

SPOTLIGHT ON SAFEGUARDING AND WELLBEING

»»» SPRING 2026 «««



A MESSAGE FROM THE WELLBEING TEAM

As we reach the end of the academic year, we hope this newsletter provides some useful information and support for the summer months. Have a wonderful break, take care of yourselves and each other, and we look forward to welcoming everyone back in September.

OUR PERSONAL DEVELOPMENT & CURRICULUM LEARNING THIS YEAR

Throughout the year students have explored important topics to support them both in school and beyond. Learning has focused on helping students become confident, informed and responsible. We have also worked closely with other partners to ensure student Wellbeing is embedded throughout school life.



In Citizenship alone, students have covered work on:

RELATIONSHIPS

- Healthy and respectful relationships
- Consent and boundaries
- Family relationships and friendships
- Online relationships and communication

FINANCIAL LITERACY

- Budgeting and money management
- Saving and spending
- Understanding debt and financial choices
- Recognising scams and online financial risks

HEALTH AND WELLBEING

- Physical and emotional health
- Mental health and emotional wellbeing
- Coping strategies and resilience
- Healthy lifestyles
- Substances that can cause harm including vaping, alcohol, smoking and drugs

THE LAW

- Rights and responsibilities
- Equality and protected characteristics
- Understanding laws relevant to young people
- Personal safety and decision making

DIGITAL CITIZENSHIP

- Online safety
- Responsible use of social media
- Digital footprints
- Critical thinking and recognising misinformation

IDENTITY AND VALUES

- Personal identity
- Respecting differences
- Understanding values and beliefs
- Developing self-awareness and confidence

These topics are designed to equip students with knowledge and skills they can use throughout life. School ready; Work ready; Life ready.

SUMMER WATER SAFETY – IMPORTANT INFORMATION FOR BARNSELEY FAMILIES

As warmer weather arrives, young people are often drawn to open water areas. In Barnsley there are reservoirs, lakes, ponds, canals and waterways including areas around Elsecar and Worsbrough. Swimming in open water can be extremely dangerous and is not permitted in many local areas.

Hidden hazards can include:

- *Cold water shock*
- *Strong currents*
- *Deep mud and unseen objects*
- *Sudden drops in depth*
- *Difficulty getting out once in the water*



Key safety reminders:

- *Never jump into open water*
- *Always stay with friends and avoid isolated areas*
- *Follow safety signs*
- *In an emergency call 999 and ask for the Coastguard or Fire Service if water rescue support is needed*
- *If someone is in trouble: Call, Tell, Throw – never enter the water yourself*

Please have conversations with your child about making safe choices around water this summer.

HEALTHY ROUTINES SUPPORT MENTAL HEALTH

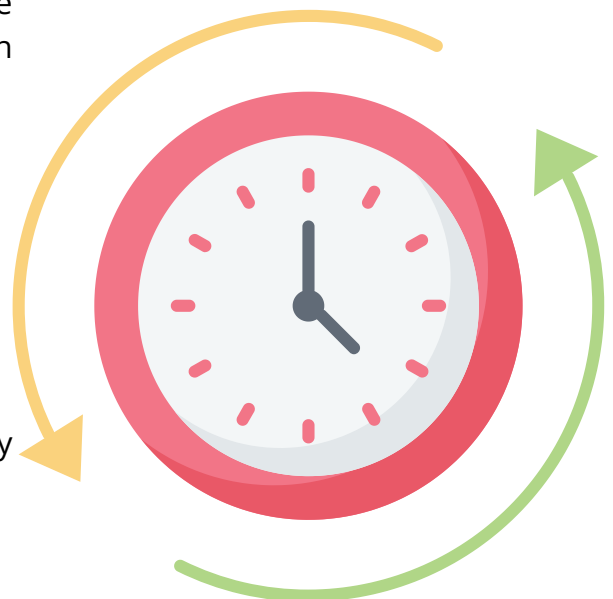
We were delighted to welcome James Wilson aka the Sleep Geek into school this year, where he worked with some of our students around sleep and wellbeing.

One key message was simple:
Good routines are essential for good mental health.

During the summer break, try to support:

Healthy sleep habits

- Keep bedtime and wake-up times reasonably consistent
- Reduce screen use before bed
- Keep bedrooms cool, quiet and comfortable
- Aim for regular sleep patterns



PARENT GUIDE TO AI: KEY NOTES FOR THE SUMMER HOLIDAYS

Artificial Intelligence (AI) is becoming part of everyday life. Young people may use AI tools for entertainment, homework support, images, social media and information searching.

Helpful reminders for parents:

Talk openly

Ask your child what apps and tools they are using.

Check information:

AI can sometimes provide incorrect information confidently.

Protect privacy

Young people should never share:

- Personal details
- School information
- Addresses
- Passwords
- Photos they would not want shared

Discuss online trust

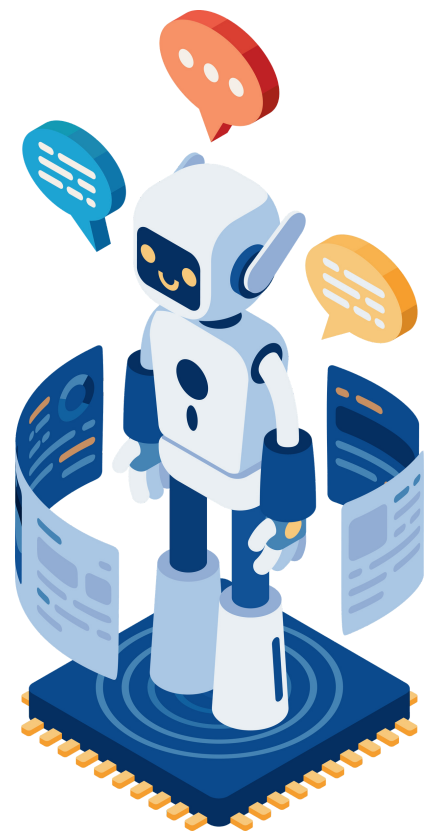
Not everything online is real. AI can create:

- Fake images
- Fake videos
- False information

Keep balance

Technology can be useful, but encourage:

- Outdoor activity
- Family time
- Reading
- Physical activity
- Social interaction away from screens



MENTAL HEALTH AND WELLBEING SUPPORT DURING THE HOLIDAYS

School may be closed over the summer, but support remains available.

Useful Support Services

Kooth https://www.kooth.com/?utm_source=chatgpt.com

Free, safe and anonymous online emotional wellbeing and counselling support for young people.

Soluna by Kooth https://solunaapp.com/?utm_source=chatgpt.com

Digital wellbeing tools and self-help support.

Night Owls UK https://nightowlsyorkshire.org.uk/?utm_source=chatgpt.com

Evening emotional wellbeing support.

Compass Be https://www.compass-uk.org/services/compass-be/?utm_source=chatgpt.com

Mental health and emotional wellbeing support for children and young people.

Recommended wellbeing apps

- Calm
- Headspace
- NHS Every Mind Matters

Important Numbers for Families During School Closure Periods

Emergency Services: 999

NHS non-emergency: 111

Samaritans: 116 123 (24 hours)

Childline: 0800 1111

Barnsley Safeguarding Team: 01226 772423

