

Safeguarding Newsletter

Summer 2025



Message from safeguarding team

Dear Parents and Carers,

As we come to the end of the academic year, we would like to extend our heartfelt thanks for your continued support and partnership in keeping our students safe and well. Your involvement plays a vital role in helping us create a secure, nurturing environment where every child feels valued, respected, and supported in their personal and academic growth.

Safeguarding remains a fundamental part of our school ethos. We are proud to work closely with families to ensure that pupils are not only protected from harm but also equipped with the tools they need to thrive. Whether it is through regular communication, attending meetings, or encouraging open and honest conversations at home, your contributions make a real difference to the lives of our children.

As we approach the summer holidays, we are aware that this time can bring both excitement and new challenges for families. With children spending more time at home, online, and in the community, it is important to remain mindful of their physical and emotional well-being. In this summer edition of the newsletter, you'll find key updates, practical tips for keeping your child safe and well during the holidays, and links to useful services and resources. Whether it's supporting their mental health, helping them stay safe online, or simply enjoying family time together, we are here to support you in any way we can.

On behalf of the Safeguarding Team, I would like to wish you and your family a safe, restful, and enjoyable summer. We look forward to welcoming you back in the new academic year and continuing our shared commitment to the safety, happiness, and well-being of every student.

Warmest regards,

Ms. Dzikunu

Senior Designated Safeguarding Lead

***Executive Headteacher Mrs Roberts
oversees this team and holds ultimate
responsibility for safeguarding students***

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Summer Activities



✓ Quick Tips for Teens & Families:

1. **Dates to note:** Most services run between **22 Jul–21 Aug**, with HAF lasting until 30 Aug.
2. **Booking essentials:** Popular coach-led sports and drama require signing up via the Access to Sports or Haringey Shed websites or emailing.
3. **Stay cool, stay hydrated:** Some activities take place outdoors—bring water, sun protection, and a refillable bottle. Check “Cool Spaces” online if it’s hot [Haringey Council+2Haringey Council+2Haringey Council+2](#).
4. **Just turn up:** Football sessions don’t require anyone to book—great for a spontaneous kickabout.

Haringey’s summer offers teens a fantastic mix of **sport, creativity, inclusion, and support**—all free, local, and brimming with opportunity. You can find full details and booking information in the *Haringey Summer Fun Booklet 2025* and on the council’s Holiday Fun website [Haringey Council+4Haringey Council+4Haringey Council+4](#).

Let this summer be your time to explore, connect, and grow—Haringey is ready when you are!

Report a concern

Please contact Ms Dzikunu on mellissa.dzikunu@heartlands.haringey.sch.uk

Report a concern anonymously on My voice

<https://heartlands.haringey.sch.uk/students/report-a-concern/>

All students can report concerns in school by speaking to a trusted adult. In case of an emergency, contact your local authority or the police directly by dialling 101 or 999.



Whatsapp

We want to make parents and carers aware of recent concerns about WhatsApp groups known as 'Add Everyone.' Schools and police forces across the UK have warned that these groups can expose children and young people to harmful and explicit content.

These groups may have different names but serve a similar purpose: they invite children and young people to join chats where disturbing material such as sexual images, content promoting self-harm, sexual violence, racism, and other inappropriate content is shared. Sometimes, adults create these groups to contact younger users, but in other cases, young people create them thinking it is a fun activity.

A major risk is that group owners often ask children to add their contacts to the group — sometimes asking specifically not to add parents. Since WhatsApp recently lowered its minimum age from 16 to 13, there is a greater chance that younger children could be exposed to this content or come into contact with adults posing a risk.

Worryingly, reports have shown that children as young as 9 have been targeted by these groups.

For more information and advice on how to keep your child safe, please visit:

[Safeguarding Alert: 'Add Everyone' WhatsApp Group](#)



Food Bank

Do you need help from the foodbank?

***THE MOST IMPORTANT STEP IS TO GET A
FOODBANK VOUCHER.***

To provide the most appropriate help for your circumstances, Haringey foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher.

The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. To Get in Touch click this link - [Food banks in Haringey](#)



Low cost meals

Eating out can be costly for many families, especially during the holidays.

To help, the link below offers a helpful list of supermarkets and restaurants providing free or low-cost meals for children and families this summer.

For more information, please visit:

moneysavingcentral.co.uk/kids-eat-free



Summer HAF program

The Haringey HAF Programme provides free, high-quality holiday activities for children and young people aged 5 to 16 who are eligible for benefits-related Free School Meals. This initiative is funded by the Department for Education and aims to ensure that children have access to healthy food, enriching activities, and a safe environment during the school holidays.

Throughout the summer, participating children can enjoy a wide range of engaging experiences such as sports, arts and crafts, drama, dance, music, STEM activities, and more. In addition to structured learning and play, nutritious meals are provided every day—ensuring that children stay healthy and well-nourished even when school is out.

This programme is not only a great way to support children's physical health, mental wellbeing, and social skills, but it also offers working parents valuable childcare support during the long holiday break.

Places are limited, and booking is essential.

👉 To find out more and book your child's place, visit the Haringey Council's dedicated HAF page: local.gov.uk+15haringey.gov.uk+15haringey.gov.uk+15.



Keeping Children Safe Online This Summer

With extra free time, many young people spend more time online during the holidays. Here's how you can help keep them safe:



Talk Often

Ask what apps and games they use, and who they're talking to. Open chats build trust.



Use Parental Controls

Set filters on Wi-Fi and devices to block inappropriate content and manage screen time.



Watch Screen Time

Too much can affect sleep and mood. Set tech-free times—especially at meals and bedtime.



Online = Not Always Safe

Remind them not to share personal details with people they don't know offline.



Need Help?

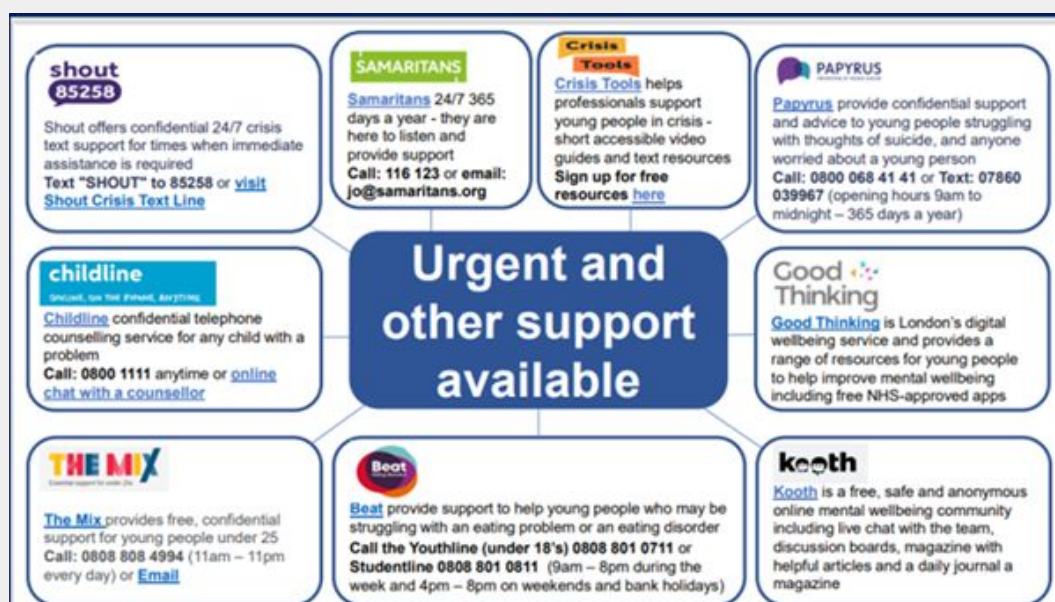
- Report concerns: www.ceop.police.uk
- Guides for parents: www.internetmatters.org
- Support for children: www.childline.org.uk | ☎ 0800 1111

Mental Health Support

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

Supporting student and staff wellbeing continues to be a priority for us as a school and we will continue to make this a priority when we return after the holidays. I want to remind you of the support information pack sent out previously which may have some useful information for you to support your child's mental health and wellbeing, with fantastic links to online support.

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:



Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590