

Helston Community College

Safeguarding Newsletter

July 2025



SAFEGUARDING – EVERYBODY, EVERY DAY

We have arrived at the end of another year! Students at HCC have had another very busy and productive year, working hard and doing some amazing things. It is now time for everyone in our community to enjoy some much-needed rest and relaxation, focusing on our wellbeing, and recharging for a fresh academic year in September. As usual, this newsletter aims to provide some sources of support over the holidays, if needed. It also includes some tips about getting your child ready for a return to school when the summer holiday is drawing to a close...

Summer Term at HCC - some of the things that our students have accessed to support their safety, health and wellbeing include:

- **Decider Skills** – A group of Year 7 students and staff received training from the NHS about maintaining positive emotional wellbeing,
- The John Egging Trust has continued its work with the College (with groups of Year 8 and 9 students) through exciting projects to develop their skills and confidence. This term saw the graduation of students who have completed a year's worth of activities with the Trust.
- **Year 10 Employability Masterclass** – A day of activities focusing on teamwork, adaptability and other key skills for the world of work.
- **Year 9 Careers Day** - Opportunity to meet people from a range of job sectors.
- The Kernow Health Team visited to administer key vaccinations to anyone who missed them earlier in the year.
- **Year 6-7 Transition** - Year 6 students (and some Year 5) visited HCC over several weeks, with many current HCC students helping to make them feel welcome. This included a group of Transition Mentors, specially trained by the Kernow Mental Health Support Team.
- **Activities Week** – students learned, tried new things and had lots of fun, from Helston to Barcelona!
- **Yr. 10 Work Experience** - possibly our best work experience week yet! Students getting hands on as they explored the world of work.

Meet the Safeguarding Team @ HCC

Our team has been trained to an advanced level on all aspects of safeguarding. They are available to speak to any student, parent or member of the community.



Mr. A. Oates
Senior Assistant Headteacher
Designated Safeguarding Lead



Mrs. C. Price
Deputy Designated Safeguarding Lead



Mrs. R. Kenward
Deputy Designated Safeguarding Lead

Several other key members of staff are also trained to an advanced level of safeguarding and will support students they already work with (for example, within our SEND or Post-16 teams).

Mental health support that meets public healthcare needs

Kooth's services make large scale prevention a reality across whole populations. Kooth services are also linked to broader health economics outcomes, such as reduced numbers of anti-depressant prescriptions and lower hospital admissions due to suicidal ideation or self-harm.



For young people

Kooth's digital service gives every young person the know-how and tools to help manage and help take control of their mental health.



For adults

Qwell is our service for adults aged 18 and over, offering free and effective in-the-moment support throughout life.



Waiting lists

Kooth's Integrated Digital Pathways relieves NHS pressures by offering immediate support to people on mental health waiting lists.



How can we prevent people falling into crisis

Sir Norman Lamb

Former North Norfolk MP and Health Minister, Mental health campaigner



Digital support can change lives

Sir Norman Lamb talks to Dr Lynne Green about digital support in the context of the crisis care concordat initiative, commenting:

"Being able to access support directly, without having to go on a waiting list for months on end... is a priceless part of the architecture of support that we should make available to people."

REPORT REMOVE

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.



Is someone threatening to post nudes or sexual images of you, your child or a friend online?

Sexually coerced extortion or 'sextortion' is a type of blackmail where someone tries to use intimate, naked or sexual photos or videos of you to make you do things you don't want to do. Sometimes, these photos or videos are taken without your knowledge, and the person blackmailing you uses them to force you to pay money or do something against your will.

Criminals often target people who use dating apps, social media platforms, webcam/live streaming sites or websites related to pornography. They might pretend to be someone else online and become friends with you. Later, they might threaten to share pictures or videos with your family and friends.

Remember, if you ever find yourself in a situation like this, it's important to know that the victims of 'sextortion' are **never** to blame. The criminals who try to extort money or make victims do things they don't want to do are the ones at fault.



Report Remove is safe, easy and free – all you need to do is follow these steps:

- Visit the dedicated [Report Remove page](#) on Childline's website.
- Choose your age range.
- Create a Childline account so they can send you updates on your report.
- Report your image or video which is handled by the Internet Watch Foundation (IWF).
- Talk to a Childline counsellor if you want any extra support, or access support on the [Childline website](#).
- Check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report.
- Report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

Summer Support

A good starting point for support is the **Early Help Hub**. You can find a list of the different support services they offer at [Early help - Cornwall Council](#) (01872 322277)

Your GP will also be able to signpost you to specific support that may help.

If at any time you feel that someone is at risk of immediate harm, you should contact the **Multi-Agency Referral Unit** on **0300 123 1116** or the Emergency Services on 101/999.

For specific areas of need, you may find the below useful:

Mental Health



[Kooth.com](#) [Xenzone](#)



[Mental Health Helpline - Urgent Help](#) 0800 038 5300 [CAMHS](#)



[Mental Health Charity For Children & Young People](#)



[Cornwall Mind](#)



[Kernow Connect](#) [1:1 chat - Parent Talk](#)
01872 321486



[Childline](#)
0800 1111



116 123 jo@samaritans.org (emails may take several days for a response)



[Making Waves - Young People Cornwall](#) 01872 22244

Health advice



ChatHealth
Parent Line 0-5

TEXT 07312 263 423

ChatHealth
Parent Line 5-19

TEXT 07312 263 499

ChatHealth
Young People 11-19

TEXT 07312 263 096

Alternatively, for 0-19 health advice you can also contact:

01872 324261 (option 2)
hvsnadvice@cornwall.gov.uk



www.cornwall.gov.uk/chathealth

Bereavement



[Penhaligons Friends](#)

Drug/Alcohol Misuse



wearewithyou.org (YZUP)

Sexual Health



Cornwall and Isles of Scilly

[Brook Cornwall](#)

0300 30 30 714