

Safeguarding Newsletter

July 2026

Keeping Children Safe, Happy and Healthy This Summer

As another successful school year comes to an end, we would like to thank all our families for their continued support.

The summer holidays are a time for fun, relaxation and family time. However, with more free time, increased independence and greater use of technology, there are also additional safeguarding considerations for parents and carers.

This newsletter provides information and practical advice to help keep children safe, healthy and happy throughout the summer break.

Digital Safety and Wellbeing

Many young people will spend more time online during the holidays through gaming, social media, messaging apps and video platforms.



Online Safety

- ✓ Know which apps, games and websites your child is using.
- ✓ Check age ratings, privacy settings and parental controls.
- ✓ Remind young people never to share personal information, photographs or their location online.
- ✓ Ensure they know how to block, report and seek help if something concerns them.

Phones and Devices

As children become more independent, regular oversight remains important.

Consider:

- Keeping devices in shared family spaces where possible.
- Reviewing friend lists, followers and app downloads periodically.
- Monitoring location-sharing settings.
- Agreeing clear family expectations around phone use and online behaviour



Screen time, Sleep and Gaming

Healthy technology use is about balance rather than strict limits.



Encourage:

- Physical activity and time outdoors.
- Face-to-face social interaction.
- Reading, hobbies and family activities.
- Device-free meal times.
- Charging phones outside bedrooms overnight.

Regular sleep routines and reducing screen use before bedtime can improve concentration, mood and emotional wellbeing.

Gaming can be a positive social activity, but parents should remain aware of in-game chat functions, contact from strangers, inappropriate content and excessive gaming affecting sleep or wellbeing.

Supporting Children's Mental Health and Wellbeing

July 2026

For many young people, summer is exciting. However, changes to routine, less contact with friends and increased time online can sometimes affect emotional wellbeing.

The most important protective factor for children is knowing they have trusted adults who will listen and support them.

Signs a Child May Be Struggling

Parents may notice:

- Changes in mood or behaviour.
- Increased irritability or anger.
- Withdrawal from friends or family.
- Changes in sleeping or eating habits.
- Loss of interest in usual activities.
- Excessive worry, sadness or low confidence.

Online Support over Summer...

Text Messaging Services

The Wellbeing and Mental Health Service: Free Helpline:
0800 915 4640 or text HELLO to 07860 022846

Young Minds Crisis Messenger text service:

text YM to 85258

Childline

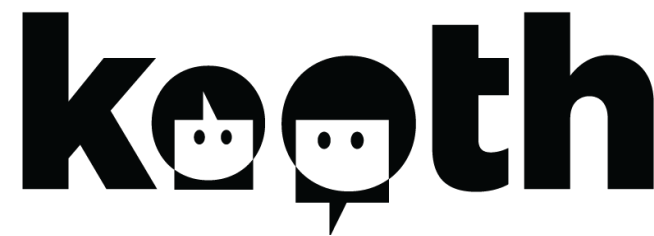
You can still start a 1-2-1 chat from 9am - 10:30pm. Or you can call 0800 1111 for free from 9am - 3:30am. You can also send an email using a Childline account any time.

Chat Health

<https://chathealth.nhs.uk>

Kooth

Kooth is a safe, anonymous and accredited platform where young people can access live chat, self-help activities, articles and more. Kooth is delivered in partnership with the NHS.



<https://explore.kooth.com/>

It is not a crisis support service. **If you need urgent support, please dial 999 or contact urgent support services.**

Five Ways to Wellbeing

Families may wish to focus on the NHS Five Ways to Wellbeing:

- ✓ Connect – Spend time with others.
- ✓ Be Active – Move every day.
- ✓ Take Notice – Enjoy nature and the world around you.
- ✓ Keep Learning – Try something new.
- ✓ Give – Show kindness and help others.

If you are concerned about your child's mental health, support is available through your GP, local services and school pastoral teams when school reopens

Summer Safety

As children spend more time outdoors during the holidays, please remind them about:

- Wearing helmets when cycling or scootering.
- Road safety and safe crossing points.
- The dangers of swimming in rivers, reservoirs, lakes and canals.
- Staying hydrated and protecting themselves from the sun.

We strongly recommend that all pupils who cycle wear a properly fitted helmet that meets current safety standards.



Current Risks for Young People in Lancashire

July 2026

Child Criminal Exploitation and County Lines

Across Lancashire, police and safeguarding agencies continue to work to protect young people from organised criminal groups involved in County Lines activity.

Children may be targeted online, through friendship groups or within the community and offered money, gifts, status or belonging before being exploited.

Possible warning signs include:

- Unexplained money, gifts or expensive clothing.
- Multiple phones or secretive online activity.
- Changes in friendship groups.
- Staying out late or going missing.



Vaping and Nicotine Pouches

Vaping remains a growing concern amongst young people. Many products contain high levels of nicotine, which can affect concentration, mood and developing brains.

Parents should also be aware of nicotine pouches, which are small sachets placed under the lip and can contain significant amounts of nicotine.

Signs may include:

- Sweet or fruity smells.
- Increased coughing or sore throats.
- Frequent requests for money.
- Unfamiliar devices or packaging



Ketamine

Lancashire Police and health professionals have reported increasing concerns regarding ketamine use amongst young people.

Ketamine is a Class B drug that can cause serious and sometimes irreversible damage to the bladder and kidneys.

Possible indicators include:

- Frequent trips to the toilet.
- Unexplained stomach or bladder pain.
- Changes in friendships.
- Unexplained spending.
- Mood or behaviour changes.

Children involved in exploitation or substance misuse are often vulnerable and require support rather than judgement. Early intervention can make a significant difference.

Meet Our Safeguarding Team 2026–2027

SAFEGUARDING TEAM 2026 - 2027

Please report your concerns **Keeping YOU SAFE!**

PUPILS

If you have any safeguarding (welfare) concerns about yourself or somebody else, you can report a concern in person to any of the DSL or pastoral team.

Alternatively, you can report your concerns online by sending an email to: safeguarding@st-cecilias.lancs.sch.uk or clicking the 'report a safeguarding concern' on the home page of the school website.

STAFF

If you have a safeguarding concern, please record it on CPOMS and alert the DSL team. If it is urgent, please follow this up by speaking to a DSL in person.

Contact Us

Report a Safeguarding Concern

Mrs Lewis
Deputy
Safeguarding Lead

Miss Bethwaite
Deputy
Safeguarding Lead

Mr Hewitt
Designated
Safeguarding Lead

Mrs Crosbie
Deputy
Safeguarding Lead

Mrs Vincent
Deputy
Safeguarding Lead

At St Cecilia's, safeguarding is everyone's responsibility. We are committed to ensuring every child feels safe, supported and able to access help when needed.

Designated Safeguarding Team

Mr Hewitt – Designated Safeguarding Lead (DSL)

Miss Bethwaite – Deputy Designated Safeguarding Lead

Ms Crosbie – Deputy Designated Safeguarding Lead

Mrs Vincent – Deputy Designated Safeguarding Lead

Mrs Lewis – Deputy Designated Safeguarding Lead

Our safeguarding team works closely with pupils, families, staff and external agencies to ensure children receive the right support at the right time.

Reporting a Safeguarding Concern

If you are worried about the safety, wellbeing or welfare of a child, please do not assume that someone else has reported it.

Parents and carers can:

- Contact the school and ask to speak to a member of the Safeguarding Team.
- Email concerns directly to: safeguarding@st-cecilias.lancs.sch.uk
- Use the 'Report a Safeguarding Concern' button on the school website.

Please remember that no concern is too small.

Concerns May Include:

- Mental health and wellbeing.
- Online safety concerns.
- Bullying or peer-on-peer abuse.
- Neglect.
- Domestic abuse.
- Child exploitation.
- Physical, emotional or sexual abuse.
- Any situation that makes a child feel unsafe.

If a child is at immediate risk of harm, always contact the Police on 999.

Summer Support

Need Help Over the Summer?

If you have concerns about the safety or wellbeing of a child during the summer holidays, please seek support rather than waiting until school reopens.

Useful Contacts

NSPCC Helpline 0808 800 5000

Childline 0800 1111

Children's Social Care: Contact your local authority.

Emergency Services 999 if a child is at immediate risk of harm



Summer Digital Parenting Checklist

Before September, have you:

- Checked privacy settings on devices and apps?
- Reviewed age ratings on games and social media?
- Set expectations around screen time?
- Established a device-free bedtime routine?
- Discussed online friendships and gaming?
- Identified a trusted adult your child can speak to if they are worried?

Thank You...

Thank you for your continued support throughout the year.
We wish all our pupils and families a safe, enjoyable and restful summer break.