BILTONSCHOOL SAFEGUARDING

Welcome to the Autumn 2026 Safeguarding Newsletter

As we begin a new academic year, we would like to extend a warm welcome to all students, parents, carers and staff. A special welcome goes to our new Year 7 students who have recently joined our school community. We recognise that moving from primary school to secondary school is a significant milestone, and we are committed to helping every student feel safe, supported and valued as they settle into their new environment.
Safeguarding remains at the heart of everything we do. Creating a safe, inclusive and nurturing school community enables our students to thrive, achieve their potential and develop the confidence to make positive choices both in and out of school. Throughout the year, we will continue to work closely with families, staff and external agencies to promote the welfare and wellbeing of all our young people.
This newsletter is designed to keep parents and carers informed about current safeguarding themes, online safety advice, available support services, and ways we can work together to help keep children safe. We encourage you to take a few moments to read the information shared and discuss relevant topics with your child.

Thank you for your continued support as we work together to ensure that every student enjoys a safe, happy and successful school year.

Best wishes,
The Safeguarding Team
Autumn Term 2026



BILTONSCHOOL
SAFEGUARDING

Stowe Valley
MULTI ACADEMY TRUST

STAY SAFE

DO NOT TAKE THE RISK

THE FIREWORK CODE

We advise you to attend organised displays as this is the safest way to enjoy fireworks. if you do decide to have a firework display in your garden, stay safe and follow the Firework Code:

- only buy fireworks which display the CE mark.
- keep fireworks in a closed box.
- only adults should set fireworks off
- follow the instructions on each firework.
- light all fireworks at arm's-length
- stand well back.
- always supervise children around fireworks and sparklers
- keep pets indoors.
- never go back to a lit firework
- never put fireworks in your pocket
- never throw fireworks.
- do not drink alcohol if setting off fireworks.
- do not let off fireworks after 11pm

Only people aged 18 or over can legally buy fireworks.

BONFIRE SAFETY

If you do decide to hold your own there are safety tips to consider:

- your bonfire must be built and supervised by an adult.
- build your bonfire well clear of buildings, garden sheds, fences, trees, and hedges.
- check your bonfire thoroughly in daylight, but as late as you can before lighting.
- check for hibernating animals such as hedgehogs - piles of warm, dry material are good accommodation for their winter sleep.
- only burn wood, never burn dangerous items such as aerosol cans, paint tins, foam furniture or batteries
- never use flammable liquids to start your bonfire.
- keep a bucket of water or hosepipe nearby.
- never leave your bonfire unattended
- only use water to put your bonfire out.
- ensure your fire is out properly and you make the surroundings safe before you leave.
- only build a bonfire in your own garden, we council will remove bonfires built on open land

HALLOWEEN SAFETY

With Halloween fast approaching please have a read about the importance of safety at this time of year

In some places, on average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

TOP TIPS FOR HALLOWEEN SAFETY

1. Check costumes are safe. When selecting a costume, make sure it is the right size to prevent trips and falls and be aware of fire risk. Use LED candles rather than real ones as some costumes can burn very quickly. Choose face paint over masks when possible. Masks can limit children's vision.
2. Children under age 12 should normally be accompanied by a grown up. Consider going trick or treating as a small group rather than alone.
3. Plan your Route - No one wants to get lost or find themselves far away from home on Halloween night. Make sure you plan your trick or treating route in advance.
4. If you are not trick or treating with an adult, teenagers should know when they are expected home, to save parents unwanted worry. Know what to do if a someone or something makes you feel unsafe.
5. Adults should know where children are – and give clear boundaries and times to return home.
6. Carry glow sticks LEDs, or torches, use reflective tape or stickers on costumes and bags, and wear light colours to help children see and be seen by drivers.
7. Cross all roads with care - If you come to cross a road, remove your mask, and make sure the road is completely clear when you come to make your move.
8. Children - watch out for unpredictable drivers. Drivers watch out for unpredictable children!
9. Only to trick or treat at houses which are well lit, or which are decorated with Halloween themed decorations or lit pumpkins. Some people may not want to be disturbed.
10. CHECK YOUR SWEETS – Are you allergic? Make sure you or your parents check your sweets to make sure you are not allergic to any of your Halloween treats, or that you have received any treats that aren't worth eating... nobody wants to be poorly for Bonfire Night.

Stowe Valley
MULTI ACADEMY TRUST

Warwickshire County Council

BILTONSCHOOL SAFEGUARDING

Welcome to our service

We're here to help children, young people, and families across Warwickshire stay happy and healthy. Our team brings together health visitors and school nurses to provide joined-up support from pregnancy through the school years and into young adulthood - up to age 25 for children and young people with special educational needs or disabilities (SEND).

We offer advice and support on everyday topics such as feeding, sleep, emotional wellbeing, healthy lifestyles, and important changes like starting school or growing up. Whether you need guidance, reassurance, or extra support, we're here to help.

You'll see our team in schools, Family Hubs, clinics, and community settings, and sometimes through home visits. We work closely with schools, GPs, and other local services to make sure families get the right support at the right time, focusing on early help and prevention.

Our School Age Health Service supports children from starting school through secondary education. School nurses and health professionals work with families and schools to promote good health, spot concerns early, and support children's wellbeing. We also deliver health programmes such as the National Child Measurement Programme (NCMP) and health needs assessments to help us understand and support children's health across Warwickshire in partnership with Healthy Futures (Compass). Most importantly, we aim to help children grow into confident, healthy young people - ready to learn and thrive.

0300 247 0072 | warkschildandfamily.co.uk | wcfw.contact@hcrgcaregroup.com

Warwickshire Child and Family Wellbeing

Part of hcrg Care Group

11-19 Years Health Focus

Secondary Aged Support: Sleep Health and Removing Barriers

As young people move through secondary school, college, and adolescence, getting enough sleep becomes increasingly important.

Common Barriers to Sleep

One of the biggest challenges for teenagers is technology use before bed. Mobile phones, tablets, gaming consoles, and social media can delay bedtime and make it more difficult to switch off.

The blue light from screens can also affect the production of melatonin, the hormone that helps us feel sleepy. Other barriers can include:

- Stress about school, exams, or friendships
- Irregular sleep schedules at weekends
- Consuming caffeinated drinks late in the day
- Spending too much time indoors and not enough time being physically active

Tips for Better Sleep

Small changes can make a big difference to sleep quality. Encourage your teenager to:

- Put phones and tablets away at least an hour before bedtime.
- Keep a regular sleep and wake-up time, even on weekends where possible.
- Use the hour before bed to relax with activities such as reading, listening to music, journalling, or taking a warm shower.
- Avoid energy drinks, coffee, tea, and fizzy drinks containing caffeine later in the day.
- Stay active and spend time outdoors during daylight hours.
- Create a bedroom environment that is cool, dark, quiet, and comfortable.

Teenagers need 8 to 10 hours of sleep each night, but many struggle to get the rest they need. Busy schedules, social activities, homework, and increased screen time can all make it harder to maintain healthy habits.



Circadian rhythm: the internal clock that regulates when we feel sleepy and when we feel awake.

During puberty, your child's circadian rhythm naturally shifts by 1-2 hours, meaning teenagers start feeling sleepy later at night, often around 11pm or later. But most school schedules still require early wake-ups, making it harder for teens to get the sleep they need.

BILTON SCHOOL SAFEGUARDING

VAPING THE FACTS

Be informed. Make healthy choices.



WHAT IS VAPING?

A vape (e-cigarette) is a battery-powered device that heats a liquid into a vapour, which is then inhaled.



- Nicotine (often present)
- Flavourings (sweet or fruity)
- Propylene glycol and vegetable glycerine
- Other chemicals (some may be harmful)

WHY ARE YOUNG PEOPLE VAPING?

- Flavours taste sweet or fruity
- Widely advertised on social media
- Friends may be using them
- They may believe it's harmless
- Devices are colourful and appealing

THE RISKS FOR YOUNG PEOPLE



- Nicotine addiction
- Difficulty concentrating
- Increased anxiety and mood changes
- Sleep disturbances
- Increased heart rate and blood pressure
- Potential impact on developing brains and lungs

IT'S NOT HARMLESS

SPOT THE SIGNS

Your child may be vaping if you notice:

- Sweet or fruity smells on clothing or belongings
- Unfamiliar electronic devices or chargers
- Increased thirst or coughing
- Frequent trips outside or to the toilet
- Mood changes or signs of nicotine withdrawal
- Unexplained spending of money

TALKING TO YOUR CHILD

- Be calm and listen
- Ask open questions
- Discuss the risks honestly
- Encourage trust, not secrecy
- Seek support if needed



THE LAW



- It is illegal to sell nicotine vaping products to anyone under 18.
- Adults are not permitted to purchase vaping products on behalf of someone under 18.
- All schools have the right to prohibit vaping on school premises and may apply sanctions where necessary.

VAPING IS NOT ALLOWED ON SCHOOL SITE

WHERE TO GET MORE INFORMATION

NHS
nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/

FRANK
talktofrank.com

ASH
ash.org.uk

SUPPORT IS AVAILABLE

Together we can help young people make informed choices.

BILTON SCHOOL SAFEGUARDING

A safer brighter online world together

Online Safety for Families with Teenagers

Staying safe, smart and respectful online

Talk
Listen
Support
Keep them safe

A UK Fact Sheet for Parents and Carers

What are teenagers doing online?

- Chatting with friends
- Watching videos and live streams
- Playing online games
- Doing schoolwork and research
- Creating and sharing content
- Exploring hobbies and interests

Popular platforms include:

(and many more...)



Healthy Digital Habits

- Think before posting
- Use strong, unique passwords
- Enable two-factor authentication (2FA)
- Keep accounts private where possible
- Report and block inappropriate users
- Take regular breaks from screens
- Balance online and offline activities
- Speak to a trusted adult if something doesn't feel right



Top Online Safety Risks

Sharing Too Much Information

Personal details like name, school, home address, phone number or location can be misused.

Remember: anything shared online can be copied, saved or shared with others.

Cyberbullying

Can happen through social media, gaming or messaging apps. Look out for changes in mood or behaviour.

Encourage your child to tell a trusted adult if they experience or witness bullying.

Online Strangers and Grooming

Not everyone online is who they claim to be.

Never meet online contacts in person without a parent or carer knowing and agreeing.

Inappropriate Content

Young people may come across violent, hateful or pornographic material, or dangerous challenges.

Use parental controls where appropriate and discuss what to do if they see something upsetting.

Scams and Fake Accounts

Scammers may target young people through fake giveaways, competitions or phishing messages.

Check with a trusted adult before sharing information or making payments online.

Starting Conversations at Home

- What's your favourite app at the moment?
- Who do you usually talk to online?
- Would you know what to do if someone made you uncomfortable online?
- How do you know information online is trustworthy?

Keep conversations calm and non-judgemental so your teenager feels able to talk to you.

If Something Goes Wrong

1. Stop communicating with the person.
2. Save evidence (e.g. screenshots).
3. Block the individual.
4. Report the issue on the platform.
5. Tell a trusted adult immediately.

If you believe a child is at immediate risk of harm, contact the police by calling 999.

Useful UK Resources

Childline
Support and advice for young people.
childline.org.uk

CEOP
Report concerns about online grooming or exploitation.
ceop.police.uk

internet Matters
Practical online safety advice for families.
internetmatters.org

NSPCC
Advice and support for parents and carers.
nspcc.org.uk

UK Safer Internet Centre
Information and resources on online safety.
saferinternet.org.uk

Key Message for Families

Stay involved, stay interested and keep talking.

Regular conversations about online experiences are one of the most effective ways to help teenagers stay safe, responsible and confident online.

digital future

BILTONSCHOOL SAFEGUARDING

MHST

Mental Health Support Team in Schools

Dimensions tool

Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Tips For Wellness
Mind and Body

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

1. **Physical**- healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
2. **Social**- spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
3. **Practical**- keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
4. **Emotional**- develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)

Scan the QR code for more ideas around keeping a healthy mind and body.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

MHST

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Tips For Wellness
Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

Our Tips for Being Brave:

1. **Set yourself a goal to try something new**. Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; ' I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?

Follow the QR code for activities to support the theme 'being brave'!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

BILTONSCHOOL SAFEGUARDING

Stowe Valley

SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

October 2026 | Secondary | What parents and carers need to know about: Artificial Intelligence

Supporting our children to use AI safely, respectfully and responsibly

Artificial intelligence is becoming part of everyday life. Young people may use it to answer questions, generate images, plan ideas or support their schoolwork. AI can be a useful tool, but children need guidance to understand its limitations and use it in ways that protect themselves and others.

What is generative AI?

Generative AI creates new content in response to a request, known as a prompt. It can produce text, images, videos, music and computer code. Popular tools include ChatGPT, Google Gemini, Microsoft Copilot and image generators. AI can sound confident and convincing, but this does not mean that everything it creates is accurate, appropriate or fair.

How might AI be used in the wrong way?

Young people may rely on AI to complete schoolwork, trust inaccurate information or share personal details without understanding the risks. AI can also be misused to create fake or sexualised images, impersonate others, spread harmful content or bully and humiliate someone. What begins as a joke can have a serious impact on another person's wellbeing, reputation and safety.

Using AI safely

Children should never enter personal information, photographs, passwords or private details into an AI tool. They should check age requirements and tell an adult if AI produces anything upsetting, sexual or unsafe.

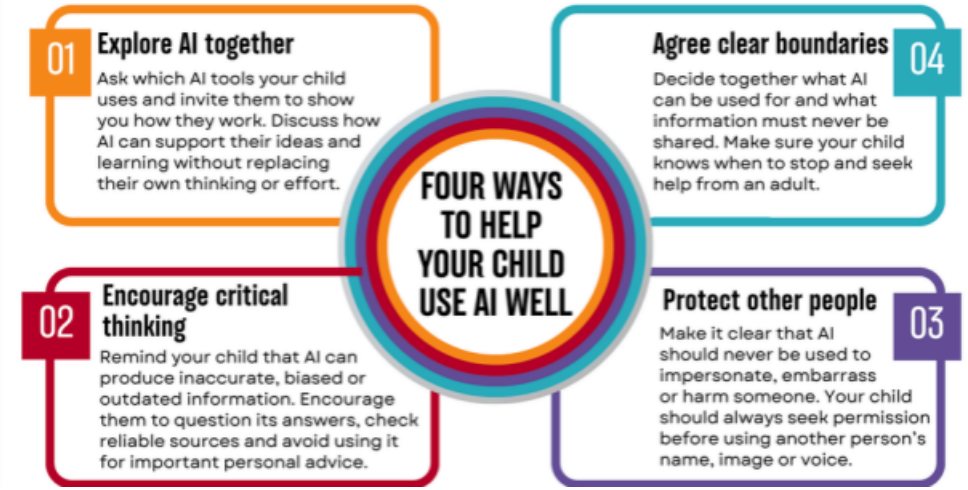
Using AI respectfully

AI should never be used to embarrass, bully or impersonate someone. Children must ask permission before using another person's image, voice or information and consider how their creation could impact them and others.

Using AI responsibly

AI should support children's thinking, not replace it. They should check information carefully, follow school rules and be honest when AI has helped with their work.

Children should check information against reliable sources, rewrite ideas in their own words and be honest when AI has contributed to their work.



BILTONSCHOOL SAFEGUARDING

Report Hate Now

Report to **Warwickshire Police** on 101, or dial 999 in an emergency

Contact **Victim Support** for confidential support via 01926 358 060

Never tolerate it. Always report it.
reporthatenow.com

