

BETHS GRAMMAR SAFEGUARDING

# NEWSLETTER



- 1. Excellence
- 2. Community
- 3. Respect

Welcome to the second edition of the Beths Grammar Safeguarding Newsletter this academic year.

Our fantastic pastoral teams continue 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 the reside.

**Social care for children | London Borough of Bexley**

**Contact Children's Services | Royal Borough of Greenwich**

**Safeguarding – Dartford Borough Council**

## Turnstiles at Beths Grammar

Our turnstile system is now fully operational - all scholars now gain access to the school site using their student passcard on their lanyard. The students passcard and lanyard is now an essential item of uniform and lost or broken passcards will need to be replaced at a cost of £8. From the beginning of the Summer term (after Easter) scholars who repeatedly forget their lanyard will receive a sanction. Any scholars arriving after 9.30am should enter via the East Gate. We would again request that any parents (or carers) collecting scholars from school avoid parking across local residents' driveways. As a large school situated in a heavily residential area it is important we do not inconvenience our neighbours in any way. We would also ask parents and carers to remind our young people that they represent the school values of community, excellence and respect when travelling to and from school every day.

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.



Mr Jones (DSL)



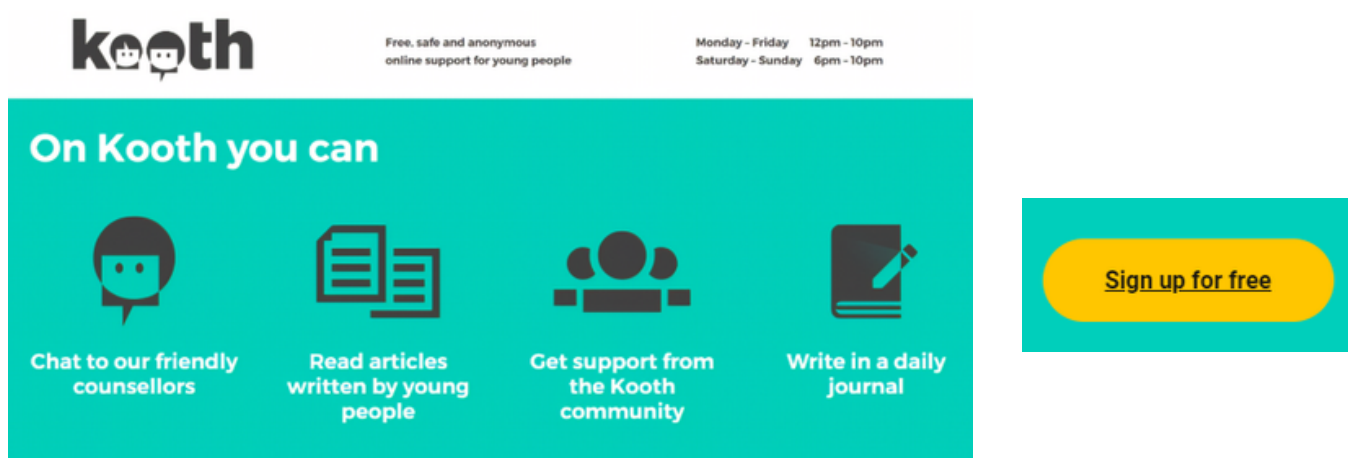
Mrs Searby (DDSL)

*Free porridge is available in the canteen daily from 8.00am*

Useful resources for parents

## Kooth Mental Health support

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. Please 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.



**NSPCC**

NEED-TO-KNOW GUIDES

## Positive Parenting

EVERY CHILDHOOD IS WORTH FIGHTING FOR



**UK Safer Internet Centre**

Home  
Guides and Resources  
Parents and Carers

Source: UK Safer Internet Centre

For Families  
Bexley Safeguarding Partnership



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

## SEND Mental Health Support



Support • Inform • Signpost • Empower



Free Event

### SEND HEALTH FOCUS DAY

#### ‘Neurodiversity and Mental Health’

SEND Marketplace running from  
**9:30am-2pm**  
(Meet education and health professionals)

#### Session 1: 10am-11am

- Understanding the relationship between neurodivergence and mental health

#### Session 2: 11:30am-12:30pm

- What we can do to protect and support our neurodivergent children/young people’s mental health

#### Refreshments: 12:30pm

#### Interactive workshops: 1:15-2:30pm

- Boosting your emotional regulation toolkit
- Coping strategies and tips on how to communicate with your child/young person

[www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)

Tuesday 28<sup>th</sup> April 26

The Danson Youth Centre  
Brampton Road  
Bexleyheath  
DA7 4EZ

9:30am-2:30pm

This health focus day will be delivered by MHST (The Mental Health in Schools Team) and Educational Psychologists from Bexley in partnership with Bexley Voice

- Come to all or part of the day
- Advance booking necessary for sessions/workshops
- Marketplace running throughout the day - just drop in

To request your place at sessions/workshops use the link:

<https://bexleyvoice.org.uk/calendar/item/59290611>



## Mental Health Support on 111

Are you in a mental health crisis?

Then call...

**111**

and select the mental health option



First Response Service



## Support over the Easter 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 Easter break.

Mr Jones and Mrs Searby

Beths Safeguarding team

### [Feedback](#)

#### [Lifelines and Support Networks for the 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](#)