

SAFEGUARDING NEWSLETTER

SUMMER 2026

Station Road, Wood Green, London, N22 7ST | T 020 8826 1230 | F 020 8826 1231 | E
office@heartlands.haringey.sch.uk | www.heartlands.haringey.sch.uk

As we reach the end of another successful academic year, we would like to thank you for your continued support in helping us safeguard and promote the wellbeing of all our students. Working together with families is vital in ensuring that every young person feels safe, valued and supported both in school and within the wider community.

The Safeguarding team will not be able to answer queries or questions over summer; please reach out to office@heartlands.haringey.sch.uk for non urgent queries, in an emergency always call 999.

MESSAGE FROM THE SAFEGUARDING TEAM

The summer holidays provide a wonderful opportunity for young people to relax, spend time with family and friends, and enjoy new experiences. However, we recognise that the extended break can also present additional challenges and risks. Safeguarding remains everyone's responsibility throughout the holiday period.

IN THIS EDITION

You will find helpful advice on staying safe over the summer, information about local activities and support services, and guidance on how to access help should you or your child need it during the school holidays.

SUMMER 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!

WARM REGARDS

We wish you all a relaxing, enjoyable and safe summer break and look forward to welcoming our students back in September.

Warm regards, Ms Dzikunu, Senior Designated Safeguarding Lead. Mrs Roberts, as Headteacher, oversees the safeguarding team and holds ultimate responsibility for ensuring the safety and wellbeing of all students.

ARE YOUR CONTACT DETAILS UP TO DATE?

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

SAFEGUARDING NEWSLETTER

Summer 2026 – Heartlands High School

This page contains important information about food support available over summer, how to report a safeguarding concern, and how to stay safe online. Please read carefully and share with your child. If you have any concerns, do not hesitate to contact the school safeguarding team.

FOOD SUPPORT

Haringey Foodbank provides emergency food parcels to families in crisis. To access support, you will need a referral voucher – contact the school office or a local advice centre. Visit: haringey.foodbank.org.uk

REPORT A CONCERN

Email the team during term time or with non urgent information :

- safeguardinghhs@heartlands.haringey.sch.uk
-
- Ms Dzikunu (Senior DSL):
mellissa.dzikunu@heartlands.haringey.sch.uk

Student voice referrals: use the My Voice link on the school website. [HERE](#)

IMPORTANT REMINDER

ARE YOUR CONTACT DETAILS UP TO DATE? It is vitally important that if you change your home phone, email or mobile number, you immediately let the school know so that we have the most up-to-date contact details. Thank you!

STAYING SAFE ONLINE

Keep accounts private. Never share personal information such as your address, school name or phone number online.

Report any bullying or upsetting content immediately. Speak to a trusted adult if something makes you feel uncomfortable.

It is normal and advised to check your child's phone including messages on a regular basis. Students often have multiple sign ins for systems such as snapchat. It is important you check them all.

EXTERNAL RESOURCES

- CEOP: ceop.police.uk – report online abuse.
- NSPCC / Net Aware: net-aware.org.uk – guide to apps & games.
- Childline: 0800 1111 – free, confidential support 24/7.
- Emergency: always call 999 if someone is in immediate danger.

SAFEGUARDING NEWSLETTER

Heartlands High School | Summer 2026

Keeping our students safe is a shared responsibility. This page covers important safety topics for the summer holidays, including water safety, road safety, and knife crime and exploitation awareness. Please take time to read through this information with your child.

WATER SAFETY

Always swim in designated areas with lifeguards present. Never swim alone. Be aware of cold water shock — even on warm days, open water is dangerously cold. Follow all lifeguard advice and warning signs.

KNIFE CRIME & EXPLOITATION

Criminal exploitation involves adults manipulating young people into illegal activity. Be alert to signs such as unexplained gifts, new older friends, or frequent absences. County Lines gangs target vulnerable young people — speak to a trusted adult if you are concerned.

ROAD SAFETY

Always wear a helmet when cycling. Wear a seatbelt in vehicles at all times. Avoid distractions such as mobile phones when near roads. Use designated crossing points and follow traffic signals.

GROOMING & STAYING SAFE

Grooming can happen online and in person. Adults who try to build secret relationships with young people may have harmful intentions. Trust your instincts — if something feels wrong, tell a trusted adult. You can also report concerns to the police on 999 or anonymously via Crimestoppers: 0800 555 111.

STAYING SAFE FROM KNIFE CRIME

Carrying a knife puts YOU at greater risk of harm. It is illegal and can have life-changing consequences. If you feel unsafe, move to a public place, call 999, or speak to a trusted adult. Report concerns anonymously via the Fearless website: www.fearless.org or call Crimestoppers: 0800 555 111.

MENTAL HEALTH SUPPORT

Safeguarding Newsletter Summer 2026

Your mental health and wellbeing matters. If you or your child is struggling this summer, please know that support is available. Below are some key services and resources to help young people stay mentally well during the school holidays. You do not have to face difficulties alone – reaching out is a sign of strength.

KOOTH

Kooth is a free, safe and anonymous online mental health and wellbeing community for young people. Visit www.kooth.com to chat with qualified counsellors and access self-help tools any time.

CAMHS CRISIS LINE

If a young person is in mental health crisis, call the CAMHS Crisis Line: 0800 151 0023 (available 24/7). For life-threatening emergencies, always call 999 or go to your nearest A&E.

YOUNG MINDS

Young Minds is the UK's leading charity for children and young people's mental health. Parents can call the free helpline on 0808 802 5544. Visit www.youngminds.org.uk for advice and resources.

HARINGEY WELLBEING NETWORK

The Haringey Wellbeing Network connects residents with local mental health and wellbeing support. Visit www.haringey.gov.uk/wellbeing or contact your GP for a referral to local services.

URGENT AND OTHER SUPPORT

Shout: Text SHOUT to 85258
Samaritans: 116 123 (free, 24/7)
Papyrus (suicide prevention): 0800 068 4141
Childline: 0800 1111
Good Thinking: www.good-thinking.uk
The Mix (under 25s): 0808 808 4994
Beat (eating disorders): 0808 801 0677
Crisis Tools: www.crisistools.co.uk

Always call 999 in an Emergency





SUMMER ACTIVITIES

Haringey HAF Programme 2026

There is lots of free and low cost activities in the local area for young people this summer! [Haringey's Holiday Activities and Food \(HAF\) Programme 2026](#) offers a fantastic range of enriching experiences for children and young people during the summer holidays. Activities are free for children eligible for benefits-related free school meals. Book your place via the Plinth platform – details below!

SPORTS CAMPS

Join exciting sports camps across Haringey offering football, basketball, athletics and more. Sessions are led by qualified coaches and are a great way to stay active and make new friends over the summer.

FAMILY WORKSHOPS

A range of family workshops are available covering cooking, arts and crafts, and wellbeing. These sessions are a wonderful opportunity for families to spend quality time together and learn new skills.

YOUTH SPACES

Local youth spaces and centres are open throughout the summer offering safe, fun environments for young people to socialise, take part in creative activities, and access support from youth workers.

HOW TO BOOK

Book your place via the Plinth platform. Visit the Haringey Council website to find the HAF 2026 booking page, create an account, and search for activities near you. Places fill up fast – book early to avoid disappointment!

FREE MEALS INCLUDED

Children eligible for benefits-related free school meals will receive a nutritious meal as part of their HAF session. If you are unsure whether your child qualifies, please contact the school office or visit the Haringey Council HAF page for eligibility information.