

BETHS GRAMMAR SAFEGUARDING

NEWSLETTER



1. Excellence
2. Community
3. Respect

Turnstiles at Beths Grammar

In order to improve our safeguarding systems and processes on site, we will be installing turnstile gates at both the East Gate, currently the main point of entry and exit and the West Gate, currently used for vehicle exit only. We are doing this to better manage access to site from visitors and to control exit from site during the school day, therefore improving safeguarding for our school community.

This means that entry and exit to the school site will be gained using the biometric print or the school lanyard.

Please note that lanyards are replaceable at a cost of £8.

Parents are again reminded that scholars should not be arriving to the school site **any earlier than 8.00am** in the morning. Once on site they should report to the main hall, LRC, covered quad or recreational areas. Tutor rooms are only staffed from 8.30am onwards.

Welcome to the second Summer edition of the Beths Grammar Safeguarding Newsletter. This edition of the safeguarding newsletter will focus on wellbeing and mental health - this is an emerging area of need for so many young people nationally.

Our fantastic pastoral teams continue to monitor and support each student in their care. Parents and carers are politely reminded to report any concerns to your child's form tutor in the first instance.

Should concerns be of a more serious nature, they will be picked up by Mr Jones or Mrs Searby, our designated safeguarding team. They can be contacted directly on **esafe@beths.bexley.sch.uk**. This mailbox is monitored during term time only.

Should parents or carers have any major concerns of a safeguarding nature during the holidays then they should contact children's social services for the borough in which they reside.

Social care for children | London Borough of Bexley

Contact Children's Services | Royal Borough of Greenwich

Safeguarding - Dartford Borough Council



Mr Jones (DSL)



Mrs Searby (DDSL)

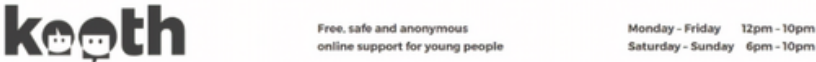
Free porridge is available in the canteen daily from 8.00am

Useful resources for parents

Kooth Mental Health support over the Summer break

We appreciate there will be some young people who may struggle during the holidays without the regular and daily support provided by our pastoral teams, trusted adults and friends that the school community provides.

Please therefore do remember that Kooth's services remain open for them to access at any time over the Easter break.



kooth Free, safe and anonymous online support for young people Monday - Friday 12pm - 10pm Saturday - Sunday 6pm - 10pm

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

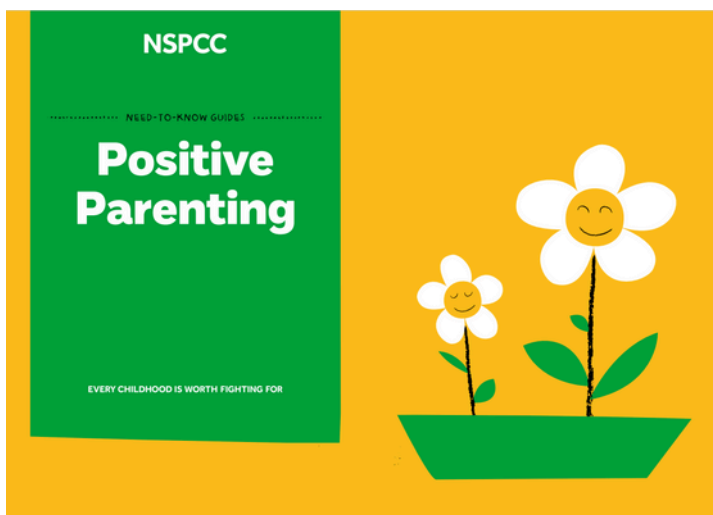
[Sign up for free](#)



Beths Grammar School

Safeguarding policy

All schools have a responsibility to publish their safeguarding policy. Please find our safeguarding policy for the academic year 2025/2026 [here](#). If and parents or carers have any feedback in relation to this, then please do feel free to share this via the email address above.



Home
Guides and Resources
Parents and Carers

Source: UK Safer Internet Centre

Where can kids eat free or for £1 during the summer holidays 2025?

Please see the link below to a very useful article outlining where children can eat for £1 (or cheap) over the Summer break.

[Kids eat for £1](#)



NHS Support for parents and young people
Source: NHS Website

Useful mental health contacts for young people



Mind have some very useful resources and support lines listed here

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

YOUNGMINDS

There is also a very useful link below

<https://www.youngminds.org.uk/young-person/>

It is important that young people are signposted to support services should they need them



Mental Health Support on 111

Anyone experiencing a mental health crisis can now benefit from support through 111, the NHS has recently announced (27th August 2024).

The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

Support over the Summer break

Useful links

[Home - Kooth](#)



Please do let us know if there are any specific topics you would like us to cover or any other feedback you would like to provide using this link.

Wishing all of the Beths Grammar school community a restful Summer break.

Mr Jones and Mrs Searby

Beths Safeguarding team

[Feedback](#)

[Lifelines and Support Networks for the Summer term holidays](#)

- The [NSPCC](#) are here to help 24/7 and children can call their Childline number on 0800 1111
- [Shout](#) is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258
- Anna Freud Crisis Messenger – If you need support, you can text AFC to 85258. A free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.
- [Educateagainsthate](#) provides practical advice and support on protecting children from extremism and radicalisation
- [Internet Matters](#) provide age-specific online safety checklists, guides on how to set parental controls, and practical tips to help children get the most out of their digital world
- [Talking to your child about online sexual harassment: A guide for parents](#) – This is the Children's Commissioner's parental guide on talking to their children about online sexual harassment.
- [Anti-Bullying Alliance](#) – Detailed information for anyone being bullied, along with advice for parents and schools. Signposts to various helplines and websites for further support.
- [Local children social care](#): If you think a child or young person is at risk or being abused or neglected, contact the children's social care team at their local council. If you do not know where they live, contact your local council's team, the [NSPCC](#) or the Police for advice.
- [Find a food bank](#)