

# Safeguarding Newsletter

Summer Term 2 2025



This newsletter has been focused around general safeguarding matters and information to support families.

## The Safeguarding Leadership Team



Mrs Wilkinson



Mrs West

You can reach the Safeguarding Leadership team at:

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Welcome to the last newsletter of the Academic Year. We have an exciting last week with activities week and our infamous house shout, but our attentions turn to how we can support our students to be safe over the holidays!

**Sleepovers** – there seem to be more sleepovers in the summer months as friends reunite after long periods of not seeing each other. Here are some helpful tips for a successful and enjoyable sleepover!

1. **Check parental permission** by speaking to parents / guardians directly and not communicating through children.
2. **Ensure a safe environment** - that children do not have access to hazards whilst in an unfamiliar place. Where possible have separate sleeping arrangements and somewhere they can change with privacy.
3. **Supervision** – Ensure that children are supervised and they know there is adult presence overnight if they need help.
4. **Communication** – Speak to your children about sleepovers, set agreed foundations and expectations who they can speak to if any situation makes them feel worried.
5. **Online Safety** – ensure there are clear expectations around the use of mobile phones and consent for any content being shared on social media.
6. **Check for allergies** – Make sure that you know if any children have any allergies, they may need support with.

## Support in the Summer

If you require support in the summer for your child you can self refer to the MHST through this link if you are concerned about your child's mental health.

[The Mental Health Support Team in Schools \(MHST\) - Children and Family Health Devon](#)

Torbay CAMHS are available on 01803 655650

If you need support for your family you can contact the family hub in Torbay for Early help support

[Early Help - Family Hub](#)

In Devon you can contact the Devon Safeguarding Children Partnership.

[Early Help - Devon Safeguarding Children Partnership](#)

We also have an organisation in Torbay who can support with the following –

Practical and emotional support

Family Court Support

Practical advice and guidance

Welfare rights advice and appeals

Access to professional legal advice

Support for families impacted by Domestic Abuse and Sexual Violence

[What's Your Problem? - What's Your Problem?](#)

**Going out** – It is important for a child's development to explore, but if they are heading out with friends, it is advisable to make sure their phone location services are on, you know where they are going and they have clear boundaries on when it is time to come home! Please support the local police as previously shared to ensure your child is not involved in large gatherings in public spaces over the holidays. Students can also download the what 3 words app to help them share their location if they become lost. [what3words /// The simplest way to talk about location](#)

**Beach Safety** – This is a repeat of information written by one of our students who works as a lifeguard from last year's letter, but still so important.

1. Try to use a lifeguarded beach (e.g. Teignmouth, Dawlish Warren, Exmouth and Sandy Bay) and swim between the red and yellow flags.

2) Offshore winds - do not use an inflatable in the sea when the wind is offshore as you will quickly be swept out. You can spot an offshore wind by looking at the direction of a flag at a beach or an orange windsock flying at a lifeguarded beach.

3) If in trouble, float to live. If you see anyone in trouble, call 999 and ask for the coastguard.

4) Use the what3words app. This is recommended because if anyone is ever in trouble and needs to call emergency services it will give you an exact location to enable you to receive help easier.

5) Slip, Slop, Slap, Slay, Glug (put sun cream on, have fun, drink water)

Stand-Up Paddleboarding is an activity that can be enjoyed by the whole family and is becoming increasingly popular.

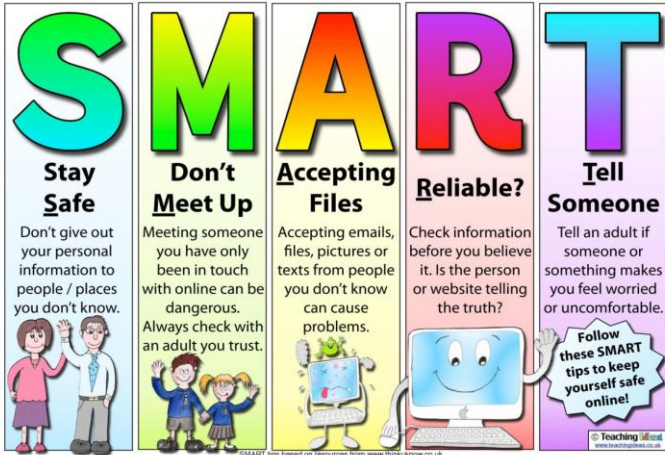
The RNLI have provided some simple and key tips to improve your time paddleboarding every time you go out on the water:

- \* Wear a buoyancy aid
- \* Wear the correct leash
- \* Carry a phone in a waterproof pouch
- \* Avoid offshore winds

You can find more information here: [RNLI Stand up paddle boarding](#)

It is highly recommended that you do not allow your child to have access to their mobile phone overnight in their bedrooms.

We advise that parents / carers check what their children are looking at every week. Do this together to build trust, and ask them to show you their social media accounts. This way you can see the content that appears and also see how your child interacts with their peers.



Please encourage your children to be **SMART online**. If you have any concerns with any content your child has received you can report this through the following sites:

[Report to CEOP](#)

[Report Harmful Content - We Help You Remove Content](#)

**ONLINE SAFETY** We constantly remind our students of their digital footprint. The average teenager spends up to 3 hours a day on their phone accessing social media. It is so important that parents use the advice in this newsletter to take an active role in ensuring children access the internet safely. We continue to publish advice through our website for our whole community. There is advice on our parent specific online safety page through our website.

[Torquay Girls Grammar School - Online Safety for Parents](#)

### Knowledge is power

Sometimes students and their families go through significant changes that impact their well-being. This could be anything from losing a family member, separating as a family or a student starting to show the signs of poor mental health. Understandably some families choose not to inform us as a school and we fully respect this. We want to continue to remind parents that any information shared with the Safeguarding Team is confidential and as the students know, only the Safeguarding Team and your child's Head of Year would be aware of any information shared. If we have information that will support us to keep a watchful eye on your child and help them navigate any difficulties then it can be very beneficial to them. There are times when we have not been aware of a key change to students circumstances and having this information would have helped us put appropriate support in for our students in a more timely fashion.

If a change in your circumstances due to a family separation has led to financial changes then you can follow the link below which signposts support to applications for Free School Meals. If your family qualifies for Free School Meals, the school is provided with funding under the Government's Pupil Premium Strategy, that we can use within our strategy to support their education and well-being. [Torquay Girls Grammar School - Free School Meals](#)

## Summer holiday clubs and activities.

If your child is accessing a holiday club or one-off activity in the half term or the summer holidays then we advise (if they will be left unaccompanied by a family member) that you ensure that the provider has done all relevant checks on any staff that may come into contact with your child.

The provider should have a safeguarding policy outlining the actions they have taken through safer recruitment and the processes they will follow to keep your child safe.

Below is a link to the statutory guidance that any 'Out of school settings' (OOSS's) must uphold.

[After-school clubs, community activities, and tuition - safeguarding guidance for providers](#)



## Contacts if you are concerned about a child.

If you are worried about a child, or if you are a child worried about your own safety, or your query is of a safeguarding nature, please call the MASH (Multi Agency Safeguarding Hub):

For Torbay residents call **01803 08100** or email [mash@torbay.gov.uk](mailto:mash@torbay.gov.uk)

For out of office hours please call 0300 4564876

For Devon residents call 0345 155 1071 or email [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

If you or a child is at immediate risk, please call **999**.

If you need support there is lots of helpful information such as websites available [Here](#)