youngminds.org.uk)



**Samaritans** – 116 123



**Sandbox** –

<https://thesandbox.mindler.co.uk>

**CAMHS** –

<https://camhs.mpft.nhs.uk/south-staffords-hire>

**Cannock Mental Health Team** –

<https://www.mpft.nhs.uk/services/mental-health-support-teams-schools>

## BEREAVEMENT SUPPORT

As part of our on-going commitment to safeguarding, the school continues to work in close association with various members of the local community, such as those in the local shops, as well as the police. This enables us to stay up to date with any concerns that are being highlighted in the local community, ensuring we can respond quickly and appropriately. Our partners are also invaluable in supporting us in terms of educating young people in matters related to risk, safety, and responsible citizenship.



## OPERATION ENCOMPASS

Our school is part of Operation Encompass, which is a police and education-led initiative that aims to help young people affected by domestic abuse. The Domestic Abuse Act of 2021 has identified that young people should be considered as victims of domestic abuse. The police forces across England and Wales must share information with schools. This allows us to be informed of any domestic abuse that the police attend, where our students were involved. This allows us to support these students. The information received from Operation Encompass is kept securely and does not put a child or non-abusing adult at greater risk. We proudly display Operation Encompass information to promote awareness of this vital work.



# PROTECTED CHARACTERISTICS



## Do You Know the Protected Characteristics?

In our pursuit of equality and diversity, we always take time to educate students about the nine protected characteristics as outlined in the Equality Act of 2010. The nine protected characteristics include age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation. Understanding these concepts enables students to recognise discrimination, appreciate diversity, and foster an encouraging school environment. We encourage parents to promote these essential values and principles at home. Our school is dedicated to imparting the value of tolerance, or recognizing and valuing others' differences, as an essential element of British Values. This includes mutual respect and individual liberty. This enables students to become tolerant and considerate members of society.

# LOUDMOUTH WORKSHOP

February saw our Year 9 students participate in a workshop with Loudmouth, an innovative theatre-in-education company known for their ability to make learning about safeguarding, relationships, and other difficult subjects engaging, memorable, and effective, even at the top tier of RSHE provision in schools.

The workshops, which feature lively drama performances, facilitate discussions that help our school provide the best possible RSHE learning, allowing students to engage with key themes of healthy relationships, consent, safety, and respect in a way that is safe, appropriate, and engaging, promoting critical thinking, questions, and the knowledge and confidence to make good choices.



# CRIMESTOPPERS

Crimestoppers has been to our school over the past month, delivering a day's worth of workshops with our year 7, 8, 9, 10, and 11 students. The purpose was to enable young people aged 11 to 16 years old to speak out safely and anonymously about their concerns that are associated with school crime, such as weapons, drugs, and bullying. The focus was on prevention, education, and building young people's confidence so that they feel able to raise concerns without fear. Through talks, personal interactions, and presentations to teachers, Crimestoppers has been able to raise awareness, ease safety concerns, and reinforce our school's commitment to ensuring that our community is a safe one.



**CrimeStoppers.**

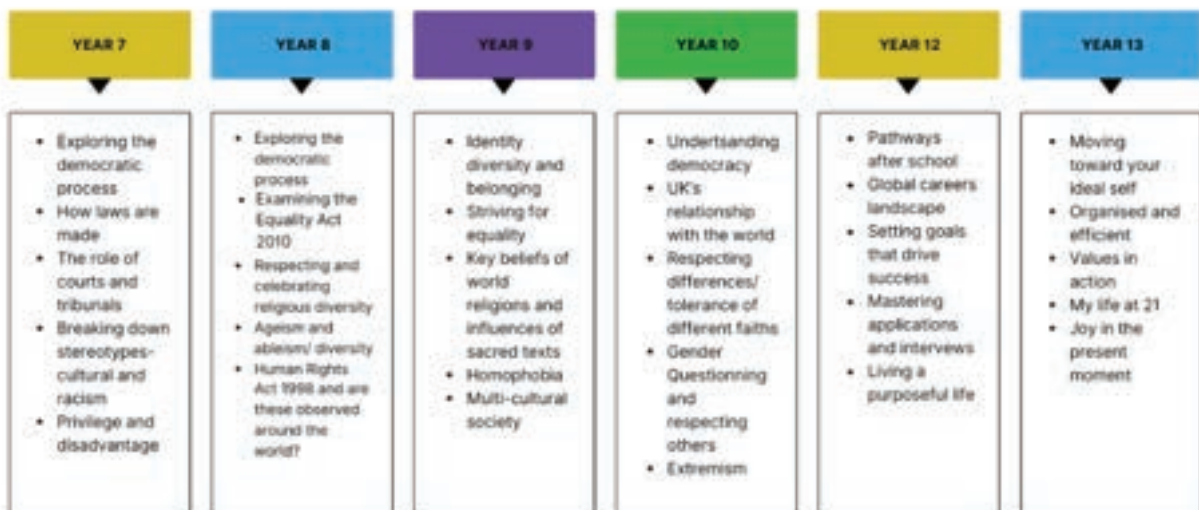
**0800 555 111**

100% anonymous. Always.

# PSHE CURRICULUM

During the Summer 1 term, the PSHE curriculum will cover the following areas, which are all about British Values and Law:

## Summer 1: British Values and Law



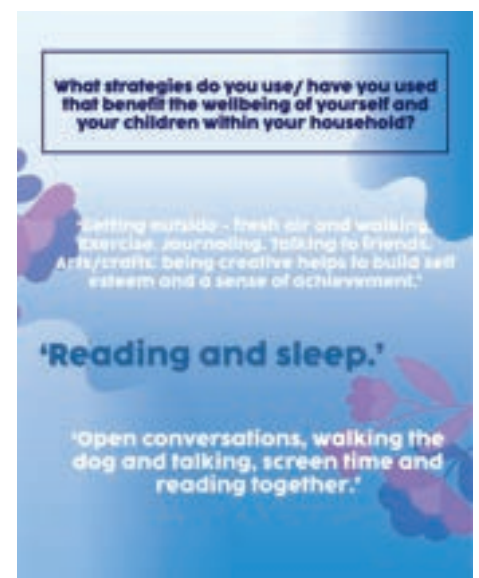
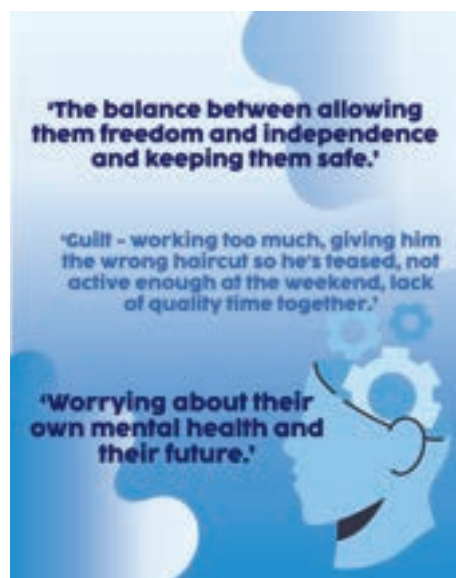
# CHILDREN'S MENTAL HEALTH WEEK 2026

To celebrate Children's Mental Health Week (9th to 15th February 2026), the school decided to follow this year's theme: "This Is My Place," which asked the staff and students to think about the spaces that make them feel safe and comfortable. Teachers were encouraged to make short videos or write down their ideas about what their "place" was and post them on social media or display them at school to promote the concept of being open and having positive mental well-being. During the week, the students participated in activities related to finding their safe spaces in the tutor groups and also did a special task where they wrote down their idea of the concept of "place" on a lock sticker to be displayed collectively. It was a great chance to promote the importance of having a place that made the students feel safe and comfortable within the school community.



# PARENT MENTAL HEALTH WEEK 2026

This year, we had the pleasure of participating in Parental Mental Health Week, acknowledging the importance of parents and carers in our community. Throughout the week, many of you contacted us with your own ideas, tips, and thoughts on how to maintain good mental health, and we would like to say thank you for your openness and support. Your contributions enabled us to shine the spotlight on the importance of self-care, staying well connected, and seeking help when it's needed. Our safeguarding team is always here to listen and provide guidance, and we're committed to working together to support the well-being of all families in our school.



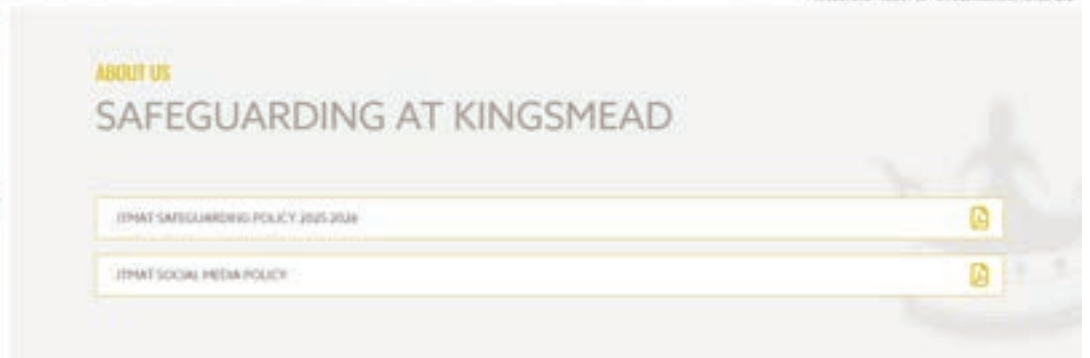
## Website information

**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.**



IPMAT SCHOOL - ABOUT US - SAFEGUARDING AT KINGSMEAD



**Kingsmead School**



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**