



The English Martyrs Catholic
School and Sixth Form College

SAFEGUARDING & WELLBEING NEWSLETTER

Issue #10 | Summer Term | July 2026

The Safeguarding Team

at The English Martyrs Catholic School and Sixth Form College

At The English Martyrs Catholic School and Sixth Form College everyone is responsible for the safeguarding of students. All staff have had safeguarding training and are familiar with Keeping Children Safe in Education. We all work to ensure our school is a place where students are and feel safe.

We have four staff designated to deal with your questions, concerns or safeguarding issues.



Nicholas Lindsay
Designated
Safeguarding Lead



Rebecca Corcoran
Deputy Designated
Safeguarding Lead



Tracey Torka
Deputy Designated
Safeguarding Lead



Kelly Anderson
Deputy Designated
Safeguarding Lead

Safeguarding is
EVERYONE'S Responsibility



SAFEGUARDING YOUR CHILD

Over the Summer Holiday's, if you have any questions or queries, please do not hesitate to contact us via email. This email address will be monitored at least once a week and responses made if required.

safeguarding@ems.bhcet.org.uk

There are also other support contacts available in the community if you need emergency help:

- NHS Mental Health Hub

If you need urgent mental health support you can call 111 and select the mental health option.

- SHOUT

Shout offers you free, 24/7 text messaging support. If you need someone to talk to about how you are feeling, text SHOUT to 85258.

- YOUNG MINDS

Young Minds are a mental health charity for children, young people and their parents. For more information, visit www.youngminds.org.uk

- KOOTH

Kooth is an online mental health well being community for young people. For ages 11-18. Sign up for free at www.kooth.com

- CAHMS Crisis Number

0800 0516 171



The English Martyrs Catholic
School and Sixth Form College

INFORMATION

At The English Martyrs Catholic School and Sixth Form College we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

We have a Safeguarding and Welfare Office in school. Students are welcome to drop in before and after school, during break and lunchtime if they need any support.

If at any time our young people need to speak to a safeguarding officer, they just need to let their teacher know and a safeguarding officer will collect them and speak to the young person.

CPOMS & Arbor

We use an online platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe.

Arbor is an online platform used to record achievement and behaviour, also for registers and communication with parents/carers. Please ensure you have this app.

LANYARDS



Staff and Sixth Form Students wear lanyards so that they can be identified as having the correct checks and have permission to be on site.

- Navy – Safeguarding Team
- Red – EMS Staff
- Yellow – Visitors without a DBS
- Green – Visitors with a DBS
- Black – EMS6 students
- Dark Blue – BHCET staff



SAFEGUARDING YOUR CHILD WHEN ABSENT

From September 2026, The English Martyrs Catholic School and Sixth Form College will only accept reports of daily student absence via the attendance line on 01429 273790, selecting Option 1. App messages and emails will no longer be accepted for reporting a child's absence. When leaving a voicemail, parents and carers must clearly state the student's full name, form group, and the specific reason for absence. The school will require a clear explanation of the illness or circumstance causing the absence. This change has been introduced to safeguard our students and ensure that absence information is communicated accurately and consistently. Please note that a member of staff may contact you to discuss your child's absence as part of our commitment to student welfare and to offer support where appropriate.

When your child has an appointment, we request they attend school around the appointment and evidence is emailed to attendance@ems.bhcet.org.uk

If your child is absent from school, please ensure they remain at home and do not go out for social activities. Should your child's condition improve during the day, please send your child in to school, where they can continue with their learning and development.

#NeverOk

Bullying | Harassment | Racism | Discrimination



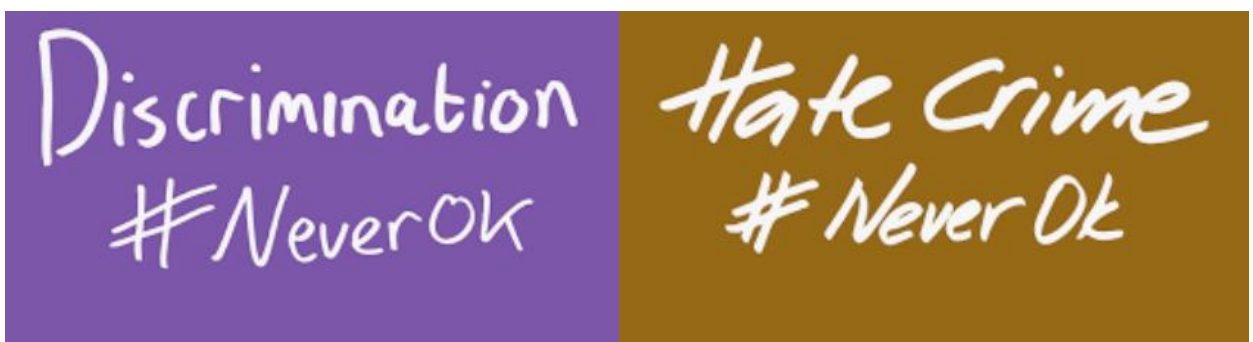
As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear.

Campaigns across the year explore ways in which students can report any forms of bullying or discrimination and identifies who they can speak to if they require support. However, some students may not feel confident enough to speak to someone and that's where our #NeverOK campaign comes in.

The #NeverOK campaign aims to reinforce this message and provides students with the ability to report any incidents of bullying or discrimination that they see, hear or are subjected to. Students can click on the link below to submit any concerns and this will be investigated by the Pastoral and Safeguarding teams.

To report a concern please go to:

<https://ems.bhcet.org.uk/neverok/>



Supporting Organisations



28 Church Street,
Hartlepool,
TS24 7DH

Tuesday 11:00 - 13:30
Friday 11:00 - 13:30

Hartlepool Foodbank will hold its last session on Tuesday 23rd December. We will re open for our normal session times from Tuesday 6th January.

www.hartlepoolnow.co.uk

Hartlepool Now makes it easy to find out about local events, information, help and support available in Hartlepool. If you need support or assistance, please try Hartlepool Now.

HartlepoolNow



**HARTLEPOOL
COMMUNITY HUBS**

The Hubs bring together a range of services from different organisations under one roof to help you.

<https://www.hartlepoolnow.co.uk/pages/home/information-&-advice/you-and-your-community/community-hubs>

FoodCycle Hartlepool welcomes anyone to attend as a guest and enjoy a FREE hot meal. No need to book. Just turn up on the day! During the festive period, FoodCycle Hartlepool will be closed on Monday 22nd and 29th December. We will be back open on Monday 5th January 2026.

<https://foodcycle.org.uk/>



Working towards a society free from violence and abuse

Harbour works with families and individuals who are affected by abuse from a partner, former partner or other family member.

24 Hour Helpline:
03000 20 25 25

From the HSSCP Project and Engagement Officer

THE SAFEGUARDING TIMES

'Wellbeing and Summer Safety' Edition

Written by young people, for young people.

Stay Safe and Feel Good This Summer

Written by the Student Council from Green Gates
Academy



Summer holidays are a great time to relax, have fun and spend time with friends—but it's important to look after your safety and wellbeing too.

Before heading out this summer, make sure you are familiar with these top tips:

- Be aware of your surroundings and avoid talking to strangers you don't know.
- If you have a phone, keep it switched on and charged.
- Think about road safety, especially when using bikes or e-scooters—always stay alert and follow the rules.

When the weather is hot, make sure to:

- Drink plenty of water
- Wear suitable clothing for the heat
- Use sunscreen if you're outside
- Find shade during the hottest part of the day

! SPECIAL WARNING !

Water can be more dangerous than it looks, especially at beaches and reservoirs where it can be very cold and have strong currents. Extremely cold water can cause shock and make it impossible to swim. Always stay with others, follow safety signs, look for safety flags and lifeguards, and never enter the water somewhere unsafe.

Transition: Getting Ready for a New Chapter

Written by KS5 Students at Abbey Hill Sixth Form



Starting somewhere new can feel overwhelming, but you're not alone—and there are simple ways to look after your wellbeing as you prepare.

If nerves start to build you can use simple calming strategies to help you stay grounded, such as:

- pause, count to 10, and think of a happy memory
- Listening to your favourite music,
- Using calm lighting
- Surrounding yourself with positive, motivational messages
- Using your 5 senses to notice the things around you and keep you settled in your environment

Planning ahead can make a big difference. Simple things like taking time to get to know your timetable, routines, new routes to your school or college and breaktimes can help ease any nerves.

Remember, you'll settle in quicker than you think. If you can, speak to people who've already made the move about your worries and try not to overthink things; worries are often bigger in our minds than in reality, and if you get lost, or need some help there will always be someone ready to help. There will be lots of people feeling the same as you are.



For more information, support, resources
and more, visit the HSSCP Children and
Young People's webpage!

From the HSSCP Project and Engagement Officer

People Who Help Us: Mental Health

Written by the Student Leadership Team at High Tunstall College of Science

In the run-up to the Summer holidays, we interviewed Lizzy Jackson, who is a Senior Low Intensity Cognitive Behavioural Therapy Practitioner and Mental Health Support Team Lead at Alliance Psychological Services. Lizzy works with children, young people, families and schools to support with mental health and wellbeing. We put together a Q&A to find out more about the work that Lizzy does and what advice she has for protecting your wellbeing over the Summer holidays.

What advice do you have for young people over the Summer to help them cope with being out of routine?

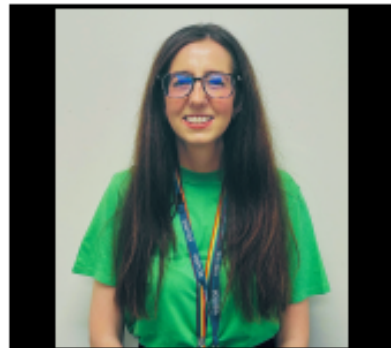
School holidays can be challenging, overwhelming, or anxiety-provoking for some people, especially if they struggle without routine. The best advice I can give is to set themselves a timetable or structure to keep over the long holiday periods. Sleep is a huge factor and too much or not enough of it can massively affect your wellbeing - it is fine to adapt your usual routine, but I would recommend trying to set a time that is mostly consistent to go to sleep and wake up.

I also recommend using the **B.A.C.E.** acronym to keep your days off healthy and balanced. **B is for 'Body'** and doing something to keep your physical body happy - this could be exercise, sleep, going for a walk, self-care etc. **A is for 'Achievement'** and doing something to feel proud of or productive - this could be cleaning your room, taking part in a competition, or helping someone out. **C is for 'Connection'** and making time to keep in touch with people who are important to you. Finally, **E is for 'Enjoyment'** - make sure to take time to have fun and do something that you enjoy.

What advice would you give to a young person who might be struggling but might be worried about asking for help?

Firstly, I would encourage you to speak with a trusted adult if you can. There are always people willing to listen and to help.

If you are looking for some advice for yourself, try the Tees Valley Getting Help Service for Children and Young People (QR code at the end of this article) where there are multiple options for support. There



you can find information about the WYSA app (and a referral code to access this for free), which is a confidential, NHS-approved mental health app for young people aged 13-18 (or 11+ with parental support) that includes a well-researched and safe AI chatbot, mood tracking and resilience tools.

For any young people who might be worried about transitions or changes that come with the end of the school year, what small things can you recommend to help them manage the change?

Make the most of any opportunities you might have to explore your new spaces - like transition days, taster days for colleges, or even summer schools for some schools and universities. Getting to know the buildings, meet some of the staff, and even make a few friends. Doing simple things like getting used to your new route to school or college if this has changed, making sure any uniform or equipment is ready in advance, and not leaving any preparation to the last minute can be very helpful. If you have the chance, try to talk to people who will be going with you or who might already be there and ask questions about things you might be worried about. It is important to remember that long-term avoidance isn't helpful, and even though you might be nervous or worried, putting it off will usually only make it harder to make those first steps.



Use this QR code to link to the Tees Valley Getting Help website where you can find more information about the WYSA app and a referral code to access this for free.

Personal Development at EMS

This term, KS3 students have completed a morning this half term focusing on Personal Development with relevant topics to the students age and incidents within the community. The English Martyrs Catholic School have used Pol-Ed. Pol-Ed “want to create a world where children and young people are safe. Pol-Ed’s impact in schools will inspire a generation of change makers who will help shape a positive, inclusive and lawful society for everyone”.

Year 7 students have covered the following topics:

How to deal with Conflict

Banter or Bullying

Year 8 students have covered the following topics:

How do I deal with my friends using drugs and alcohol?

What are red flags in relationships?

Year 9 students have covered the following topics:

What is the issue with nudes?

Consent in relationships.

We have been really proud of the maturity and engagement in these sessions. More information for parents/carers is available on these topics and lesson content if required.



School Safeguarding Council

This term, our form reps have once again met and discussed key topics provided by the Hartlepool Borough Council Safeguarding Council.

Topics which were discussed and fed back to the council were;

- Feeling Safe in Everyday Life
- Mental Wellbeing and Emotional Support
- Experiences of Stress, Pressure, or Hard Times (Trauma-informed)
- Belonging, Inclusion, and Relationships
- Support Beyond School
- Improving Support (Youth Voice for Action)

These topics have been chosen as part of the work that the partnership is undertaking on their 'Trauma-Informed Partnership' priority. The insights that our young people feed in will go directly to our 'Trauma Priority' working group to be actioned as part of their work.



Hartlepool
Borough Council

Free Morrisons Café Breakfast

With many families facing increased financial pressure over the summer holidays, we'd like to highlight a nationwide initiative that could provide immediate support in your local community. We're delighted to let you know that throughout the summer holidays, families can access free Kellogg's breakfasts in all Morrisons Cafes everyday (press release attached and outlined below).

'Breakfast Clubs' are back to help kids and grown-ups enjoy a free Kellogg's breakfast during the summer holidays at all Morrisons Cafés nationwide

Morrisons and Kellogg's have announced the return of their school holiday 'Breakfast Clubs', offering free meals to families across the UK to help ease the financial pressure over the summer holidays.

Families visiting their local Morrisons Café throughout the summer holidays can enjoy a free 'Kellogg's Breakfast', which includes a bowl of cereal and a portion of fruit. The best part, it's not just for kids, adults get to eat completely free too.

Both kids and adults can choose from much-loved favourites Corn Flakes or Rice Krispies, topped with their choice of dairy or non-dairy milk and a free apple or banana.

The summer holiday offer will be available from 29th June to 6th September across all Morrisons Cafes nationwide.





PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIKUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

SAFEGUARDING YOUR CHILD

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

   @BSFcharity

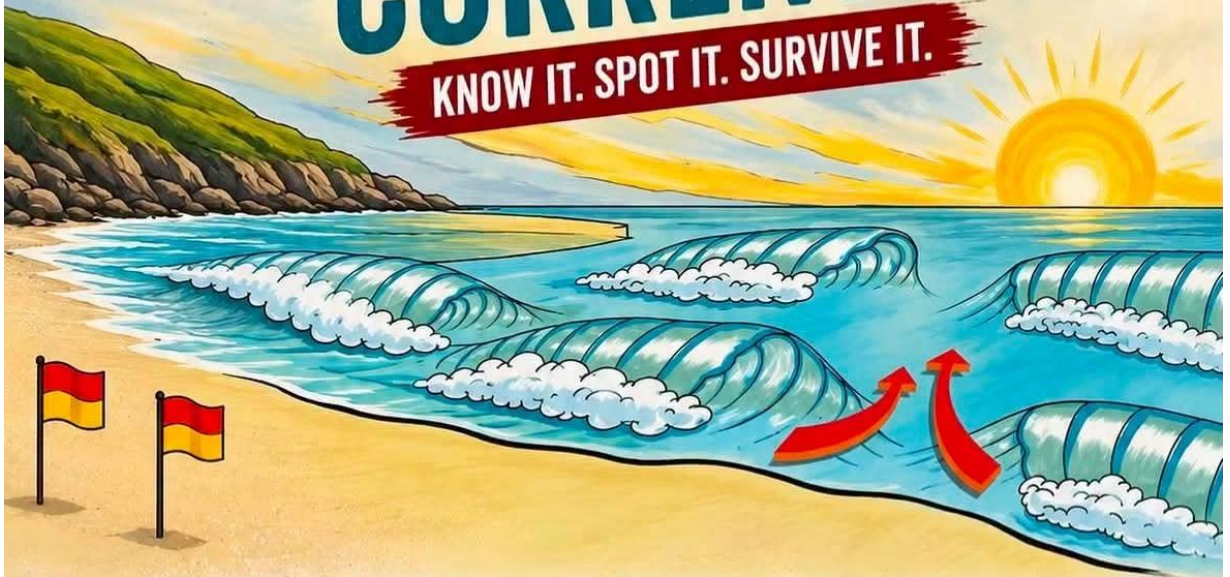
SAFEGUARDING YOUR CHILD



RIP CURRENTS

KNOW IT. SPOT IT. SURVIVE IT.

Stay Safe
Enjoy Our
Beaches!



1 WHAT IS A RIP?



Strong current running out to sea.



Can move faster than a swimmer.



Common near piers, river mouths & surf beaches.

2 SPOT THE SIGNS



Darker, calmer water.



Gap in breaking waves.



Foam moving seaward.



Choppy or uneven water.

3 IF CAUGHT IN A RIP



Stay calm and float.



Don't fight the current.



Swim to white water / breaking waves.



Raise a hand and call for help. If you can stand, wade don't swim.



SWIM BETWEEN RED AND YELLOW FLAGS

Lifeguards patrol between the flags.



IN AN EMERGENCY CALL 112 / 999

Ask for the Coast Guard.



FLOAT TO LIVE

If you're tired, float on your back with your arms and legs out. Float to relax and save energy. Your best chance of survival is calm, controlled breathing.

SAFEGUARDING YOUR CHILD

Rail Safety

With the schools closed for summer holidays, British Transport Police (BTP) are urging parents and carers to speak to their children and loved ones about the dangers posed by the railway and the importance of staying off the track. Each year, hundreds of people taking risks on and around the railway, resulting in tragic consequences and life-changing injuries.

BTP and Network Rail run a hard-hitting safety campaign – You Vs Train, which highlights the devastating consequences of trespassing on the railway. Important messages for parents and carers to share with children:

- The rail network is never switched off. Electricity powers the overhead cables 24 hours a day, 7 days a week.
 - The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night.
 - Never anticipate that the you know when the next train is due. Timetables are subject to change and only show passenger services – freight trains can run at any time of the day or night and can travel up to 100mph.
- More information on rail safety can be found at www.youvsstrain.co.uk

What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

Trespassing includes:



Picking up lost property from the tracks



Crossing the tracks at any point other than at a level crossing



Stepping off a level crossing onto an area where you shouldn't be



Taking a walk down the side of the railway track

start

Starting the day

with a clear head?

It's ok if you've tried drinking or drugs but it's important to understand when it's starting to affect your day to day.

If you're aged under 18 and concerned that your drinking or drug use is getting out of hand, no matter what advice or level of support you need Start young people's service can help.

For a quick and confidential step towards getting you back on track use the free text service on **www.hartlepool.gov.uk/start_yp** or scan the QR code below and a member of our team will get back to you.



Speak to us. Call 01429 285000

SAFEGUARDING STAFF AND VISITORS

In addition to protecting and supporting young people, it is vital as a school we protect staff and visitors. When you visit the school site between the hours of 7:00am and 4:30pm, we ask for all visitors to sign in at the main office, in the Sixth Form Block. No visitors should enter the site without reporting here first. Visitors are inducted with the relevant safeguarding policies and procedures (these can also be found on the school website).



me, you, us
safeguarding is everyone's
responsibility

We want to ensure that our staff are safe from abuse. As a school we do not tolerate any aggression or abuse directed towards our staff. We work to ensure school and parents/carers have good relationships to support our children. There may be a situation where you need to talk to a member of staff. Please make an appointment as we can not accommodate meetings that are not pre-arranged.

School Site

Safeguarding in schools is important to ensure that the school environment is safe and secure for all. This includes ensuring that emergency procedures are in place in case of an emergency. We have annual fire drills and lock down drills.



ATTENDANCE

Why is it so important?

Children are required by law to attend school **190 days per year**. The Government states that every pupil's attendance should be at least **95%**.

ATTENDANCE	DAYS ABSENT	WEEKS ABSENT	LESSONS MISSED
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

How do you measure up?

89% & Below

Drastic effect on academic achievement

95% - 90%

Cause for concern

100% - 96%

Excellent



HELP IN THE COMMUNITY

In addition to the support within The English Martyrs Catholic School and Sixth Form College, there is also assistance within the community via the NHS.



Hartlepool Health Social Prescribing

The aim of Social Prescribing is to help people live their lives as well as possible, with a focus on supporting them to take control of and to improve their health, well being and social welfare by linking patients up with community organisations.

Sometimes your GP may not be the best person to help you. You may want to consider speaking to one of your Social Prescribing link workers who can help you with a range of issues.

These Include:

- ☐ Housing issues
- ☐ Bereavement support
- ☐ community signposting info
- ☐ Educational support
- ☐ Employment support
- ☐ Exercise
- ☐ Financial support
- ☐ Health promotion
- ☐ Social isolation
- ☐ Support for carers
- ☐ Low-level mental health (mild anxiety & depression caused by social factors)

Referral process

You can self refer to one of our Social Prescribers by contacting your GP practice or alternatively completing an E-consult via your GP practice website. One of our Social Prescribers will contact you to chat more in detail about what is affecting you.

McKenzie House Surgery
Victoria Medical Practice
Throston Medical Centre
Headland Medical Centre
Hartfields Medical Centre
Wynyard Road Medical Centre

NHS



CONTACT

If you have any questions or queries, please do not hesitate to contact us via email. This email address will be monitored over the summer break, at least once a week and responded to if relevant.

safeguarding@ems.bhcet.org.uk



The English Martyrs Catholic
School and Sixth Form College