

Safeguarding Newsletter

Winter 2025

Message from safeguarding team

As we come to the end of another busy and rewarding year at Heartlands High School, we would like to thank all students, parents, carers and staff for their continued resilience, hard work, and commitment. The safeguarding team remains dedicated to ensuring that every young person feels safe, supported and able to thrive - both in school and at home.

The holiday period can be a time of rest and joy, but for some families it can also bring additional pressures. This newsletter includes key information, support services and guidance to ensure our students stay safe and well over the break.

We wish you and your family a peaceful and restful break, and we look forward to continuing our work together in the new term, with the shared goal of prioritising the safety and happiness of our students.

Warm 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!

Local area

Please speak to your children about travelling straight home after school. We have seen a rise in community incidents in the last year which draw students attention which causes safety concerns. Robberies and phone theft also remain high in the local area. A letter from Mr Levis will be sent in the new year in time for school reminding you of the after school rules and support available.



Food support

If you require food or essentials over the break, these local organisations can help:

Haringey Foodbank (Trussell Trust) Find locations and opening times: [HERE](#) Please see the last page of the newsletter [HERE](#) for a full list of support



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.



Online Safety

Over the holidays some students may be spending more time online, remember it is best to set boundaries on time and usage at the beginning of the break and follow some of these top tips to keep students safe online:

- Talk regularly about online life
- Set clear rules and boundaries
- Use parental controls and privacy settings
- 4. Check age ratings and app suitability
- Remind children not to share personal information
- Teach children how to block and report
- Look out for changes in behaviour or unexplained gift/new purchases

If something goes wrong, support is available you should always inform the Safeguarding team but these agencies can also help:

- **CEOP** (reporting online exploitation): www.ceop.police.uk
- **NSPCC / Net Aware**: www.net-aware.org.uk
- **Childline** (for children): 0800 1111
- In an emergency, always call **999**

Exam stress

Exams and assessments can be overwhelming for many students. Here are some strategies to help all years but especially year 11 as they go into their mocks

- **Create a realistic revision schedule** and break tasks into manageable chunks.
- **Take regular breaks** – short, frequent breaks help with focus and memory.
- **Use past papers and revision websites** to build confidence.
- **Look after your body** – sleep, hydration and good nutrition make a big difference.
- **Talk to someone** – teachers, form tutors, or a trusted adult are always available to help.

Useful Links

- [NHS: Coping with Exam Stress](#)
- [Young Minds: Exam Stress Guide](#)



Domestic Violence

Support is available for anyone affected by domestic abuse whether you are a young person, a parent, or a member of the community. Help is confidential, non-judgemental and available even if you are unsure whether what you are experiencing is abuse.

Domestic abuse can include physical harm, emotional or verbal abuse, controlling behaviour, financial control, online abuse, or any behaviour that makes you feel unsafe.

No one should experience this, and you are not alone.

- **Haringey Domestic Abuse Helpline:** 0300 012 0213
- **National Domestic Abuse Helpline:** 0808 2000 247
- **Respect Men's Advice Line:** 0808 801 0327
- [Solace Women's Aid](#)



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:

- **Kooth – Free Online Counselling for Young People (11–18)**

Students can access chat-based counselling, self-help resources and peer support.

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

- **Young Minds – Support for Parents & Young People**

Advice on anxiety, low mood, self-harm, friendships and more.

<https://www.youngminds.org.uk/>

- **CAMHS Crisis Line (NCL)**

Available 24/7 for urgent mental health concerns affecting young people.

☎ 0800 151 0023

- **Haringey Wellbeing Network**

Mental health support, activities and signposting.

<https://www.mindinharingey.org.uk/our-services/haringey-wellbeing-network/>

