



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.

DITCH ENDLESS SCROLLS FOR BETTER SLEEP

Good sleep is vital for young people's wellbeing. With school, social lives, and screen time all competing for attention, rest can often be pushed aside. But quality sleep plays a crucial role in helping students stay focused, manage stress, and stay healthy.

Lack of sleep can affect mood, memory, concentration, and even physical health. It's not just about how *long* they sleep, but how *well* they sleep. Deep, uninterrupted rest helps the brain and body recharge - something all young people need to thrive.

Here are a few simple ways to support healthy sleep habits at home:

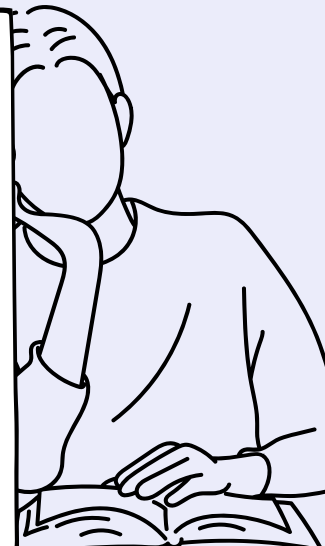
- Encourage a regular sleep schedule, even on weekends
- Help your child wind down before bed with calm, screen-free activities
- Create a restful sleep environment that's dark, quiet, and comfortable
- Avoid caffeine and heavy meals too close to bedtime
- Support regular physical activity during the day

Even small changes can have a big impact.

EFFECTIVE REVISION

With exams approaching, it's natural for young people to feel stressed or anxious. One helpful way to manage this is through structured revision, which can give them a sense of control and boost their confidence.

Encouraging your child to balance revision with regular breaks and downtime is key. A revision timetable can help them stay organised while making space for rest and rewards. Study groups with friends can also be beneficial, offering both academic support and a much-needed morale boost. Remind them that they're not alone, and that small, consistent steps can go a long way in helping them feel prepared.

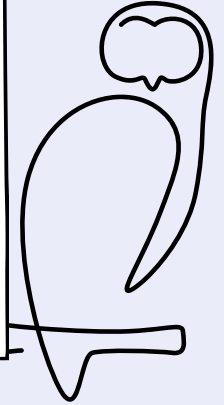


UNDERSTANDING SLEEP PATTERNS

We all have different natural sleep preferences. Some young people are naturally 'night owls' who stay up late and prefer to wake later, while others are 'larks' who feel more alert earlier in the day. Some fall somewhere in between and are more adaptable.

These patterns are partly influenced by genetics. Understanding your child's sleep profile can help when encouraging healthy routines, especially during school or exam periods.

If your child is curious, they can take [this short online quiz](#) to find out which sleep type they are. It's a helpful first step to improving their sleep habits in a way that suits them.



EAT WELL TO REVISE WELL

When exams are coming up, students often forget just how important food and drink are for focus, energy and memory. A healthy diet can make a real difference to how well revision goes, and how confident they feel on exam day.

Start the day with a balanced breakfast that includes slow-release energy, such as porridge, wholegrain toast or low-sugar cereal. Add some yoghurt or fruit to help them stay full and focused for longer. Avoid sugary snacks that lead to energy crashes, and instead encourage snacks like bananas, nuts or oat-based bars.

Drinking water regularly is just as important. Even mild dehydration can lead to tiredness, headaches and reduced concentration. Aim for 6 to 8 cups a day: water, milk or fruit tea all count. If they're allowed, taking a bottle of water into exams can even help improve performance.

To support long-term focus and wellbeing, try to include a variety of colourful vegetables and fibre-rich fruits like berries, pears and apples in their meals. Wholegrains like brown rice, wholemeal pasta or bread can also help keep energy levels stable throughout the day.

Finally, for better sleep - essential for memory and mood - avoid caffeine in the afternoon and encourage a light snack like porridge or fruit before bed. Eating well won't replace revision, but it can make a big difference in how effective it is.



ONLINE SAFETY FOR PARENTS

Thames Valley Cyber Protect team are inviting parents and carers to join engaging and informative Cyber Security training presentations. These sessions will share easy-to-implement tips for parents/carers regarding theirs and their family's online behaviours and internet-enabled device usage.

This session covers key topics, including:

1. Emails and mobile phones: The art of spotting a scam – lots of hints and tips to share with your children around phishing and other scams.
2. Social media safety: The risks around social engineering, disinformation, AI, privacy and hacked accounts.
3. Gaming: Understand what the risks are to young people when gaming, particularly online, and discover ways to monitor and restrict usage.
4. Password mastery and Two-Factor Authentication (2FA): Helping you and your family to secure your accounts following best practice.

Click here to find out more and book: [Online Safety for Parents by Police - South East Cyber Crime Unit](#)













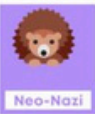




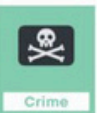













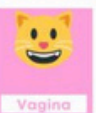

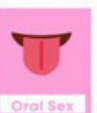

















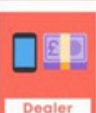










WORKSHOP BY AMIT KALLEY

It was a pleasure to welcome Amit Kalley, founder of For Working Parents – as featured on the BBC, Fox News, Yahoo, The Telegraph and more for his viral resource inspired by the hit Netflix show *Adolescence* (see image below) – on 1 May for his insightful session *Working With the School: A Team Approach*. His presentation slides will be shared with parents very soon. We look forward to welcoming him back on 12 June for his next session, *The Digital World: Understanding Social Media and Screen Time*.

PERIODIC TABLE OF SINISTER EMOJIS BY AMIT KALLEY

For Working Parents

WWW.FORWORKINGPARENTS.COM

 Cocaine	DRUGS										 Incel				
 Cocaine	 Cocaine	VIOLENCE										 Far Right	 Incel		
 Marijuana	 Marijuana	 Weapon	 Weapon	SEX										 Neo-Nazi	 Incel
 Marijuana	 MDMA	 Crime	 Crime	 Penis	 Penis	 Bum	 Swinging	 Nudes	 Cutting	 Neo-Nazi	 Incel				
 MDMA	 Ketamine	 Murder	 Murder	 Genitalia	 Vagina	 Vagina	 Oral Sex	 Porn	 Burning	 Neo-Nazi	 Anti-Woman				
 Mushrooms	 Heroin	 Threat	 Locked Up	 Lust	 Lust	 Lust	 Oral Sex	 Orgasm	 Feeling Low	 IS Extremism	 Anti-Woman				
 NO2	 Dealer	 Trap Music	 Snitch	 Intercourse	 Intercourse	 Fingering	 Anal Sex	 Orgasm	 Not Eating	 IS Extremism	 Anti-Woman				



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

