

Safeguarding Newsletter

Spring 2026

Message from safeguarding team

As we reach the end of another busy and productive spring term at **Heartlands High School**, we would like to thank our students, parents, carers and staff for their continued hard work, resilience 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 wellbeing of our students continues to be at the heart of everything we do.

The holidays are a wonderful opportunity for rest, reflection and spending time with family and friends. However, we understand that holiday periods can sometimes bring additional pressures for families. This newsletter includes helpful resources, safety guidance and activity ideas to support our students during the break.

We wish you all a **safe, enjoyable and restful holiday** and look forward to welcoming students back next term.

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!

EASTER OFFERS

There is lots of free and low cost activities in the local area for young people! Scroll down to the last page for all the info!

Food support



- **Haringey Foodbank (Trussell Trust)** – Find local food bank locations and opening times:
<https://haringey.gov.uk/community-support-safety/haringey-here-to-help/food-banks-food-support/food-banks-haringey>

Report a concern

If you have a safeguarding concern, please contact the team:

✉ safeguardinghhs@heartlands.haringey.sch.uk
✉ **Ms Dzikunu (Senior Designated Safeguarding Lead):**
mellissa.dzikunu@heartlands.haringey.sch.uk

🔒 **Report a concern anonymously via My Voice:**
<https://heartlands.haringey.sch.uk/students/report-a-concern/>

Online Safety

Many young people spend more time online during the holidays.

Please remember:

- ✓ Keep social media accounts private
- ✓ Never share personal information with strangers
- ✓ Report online bullying or harmful content
- ✓ Speak to a trusted adult if something online makes you uncomfortable

There are also external organisations that can offer help and advice:

- **CEOP** – for reporting concerns about online exploitation: www.ceop.police.uk
- **NSPCC / Net Aware** – guidance on staying safe online: www.net-aware.org.uk
- **Childline** – confidential support for children and young people: **0800 1111**
- **In an emergency, always call 999**

Exam stress

Exams and assessments can feel overwhelming for many students. It is important to remember that feeling nervous or under pressure during this time is completely normal. Below are some helpful tips that students can use to manage revision and maintain their wellbeing during exam periods.

Top Tips for Managing Exam Stress

- **Create a realistic revision timetable** and break revision into smaller, manageable tasks.
- **Take regular breaks** – short, frequent breaks can improve concentration and help with memory.
- **Practise using past papers and revision websites** to build familiarity and confidence with exam questions.
- **Look after your physical wellbeing** – getting enough sleep, staying hydrated and eating well can make a big difference to focus and energy levels.
- **Talk to someone if you are feeling overwhelmed** – teachers, form tutors and trusted adults are always available to listen and offer support

Useful Links

- **NHS: Coping with Exam Stress**
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-y-our-child-beat-exam-stress/>
- **Young Minds: Exam Stress Guide**
<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

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:** <https://www.solacewomensaid.org/>

Mental Health Support

Supporting the wellbeing of both our students and staff remains a key priority for us as a school, and this will continue to be a focus when we return after the holidays. It is important to remember that **it's okay not to feel okay**. At times, we all need someone to talk to. If you or your child are feeling overwhelmed, worried about safety, or experiencing financial or other pressures, there are organisations and support services available that can offer help and guidance.

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/>





Easter offer

Plinth platform for all HAF bookings. You can find the live calendar for 2026 here:

- [Haringey HAF 2026 Booking Calendar \(Plinth\)](#)

Key Easter 2026 Activities

Many providers have already listed their sessions for the upcoming holidays. Here are some of the confirmed highlights:

- Access to Sports (Finsbury Park): They are running free multi-sports, tennis, and football camps for ages 8–16 across both weeks of the holidays.
- St Ann's CE Primary School: Hosting a Pro Touch SA holiday camp from 30 March – 2 April 2026, featuring sports and creative sessions.
- Bruce Grove Youth Space: Running open access sessions for teenagers (ages 11–19), including music production and gaming.
- Alexandra Palace: Their "Cracking Things to Do" programme for Easter 2026 includes family workshops and ice skating.

Important Booking Notes for 2026

1. HAF Voucher Codes: Most schools should have distributed the 2026 Easter holiday codes by mid-March. If you haven't received yours, email HAFprogramme@haringey.gov.uk immediately.
2. Registration: If you used the system last year, your account should still work, but you may need to update your child's "School Year" in the 'My Family' section of Plinth to see age-appropriate activities.

Non-HAF Activities: For activities that don't require a voucher (open to all youth), you can check the updated [Haringey Youth Space](#) page