

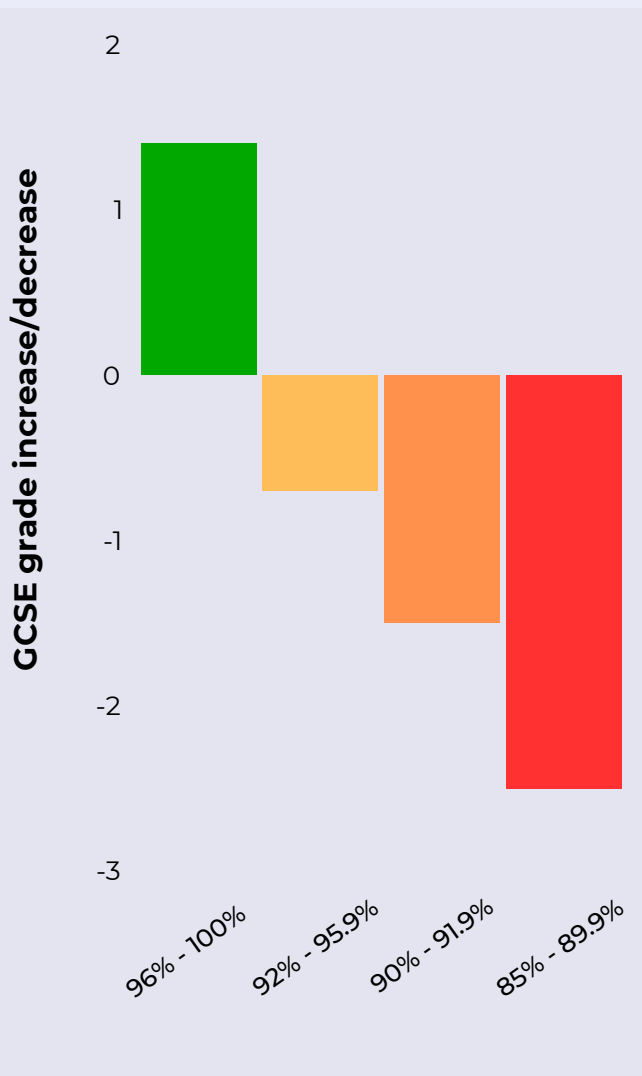


PSA SAFEGUARDING BULLETIN

Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.

THE IMPORTANCE OF ATTENDANCE

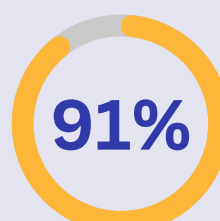
As we return to school after the festive break, it's a good time to remind ourselves of the importance of regular attendance. A 90% attendance rate might seem great, but actually, that means your child has missed 10% of their school time – that's three days off, or 15 lessons! Missing lessons can cause students to fall behind and may lead to anxiety when returning to school. If your child is struggling to attend, please reach out to our safeguarding team (see the final page of this bulletin for details) or Head of Year for support. We're here to help your child stay on track and feel comfortable getting back to school.



Arriving 15 minutes late every day adds up to two weeks absence a year, that's **55 hours of lessons missed**.




95% attendance means 50 hours of lessons missed, meaning students will have missed about two weeks of lessons.



91% attendance or lower = **one grade lower** across all subjects.

TIKTOK



TikTok is a popular platform, especially among young people, allowing users to share short videos, often with music or audio. While fun, there are risks, including exposure to inappropriate content and privacy concerns about data collection. Parents should educate children about safe usage, set privacy controls, and monitor content engagement.

Advice for parents from The National College:

- Enable Family Pairing: Link your TikTok account to your child's for remote control of settings.
- Discuss risks: If you approve TikTok use, talk about potential dangers.
- Block in-app purchases: Set up restrictions to prevent purchases.
- Spot warning signs: If you're concerned about excessive use or emotional impact of TikTok, look for warning signs. These can include irritability, difficulty concentrating, failure to complete homework, or skipping meals.

THE DANGERS OF VAPING

The number of 11 to 18-year-olds vaping in the UK has doubled between 2020 and 2022, and this trend continues to rise. Social media often portrays vaping as cool, which can encourage young people to try it. Many teens don't realise the risks involved, such as unregulated products, toxic ingredients, and the potential for nicotine addiction. Parents and carers can play an important role in helping children understand these dangers.

Here are some of the vaping red flags to look out for:

- Unexplained cough, wheezing, or shortness of breath
- Empty disposable vapes or plastic cartridges
- Irritability if unable to vape or take breaks
- Sudden mood swings, anxiety, or paranoia
- Lingering fruity or sweet smells

How to respond:

- Be observant – notice changes in behaviour and who they spend time with. Know if vaping is part of their social life.
- Stay calm – if you discover they're vaping, approach them calmly and avoid confrontation.
- Ask questions – find out more by asking, "What do you like about vaping?" or "Have you tried it?"
- Listen – give them space to talk and listen without judging.



PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school. You can also email safeguarding@psa-bucks.com. **This email will be checked periodically over the break.**



Miss Day
DSL



Mrs Summerell
DDSL



Miss Lallian
Safeguarding team

