MONTGOMERY ACADEMY
SAFEGUARDING NEWSLETTER

Working together to keep our young people safe

ISSUE 1
SEPTEMBER 2026

WELCOME BACK!

Welcome to a new school year! September is a great opportunity to build positive routines that support learning, wellbeing and safety.

Safeguarding is at the heart of everything we do. We all have a part to play in keeping our young people safe and supported.

Thank you for working with us.

ONLINE SAFETY FOCUS
AI AND DEEPFAKES

Technology is changing quickly and brings new opportunities – but also new risks. One of these is deepfakes.



What is a deepfake?

A deepfake is an image, video or audio recording that has been altered using AI to make it look like someone has said or done something they never actually did.

Why is this a concern?

Deepfakes can be used to bully, embarrass, manipulate or spread false information.

BUILDING POSITIVE ROUTINES
for a successful school year

Routines help young people feel safe, reduce stress and improve focus. Here are some key areas to focus on:

1. SLEEP
Teenagers need 8–10 hours of sleep each night. Encourage a consistent bedtime and keep devices off at least 30 minutes before bed.

2. SCREEN TIME
Set healthy boundaries around screen use. Keep devices out of bedrooms at night and encourage screen-free family time.

3. PREPARE AHEAD
Pack bags, check timetables, lay out uniform and charge devices the night before to reduce stress in the morning.

4. ATTENDANCE
Every school day counts. Good attendance supports achievement, friendships and wellbeing.

Talk regularly with your child about their day, friends and anything that worries them. We're always here to listen and help.

UNDERSTANDING DEEPFAKES

HOW COULD THIS AFFECT YOUNG PEOPLE?

- Seeing fake videos or images and believing they are real
- Having images altered without their permission
- Cyberbullying using edited images or videos
- Feeling anxious or distressed by misleading content

WHAT CAN PARENTS DO?

- Talk to your child about AI and how content can be faked
- Encourage them to question what they see online
- Remind them never to share personal images
- Report harmful or inappropriate content
- Reassure them they can speak to a trusted adult if something worries them

HELPFUL CONVERSATION STARTERS

- What was the best part of your day?
- Have you seen anything online that made you uncomfortable?
- Is there anything worrying you at the moment?

Open conversations build trust and help us keep young people safe both online and offline.

DID YOU KNOW?

1 IN 3 young people say they have seen fake images or videos online.

Talking openly about online safety can make a huge difference.

If you have any concerns about the safety or wellbeing of a child, please contact us. We are here to listen and help.

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ATTENDANCE MATTERS

Every day in school counts.

- 1 day per fortnight = nearly 4 weeks of learning missed each year.
- 90% attendance = missing around half a day every week.
- Good attendance supports academic achievement, friendships and wellbeing.

If your child is struggling to attend school, please contact us early so we can work together to provide support.

NEED SUPPORT?

Childline	NSPCC	CEOP	Kooth
0800 1111	0808 800 5000	ceop.police.uk	kooth.com
childline.org.uk	nspcc.org.uk		
Free, 24/7 support for young people.	Support and advice for children and adults.	Report concerns about online exploitation.	Free online mental wellbeing support.

Safeguarding is everyone's responsibility.
Together we can help our young people feel safe, happy and successful.