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.

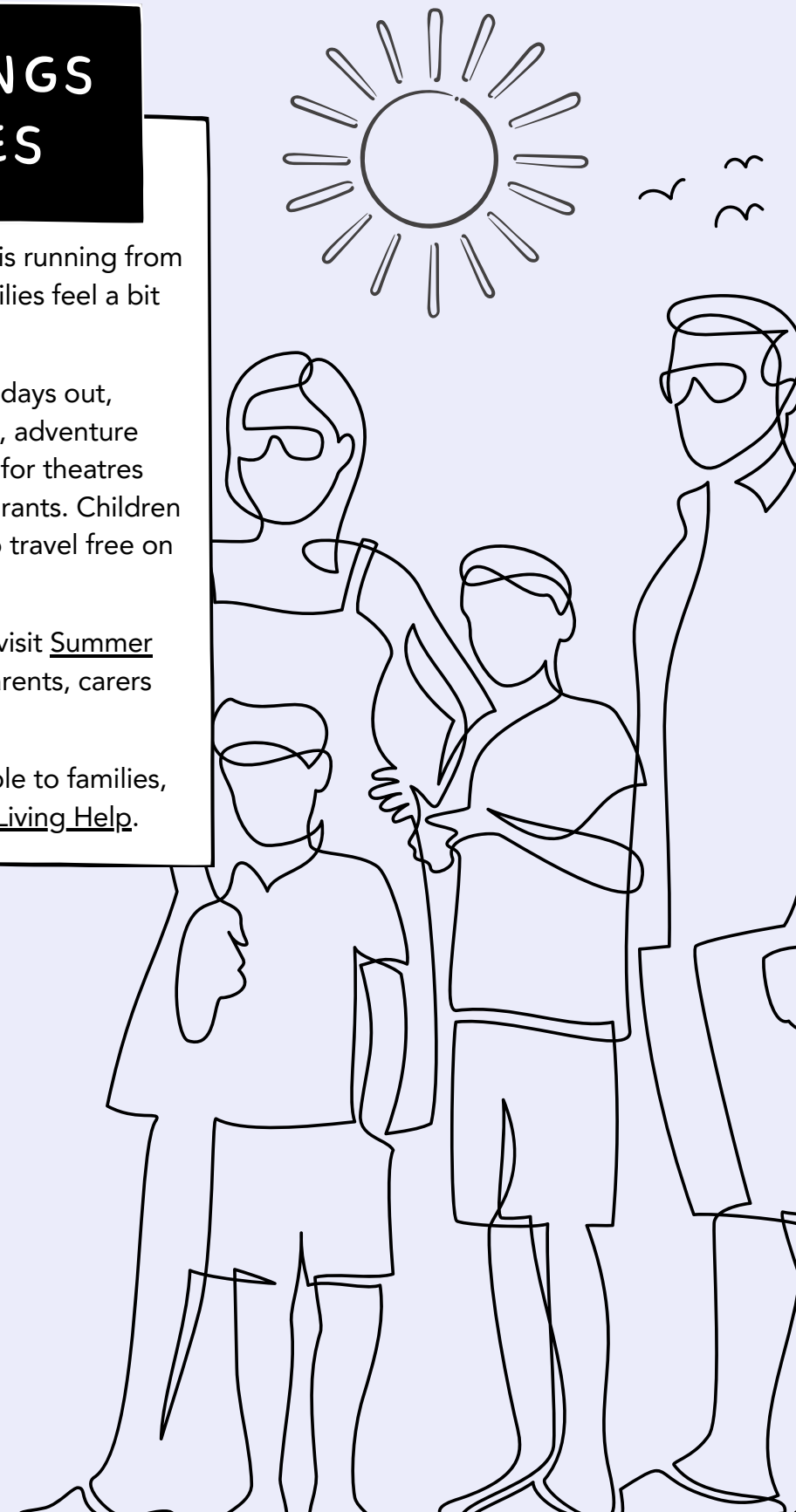
SUMMER SAVINGS FOR FAMILIES

The Great British Summer Savings scheme is running from 25 June to 1 September 2026, helping families feel a bit less squeezed this summer.

The new scheme includes reduced VAT on days out, including tickets at attractions like soft play, adventure centres and theme parks, children's tickets for theatres and cinemas, and children's meals in restaurants. Children aged 5 to 15 in England will also be able to travel free on local bus services throughout August.

For further information about the scheme, visit Summer Savings. If helpful, please share this with parents, carers and families though your usual channels.

This is in addition to further support available to families, with more information available at Cost of Living Help.



BEYOND PARENTAL CONTROLS

As children grow into teenagers, the way we help keep them safe online needs to change. Younger children often need rules and parental controls, but teenagers need something different. As they become more independent, they also need trust, guidance, and regular conversations about staying safe online.

Many teenagers use social media, gaming platforms, group chats, and messaging apps every day. Unfortunately, these spaces can also expose them to online scams, fake giveaways, account hacking, grooming, sextortion, and people pretending to be someone they are not. These risks are becoming more sophisticated and can be difficult to spot.

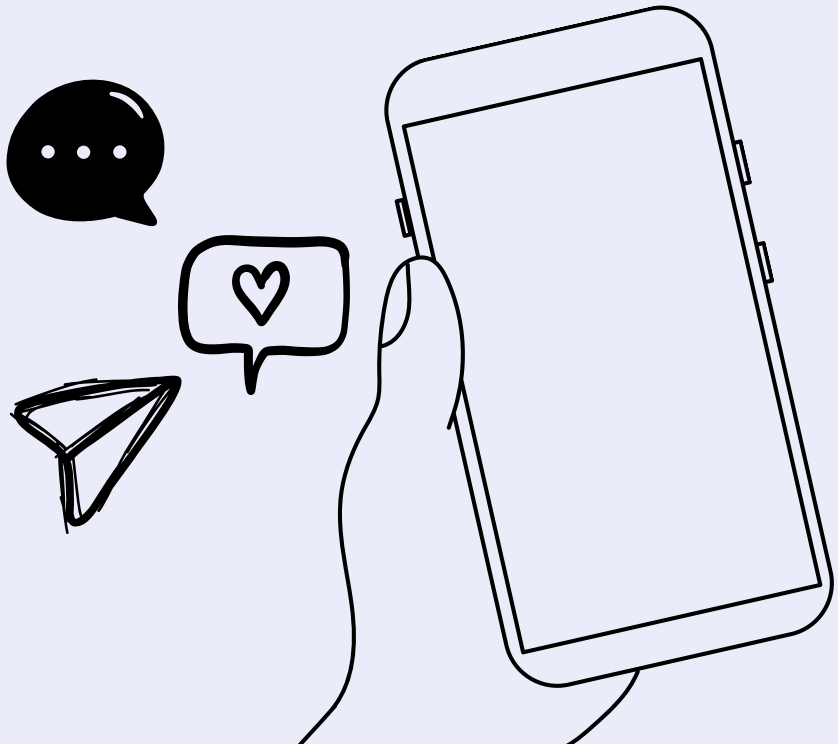
One of the best ways to protect your teenager is to talk openly about these risks. Instead of asking, "What did you do online today?", try asking questions like:

- Has anyone online ever made you feel uncomfortable?
- What would you do if someone asked you to keep a conversation secret?
- Have you ever seen something online that didn't feel right?

It is also important to remind teenagers that it is okay to make mistakes. If they click a suspicious link, share something they regret, or feel pressured by someone online, they should know they can come to you for help without worrying about being judged or having their devices taken away. Creating this trust makes them much more likely to ask for help when they need it.

Teenagers still need boundaries, but they also need the skills to recognise manipulation, think critically, and make safe choices for themselves. By keeping communication open and showing an interest in their online world, you can help them build confidence and develop healthy online habits that will stay with them into adulthood.

Find out more: https://www.bitdefender.com/en-us/blog/hotforsecurity/how-to-keep-teens-safe-online



SUPPORT FOR FAMILIES

Every family deserves to feel safe, and no child should feel they have to use aggression and/or harmful behaviours towards a parent or caregiver to communicate their needs

Capa First Response is a free UK service that supports parents and carers of children and young people (up to age 25), including those who are neurodiverse. They provide confidential one-to-one support, online drop-in sessions, practical advice, and resources to help reduce conflict, improve family relationships, and create a safer home environment.

Asking for help is a brave and positive step. Early support can make a real difference for both parents and children.

To find out more, visit: capafirstresponse.org

UNDERSTANDING HATE CRIMES AND HATE INCIDENTS

Every child has the right to feel safe, respected, and included. Schools play an important role in creating an environment where everyone is treated with kindness. Understanding what hate crimes and hate incidents are can help parents support their children and know when to seek help.

A hate crime is a criminal offence that is believed by the victim, or anyone else, to have been motivated by hostility or prejudice towards a person's identity. This could relate to their race, religion, disability, sexual orientation, or transgender identity. Examples include physical assault, criminal damage, harassment, or online abuse.

A hate incident is behaviour that may not be a criminal offence but is still believed to be motivated by prejudice or hostility. This could include name-calling, offensive jokes, social exclusion, or sharing harmful content online. Although these incidents are not crimes, they can still cause harm and are taken seriously by schools and the police.

Recording both hate crimes and hate incidents helps identify patterns of behaviour, protect those affected, and prevent more serious incidents from developing. If your child experiences or witnesses this type of behaviour, encourage them to speak to a trusted adult, their form tutor, Head of Year, or the school's safeguarding team. If appropriate, incidents can also be reported to Thames Valley Police by calling 999 in an emergency, 101 for non-emergencies, or through the Thames Valley Police website. Anonymous reports can also be made through Crimestoppers or Fearless.

Parents can support their child by listening calmly, taking concerns seriously, keeping evidence such as screenshots or messages, and reporting incidents where appropriate. If you notice changes in your child's mood, confidence, friendships, or willingness to attend school, please contact the school so we can provide support.

By working together, we can help ensure every child feels safe.

UPCOMING LIVE WEBINARS

Below is a list of webinars available on-demand for parents and carers by Anna Freud. To watch them, simply click on the "Register" links:

Creating rules and boundaries whilst supporting a healthy relationship with your teen	Register
Weathering the storms of strong adolescent emotions	Register
Anxiety in adolescence	Register
How to support your young person with low mood	Register
Supporting young people who experience panic	Register
Understanding adolescent brain	Register
Supporting your young person to stay well online	Register
Understanding bullying	Register
Supporting your young person to navigate healthy friendships	Register
Adolescent self–harm	Register
Supporting your young person through exam time	Register
Early emerging school based non-attendance	Register
Supporting your young person with anxiety before they get their exam results	Register
Transitioning to secondary school - supporting your young person with the ending and a new beginning	Register



RSE AT HOME FOR PARENTS & CARERS

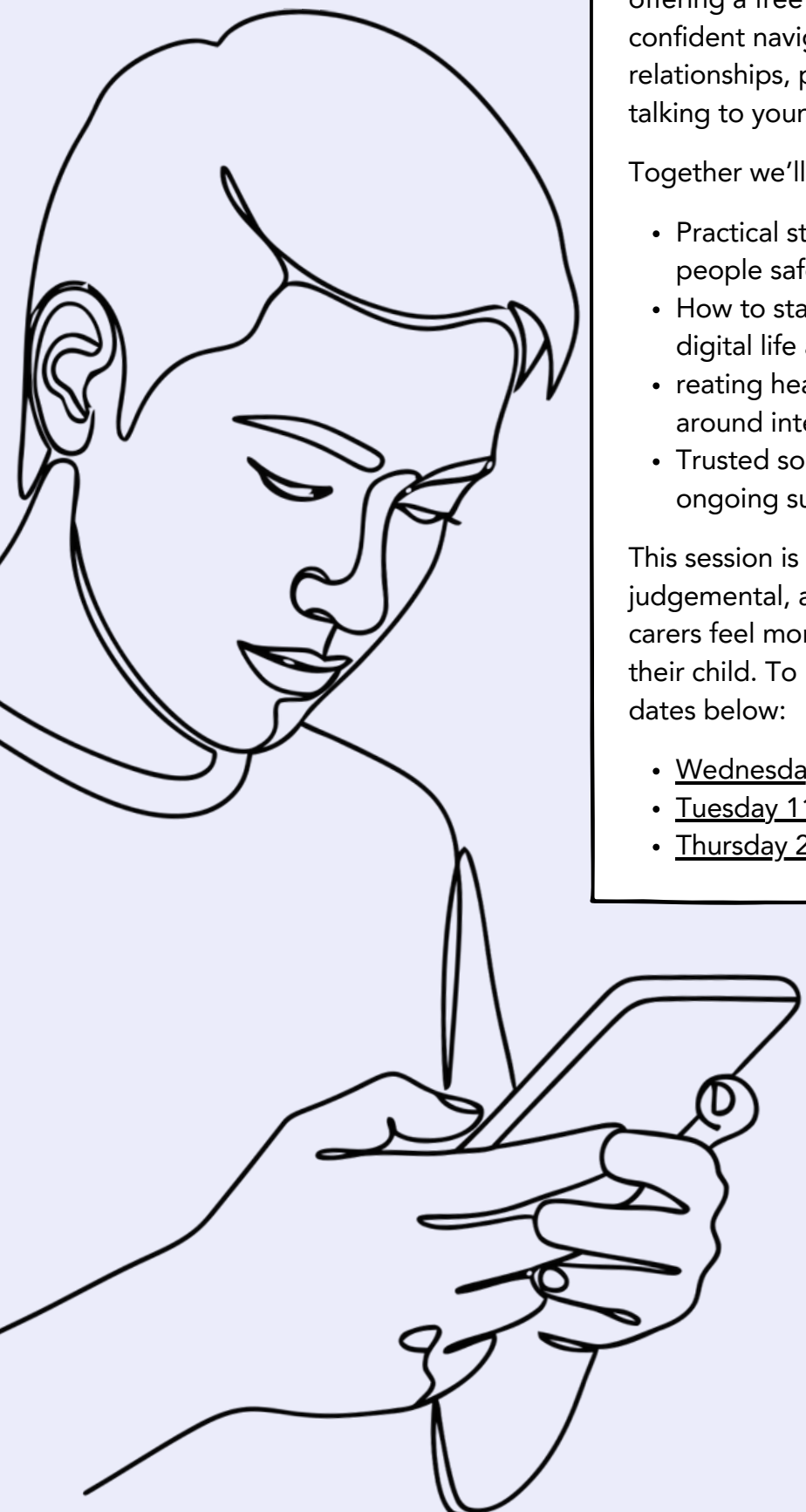
Summer holidays often mean more time online for children and young people through gaming, social media, and group chats. Following feedback from parents and carers across Buckinghamshire, Brook is offering a free online session to help families feel more confident navigating topics such as online safety, online relationships, pornography, digital wellbeing, and talking to young people about life online.

Together we'll explore:

- Practical steps to help keep children and young people safe online
- How to start open, supportive conversations about digital life and wellbeing
- reating healthy boundaries and family agreements around internet and device use
- Trusted sources of information, advice, and ongoing support

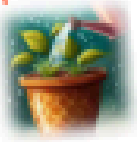
This session is designed to be supportive, non-judgemental, and accessible - helping parents and carers feel more confident navigating online safety with their child. To book your free place, please click on the dates below:

- Wednesday 29 July, 7pm to 8pm
- Tuesday 11 August, 10am to 11am
- Thursday 20 August, 12pm to 1pm



50 Ways for Children to Take a Break

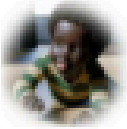
Garden or water plants



Watch birds outside



Pretend to be different animals



Take 10 deep breaths



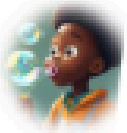
Do a simple jigsaw



Dance



Blow bubbles



Do yoga



Play with playdough



Do crafts



Watch the clouds



Cuddle your teddy



Do some stretching



Walk outside



Have a snack



Make a drawing



Play a game of I Spy



Listen to an audiobook



Sing a song



Play with toy cars or dolls



Play a game of tag



Have a teddy bear picnic



Listen to the sound around you



Make a puppet theatre



skip



Take shower or bath



Do gentle gymnastics



Run on the spot



Play football



Watch an educational video



Build with blocks



Play a board or card game



Engage in relaxation



Play a memory match game



Dress up in costumes



Play a musical instrument



Do a finger-painting activity



Play with sensory toys



Build a fort with blankets



Have a tea party with toys



Bake something

Make shadow puppets

Do 10 jumping jacks

Create a simple collage

Play hide and seek

Collect items on a nature walk

Draw with chalk outside

Play a game of Simon Says

Gently rock back and forth

Play with a balloon

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.



Miss Day
DSL



Mrs Summerell
DDSL

Follow us on social media: