



Summer 2025

Fairmead School—Safeguarding Newsletter



*Mrs Felstead—
Designated
Safeguarding
Lead*



*Mrs Barratt —
Deputy
Designated
Safeguarding
Lead*

Dear Parents and Carers,

As we approach the end of another busy and rewarding school year, we want to thank you for your continued support in helping us keep our pupils safe, both in and out of school. This summer safeguarding newsletter is here to provide you with key reminders and practical advice to help ensure a safe and happy holiday for all.

Online safety continues to be one of the challenges for many of our young people, in this edition we've included a special section on **online safety**, offering tips to help children navigate the digital world confidently and responsibly during the break.

With kind regards, Mrs Felstead and Mrs Barratt.

A warm welcome to our new Safeguarding Officer, Miss Jade Snashall!

We are delighted to welcome Miss Jade Snashall to our school community as our new Safeguarding Officer.



Miss Snashall brings with her a wealth of experience in safeguarding young people and families. Her professional journey has been rooted in creating safe, supportive environments where young people can flourish. With a deep understanding of the challenges young people face today, she is committed to ensuring every young person feels secure, valued, and heard. What truly sets Miss Snashall apart is her passion for collaboration. She believes that safeguarding is most effective when we work together—staff, families, and the wider community—to support our young people both inside and outside of the school day. Her approach is proactive, compassionate, and always centred on the wellbeing of the young person.

We are excited about the positive impact Miss Snashall will have on our school, and we look forward to the expertise and care she will bring to this vital role.

Keeping Children Safe in Education (KCSIE) 2025

The Department for Education's *Keeping Children Safe in Education (KCSIE) 2025* guidance, which comes into effect in September, outlines how all schools and colleges in England must safeguard and promote the welfare of children. It emphasises that everyone working in education—whether teaching or support staff—has a role in recognising signs of abuse, neglect, and harm, and responding appropriately. Each school has a Designated Safeguarding Lead (DSL) who coordinates safeguarding efforts and ensures that concerns are acted upon swiftly. The 2025 update includes strengthened guidance on online safety, including how schools should manage risks related to AI-generated content, online grooming, and harmful material accessed through personal devices. It also reinforces the importance of addressing child-on-child abuse, such as sexual harassment and peer violence, and ensuring children feel safe to speak up. All adults working with children undergo rigorous background checks, and schools are encouraged to have clear policies on mobile phone use. Parents can support this work by talking to their children about staying safe, familiarising themselves with the school's safeguarding policies, and reaching out to the safeguarding team with any concerns.

All staff attend a full days Safeguarding training, including these updates, on the first INSET of the Autumn term.



Online Safety tips for the summer holidays

Summer often means more screen time, so it's vital to help young people stay safe online. Here are key areas to focus on:

Privacy and security

- Encourage young people to use strong passwords and avoid sharing them.
- Check privacy settings on apps and games to limit who can contact them.
- Remind them never to share personal information like their school, address, or phone number.

Social media awareness

- Talk about the risks of oversharing and how posts can be seen by unintended audiences.
- Discuss the importance of respectful communication and the impact of cyberbullying.
- Encourage young people to report harmful content and block inappropriate users.

Gaming safety

- Monitor who young people are interacting with in online games.
- Use parental controls to manage game content and screen time.
- Remind them not to accept friend requests or chat with strangers.



Managing screen time

- Set healthy boundaries for device use, including breaks and tech-free zones.
- Promote a balance of online and offline activities.
- Use tools like screen time trackers to help young people self-regulate.

Digital wellbeing

- Discuss how online experiences can affect mood and self-esteem.
- Encourage young people to talk about anything that makes them feel anxious or upset online.

For more guidance, visit <https://www.thinkuknow.co.uk> or <https://www.childnet.com>.





Outdoor safety: Helping young people stay safe in their communities

As young people spend more time outdoors—whether walking to school, playing in the park, or visiting friends—it's important that they feel confident, prepared, and supported to stay safe in their local environments. Here are some key reminders for families:

Independent travel and road safety

- Talk to your young person about safe routes to school or local shops, and practice them together.
- Reinforce the importance of using crossings, looking both ways, and avoiding distractions like phones when near roads.

Safe play in public spaces

- Encourage your young person to play in well-lit, familiar areas and to stay with friends or siblings.
- Remind them to avoid talking to strangers and to come home at agreed times.

Staying connected

- Make sure your young person knows how to contact you or another trusted adult if they feel unsafe.
- If they have a phone, teach them how to use it responsibly and keep it charged when out.

Confidence and responsibility

- Help your young person build confidence by talking through “what if” scenarios and how they might respond.
- Encourage them to speak up if they see something that doesn't feel right—whether it's in the park, on the street, or online.

Knowing where to get help

- Make sure your young person knows where to go for help in your community—such as trusted neighbours, local shops, or community centres.
- Teach them how and when to call emergency services.





Healthy eating at our school: A guide for lunch boxes and snack time

At our school, we believe that healthy eating is essential for our young people's wellbeing, concentration, and energy throughout the day. We also take pride in being an **allergy-friendly school** (See page 5 for more information on this), which means we all play a part in keeping our environment safe and inclusive for every child.

What makes a healthy lunch box?

A balanced lunch box should include:

- **Whole grains:** Wholemeal bread, wraps, rice, or pasta
- **Protein:** Lean meats, beans, lentils, or cheese
- **Fruit and vegetables:** Fresh, dried, or cut into fun shapes to encourage eating
- **Dairy or alternatives:** Yogurt, cheese sticks, or plant-based options
- **Healthy snacks:** Rice cakes, oat bars (nut-free), or popcorn

Encourage variety and colour—this not only makes lunch more appealing but also ensures a range of nutrients.



Birthday celebrations

While we love to celebrate special moments, we kindly ask that **no sweets, cakes, or treats are sent in for birthdays**. This helps us maintain our healthy eating ethos and ensures the safety of young people with allergies. We celebrate birthdays in other meaningful ways that include everyone—thank you for your understanding and support.

Items not allowed in lunch boxes or snack time

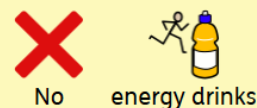
To support our allergy-friendly policy and promote healthy habits, please **do not send** the following items:

- **Nuts or nut-based products** (including peanut butter, Nutella, granola bars with nuts) (See page 5 for more information)
- **Chocolate bars or sweets**
- **Crisps or salty snacks**
- **Fizzy drinks or energy drinks**
- **Cakes or pastries with cream or icing**
- **Products with sesame seeds or shellfish** (due to common allergens)

If you're unsure whether a snack is suitable, please check the label or ask a staff member.

Drinks

Water is the best choice. Young people may also bring **milk or diluted juice**, but please avoid sugary drinks.





Allergy-Friendly School: Keeping our young people safe

We are proud to be an **allergy-friendly school**, and we are committed to creating a safe environment for all young people—especially those with serious food allergies. To support this, we ask all families to follow these important guidelines:

No Nuts Policy

To protect young people with nut allergies, **no nuts or nut-containing products** are allowed on school premises. This includes snacks and packed lunches.

Common foods that may contain nuts include:

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

Please always check ingredient labels carefully before sending food to school.



Egg restrictions

We also ask that **raw and cooked egg** is not brought into school in any form. This includes:

- Egg sandwiches
- Homemade mayonnaise
- Homemade mayonnaise
- Boiled eggs

Please speak to staff if your young person has an allergy so we can support their needs.

Unfortunately, if any food items containing nuts (including spreads like **Nutella**) or raw egg are sent into school, **we will have to dispose of them** and contact you to bring an alternative item for your young person to eat.

By working together, we can ensure that **every young person feels safe, included, and cared for**. If you have any questions or need help choosing allergy-safe food options, please contact the school office.



Supporting young people through change: Safeguarding transitions

As we approach the end of the academic year, many young people are preparing for transitions—whether that's moving to a different class group, changing schools, or adjusting to new routines over the summer. These changes can be exciting, but they can also bring uncertainty and anxiety. As a school, we are committed to ensuring that every young person feels safe, supported, and heard during this time.

Our safeguarding team continues to meet regularly to review young people's needs and ensure that support is in place. Recent meetings have focused on preparing for summer transitions, reviewing home visit outcomes, and updating plans for children with additional needs or complex family circumstances. For example, visual timetables and communication strategies are being used to help young people understand upcoming changes and feel more in control of their routines. Our PFSA has recently written to you highlighting some important strategies that you could implement to help this.

We also want to remind families that safeguarding doesn't stop when school closes for the holidays. Our out-of-hours safeguarding rota remains active throughout the summer. If you have any concerns about a young person's wellbeing, please contact the safeguarding team via safeguarding@fairmeadschool.com. This email is monitored by all Designated Safeguarding Leads, and clear out-of-office guidance is in place if someone is away.

As always, we encourage open conversations at home. Talk to your child about how they're feeling about the summer and the new school year. Let them know it's okay to feel nervous or unsure—and that there are trusted adults at school they can talk to.

Together, we can make sure every young person feels safe, valued, and ready for what's next.



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 and cannot wait until the next school day and the young person is not at immediate risk of harm please call Mrs Felstead on 07860 912587 or Mrs Barratt on 07592 504653. You may wish to call after you have contacted the relevant services.

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

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/>