



Autumn 2025

# Fairmead School—Safeguarding Newsletter



**Mrs Barratt**  
Designated  
Safeguarding  
Lead



**Mrs Felstead**  
Deputy  
Designated  
Safeguarding  
Lead



**Miss Snashall**  
Safeguarding  
Officer

## Support for Domestic Abuse in Somerset

Domestic abuse can affect anyone, and it's important to know help is available. Somerset Domestic Abuse offers confidential support and practical advice for those experiencing or concerned about abuse.

### Key Services:

- **Helpline:** 0800 69 49 999 (8am–8pm daily) or live chat weekdays.
- **Safe Accommodation:** Refuges and safe houses for families and individuals.
- **Support for Children:** Specialist help for young people affected by abuse.
- **Recovery Programmes:** Courses and peer groups to rebuild confidence.

Visit [somersetdomesticabuse.org.uk](https://somersetdomesticabuse.org.uk) for more information. In an emergency, always call 999.



**Somerset**  
Domestic Abuse

## Welcome to our Autumn Newsletter

### Dear Parents and Carers,

As we move into the end of the autumn term, we'd like to extend a warm welcome to all our families and thank you for your continued support. Fairmead School is committed to providing a safe and nurturing environment for every young person, and we are excited to share an important update regarding our safeguarding team.

Starting in the spring term, there will be a small but significant change:

- **Mrs Barratt** will take on the role of **Designated Safeguarding Lead**, ensuring that our safeguarding practices remain robust and responsive.
- **Mrs Felstead** will become our **Deputy Designated Safeguarding Lead**, continuing to provide dedicated support to young people and families.

We wish you all a wonderful, and safe, winter break.

With kind regards, Fairmead's Safeguarding Team.

## Feeling worried or overwhelmed?

- Do you feel like you're *walking on eggshells* around your young person?
- Avoiding social situations or losing family and friends because of their behaviour?
- Has your young person threatened harm, damaged property, or stolen from you?
- Are you concerned about your family's safety?

This may be **Child and Adolescent Parent/Carer Violence and Aggression (CAPVA)**.

Abuse can include physical violence, emotional or economic abuse, coercive control, property damage, and harm to siblings.

You're not alone—and wanting help doesn't mean you don't want your young person.

Support is available:

<https://www.pegssupport.co.uk> <https://www.capafirstresponse.org>





## Somerset's Community Hubs: Support for your family, right where you live

Life as a parent can be busy and sometimes overwhelming—but you don't have to do it alone. Somerset's **Community Hubs** are here to make life easier for families by bringing help and advice closer to home. These hubs are part of the **Connect Somerset** initiative, designed to give you quick access to the support you need, all in one friendly place.

### What are Community Hubs?

Think of a community hub as your local go-to spot for advice, activities, and a warm welcome. They're based in familiar places like libraries, schools, and community centres, so you can pop in while running errands or after the school run. Each hub is tailored to its neighbourhood, making sure families get the right help when they need it.

### Why families love them

Community hubs are all about making life simpler for parents and carers:

- **Help without the hassle** – No long journeys or confusing phone calls. Just local support when you need it.
- **Early help matters** – Get advice before small worries become big problems.
- **A friendly face** – Whether you need guidance or just a chat, hubs are welcoming spaces for everyone.

### What can you find at a Hub?

Here's a taste of what's on offer:



- **Parenting advice and SEND support** – Practical tips and guidance for raising happy, healthy children.
- **Warm spaces** – Drop in for a cuppa and a chat during the colder months.
- **Activities for families** – From play sessions to craft clubs, there's something for everyone.
- **Help with everyday challenges** – Housing, health, finances, and more.
- **Employment and skills support** – Perfect if you're thinking about returning to work or learning something new.

Some hubs even host **Talking Cafés**, where you can meet Village Agents for informal advice on anything that's worrying you.

### Find your local Hub

It's easy to find a hub near you. Visit the [Connect Somerset Community Hubs directory](#) and discover what's happening in your area. Whether it's Bridgwater Library or Wellsprings Community Church in Taunton, there's a hub ready to welcome you.

### Why it matters

Community hubs aren't just about services—they're about people. They bring families together, reduce isolation, and create a sense of belonging. By working together, Somerset is building stronger, happier communities where every family feels supported.

## Attendance matters – Every day counts!

At Fairmead, we're proud of our excellent attendance record – currently **93%**!

Good attendance and punctuality help your young person thrive, make friends, and enjoy school life to the fullest.



### Why attendance is so important

#### Young people who attend school regularly:

- Keep up with their learning,
- Build strong friendships,
- Feel happier and more confident.

#### Young people who miss school often:

- Fall behind in their learning,
- Struggle socially,
- Develop habits that can affect future education and work.

### Why being on time matters

Arriving late can really add up:

- Just **15 minutes late every day = 2 weeks of lost learning a year.**
- Late arrivals disrupt routines and cause missed key messages.
- It can be embarrassing for your young person and unsettling for the class.

**Getting here on time sets your young person up for success!**

### Did you know?

- Schools must report attendance to the Local Authority.
- Parents have a legal duty to ensure their young person attends school and on time.
- Holidays in term time count as unauthorised absences.
- Arriving after **9:15am** means an unauthorised absence for the whole morning.

#### Top tips for great attendance:

- Contact school on each day of absence.
- Keep your contact details up to date.
- Prepare everything the night before.
- Talk positively about school.
- Arrange appointments outside school hours where possible.
- Take an interest in schoolwork.
- Avoid term-time holidays – this is essential!
- Young people can attend school while taking certain medication – speak to us if unsure.
- Set alarms for you and your young person – make it a fun race to beat the clock!

### How you can help

- **Send them in even if they're a little under the weather** – they often perk up once they're busy. If we're worried, we'll call you.

Check NHS advice: <https://www.nhs.uk>

- Let us know about medical appointments in advance and send through evidence to [office@fairmeadschool.com](mailto:office@fairmeadschool.com).

### We're here to help

If you're struggling with attendance or punctuality, please talk to us.

**Every day really does count – let's work together to help your young person become a happy, successful learner!**





## Sextortion – What parents and carers need to know

### What is sextortion?

Sextortion is a type of online blackmail. Criminals threaten to share sexual pictures, videos, or personal information unless the victim pays money or does something they don't want to.

Young people aged 15–17 and adults under 30 are most at risk, but anyone can be targeted.



### How does it happen?

Criminals often use:

- Social media,
- Dating apps,
- Webcams,
- Gaming or adult sites.

They usually pretend to be someone else and try to gain trust quickly.

### Warning signs

Be alert if someone your young person meets online:

- Tries to start a relationship very quickly,
- Sends sexual images or asks for them soon after contact,
- Pressures them to do things they're uncomfortable with,
- Claims to have hacked their account or can contact their friends.

Even if your young person hasn't shared anything, criminals may create fake or edited images (including deepfakes) that look real.

### Why this matters

Sharing or threatening to share intimate images without consent is illegal. This is called '**revenge porn**' or **intimate image abuse**.

### How to protect your young person

- Encourage them **not to share sexual images or personal details online**,
- Remind them to **stop talking to anyone who makes them feel uncomfortable**,
- Help them **check privacy settings** so strangers can't see their friends and family.

### If your young person is targeted

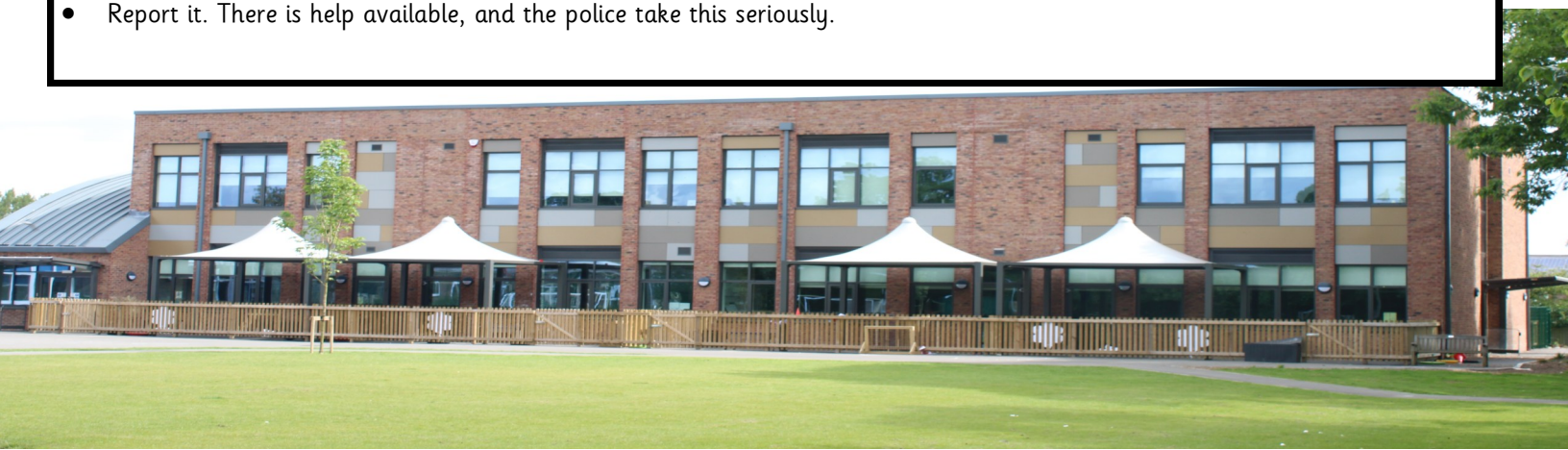
- **It's never their fault.** They haven't done anything wrong,
- Stay calm and supportive – they need to feel safe telling you,
- Report it. There is help available, and the police take this seriously.

### Who to report it to

- **Police:** Call **999** in an emergency or **101** for non-emergencies.
- **CEOP (Child Exploitation and Online Protection):** Report online at <https://www.ceop.police.uk>.
- **The platform or app:** Block and report the user where the contact happened.
- **Safeguarding Lead at school:** Inform the school so they can provide support.

#### Support services:

- **Childline:** 0800 1111
- **Thinkuknow:** <https://www.thinkuknow.co.uk>
- **Internet Watch Foundation (IWF):** <https://www.iwf.org.uk>





## Finding comfort while grieving this holiday season

The festive period can feel overwhelming when you're grieving. Everywhere you look – in shops, on TV, and online – there's a big build-up to celebration, which can make the absence of someone you love feel even more painful. If this season is hard for you, please know you're not alone.

Child Bereavement UK offers free, compassionate support to anyone struggling with loss.

Helpline: 0800 02 888 40 Open Monday to Friday, 9:00am – 4:30pm

### Christmas & New Year Helpline Hours:

- 24 December: 9:00am – 1:00pm
- 25–28 December: Closed
- 29–31 December: 10:00am – 4:00pm
- 1 January: Closed
- From 2 January onwards: 9:00am – 4:30pm (Monday to Friday)

If you need someone to listen, or guidance on coping with grief, you can find more information and resources here:

<https://www.childbereavementuk.org>



## Childline: Free Support for Children

Childline is a safe, confidential service for young people to talk about anything that worries them.

### Contact Childline:

- Call 0800 1111
- Visit [Childline | Free counselling service for kids and young people | Childline](#)



## STOP HATE UK

With the recent increase in hate crimes across the UK, we want to share an important resource with you. Stop Hate UK offers an independent, confidential helpline – available 24 hours a day, 365 days a year – called **The Stop Hate Line**.

This service is for anyone who has been targeted by hate, harassment, or discrimination and needs someone to talk to or seek support. It's also available if you've witnessed an incident or are supporting someone affected by hate.

[Homepage - Stop Hate UK](#)



We want you to know that the Samaritans are always here for you – day or night, every single day. If you're finding things tough, reaching out and talking to someone can make a world of difference.

**SAMARITANS**

You don't have to face it alone – *help is just a call away.*

- Call: 116 123.
- Email: [jo@samaritans.org](mailto:jo@samaritans.org),
- Chat online: <https://www.samaritans.org/how-we-can-help/>

## Pastoral Support

We care about every young person's well-being as much as their learning. Our pastoral team – Mrs Parsons, Mr Waterhouse, and Behaviour and Wellbeing Lead Mr Simmons – is here to offer support whenever it's needed.

Safeguarding and well-being are at the heart of school life, helping young people build confidence and resilience to succeed in and beyond the classroom.



## Allergy-Friendly School Guidelines

We aim to provide a safe environment for all young people, especially those with serious food allergies. Please follow these rules:

### No Nuts Policy

**No nuts or nut-containing products** on school premises (including snacks and packed lunches). Common foods to avoid:

- Peanut butter and other nut spreads (almond, cashew),
- Nutella and similar chocolate-hazelnut spreads,
- Granola/cereal bars,
- Some chocolates and confectionery,
- Cakes, biscuits, pastries,
- Trail mix/snack packs,
- Desserts with nut toppings.



Always check ingredient labels carefully.

### Fairmead's goal:

For the school community to work together to keep every young person safe, included, and cared for.

## Egg Restrictions

No raw or cooked egg in any form:

- Egg sandwiches,
- Homemade mayonnaise,
- Boiled eggs.



### Important

Any food containing nuts or egg will be **disposed of**, and parents/carers will be contacted to provide an alternative.



No



fizzy drinks



No



energy drinks



NSPCC



### Links to resources & tools

[Safer internet - Parents & carers resources](#)

[National online safety - guides to apps](#)

[Internet Matters](#)

[thinkuknow - help for parents & carers](#)

[NSPCC - online-safety & online-wellbeing](#)

<https://www.ceop.police.uk/Safety-Centre/>

**To report an urgent safeguarding concern where the young person is at risk of harm:**

Please call the Police on 999 or

**Somerset children:** Children's Social Care (Somerset Direct) on 0300 123 2224. For an out of hours service please call the Emergency Duty Team on 0300 123 2327.

**Dorset children:** Children's Social Care 01305 228866.

**To report a safeguarding concern:**

Please call the school office on 01935 421295 and ask to speak to a Safeguarding Lead.

**Outside of school hours**, if it is a safeguarding emergency that cannot wait until the next school day and the young person is not at immediate risk of harm please call Mrs Barratt on 07592 504653 or Mrs Felstead on 07860 912587. You may wish to call after you have contacted the relevant services.

Please do not abuse these numbers—they are for urgent safeguarding only.

You can also email: [safeguarding@fairmeadschool.com](mailto:safeguarding@fairmeadschool.com).

