



# SAFEGUARDING NEWSLETTER



## Spring Half-Term One 2025/26

It has been wonderful to welcome the children back to school after the two week break, despite the frosty conditions we returned to!

This half-term, children have been learning about the importance of values such as compassion, gratitude, reflection and reasoning. We are also ending the half-term by celebrating Children's Mental Health Week, where we will be talking about belonging, and welcoming external guest speakers from Kooth. More details are contained in this newsletter, along with an important message we have been asked to share from our school liaison officer, PC Paula Matthews.

Kind regards,  
Ms Jones and the Keep Kids Safe team.

## KEY NUMBERS

Anyone can contact the services below directly, regardless of whether you are a child, parent, carer or a member of staff. If you have a safeguarding concern, please ensure you pass it on: safeguarding is everyone's responsibility.

<b>01925 443322</b> (Option one, followed by option one) <b>Warrington Multi-Agency Gateway (MAG)</b>  For urgent safeguarding concerns about a child	<b>01925 444400</b>  <b>Out of Office Emergency Duty Team</b>  For urgent safeguarding concerns about a child outside of office hours	<b>0808 800 5000</b>  <b>NSPCC</b>  For adults who are worried about a child
<b>0800 1111</b>  <b>Childline</b>  For children who are worried about their own safety or need some advice	<b>101</b>  <b>Police Non-Emergency</b>  For reporting any crimes or concerns	<b>999</b>  <b>Emergency Services</b>  For anyone in immediate danger (including if you are worried about the immediate risk to a child)



# Keeping Kids Safe



## Communication from Police – Ketamine Information

As you will be aware, we have a very positive relationship with our school liaison officer, PC Paula Matthews. PC Matthews has contacted schools across Warrington to ask for the communication below to be shared with parents/carers:

*Dear parents and carers,*

*We're getting in touch to share some information about ketamine use among young people, and to help parents feel informed and supported.*

*You may have seen recent media coverage about Cheshire Police appealing for information around ketamine supply. This appeal forms part of our wider work to better understand how ketamine is reaching young people locally, and to reduce the harm it can cause. By raising awareness, we hope to encourage early conversations and reporting.*

*Ketamine is sometimes perceived by teenagers as a low-risk or occasional "party drug". However, we are seeing increasing evidence that even infrequent use can have major health impacts, including memory and concentration issues and serious bladder-related problems. We also know that young people can come into contact with drugs in a range of everyday settings, including social groups and online spaces. Most teenagers will never go beyond being offered something - but staying aware helps parents have informed, calm conversations if needed.*

*Information from parents and communities can help us build a clearer picture of local trends and target those responsible for supplying drugs, rather than young people themselves.*

*If you notice anything that feels unusual or concerning, sharing it can help prevent harm.*

### ***You can report concerns:***

- *Directly to police via 101 or online via our website*
- *Anonymously through Crimestoppers: <https://crimestoppers-uk.org>*

*For more information and advice visit our website: [Ketamine Advice and Support | Cheshire Constabulary](#)*

*Kind Regards,*

*Paula*

**PC 5942 Matthews**

**Youth Engagement Police Officer**

If you are worried that your child may have experimented with ketamine – or any substance – and you would like further support, please do not hesitate to get in touch. The [Talk to Frank](#) website contains useful information about the effects of ketamine and other substances. We also work closely with [Change Grow Live](#), who offer a young persons drug and alcohol service, and who will work closely with children to educate them on the risks of substance use.



# Support Services



## Children's Mental Health Week 2026

Children's Mental Health Week is celebrated on 9<sup>th</sup> – 13<sup>th</sup> February this year, and we have lots of awareness sessions planned to recognise this.

The theme this year is 'This is My Place', and the aim is to support the systems around children and young people to help them feel they belong.



The concept focuses on the idea that mental wellbeing is strongly shaped by the environments and relationships that surround children and young people – at school, at home, and in the wider community.

Place2Be have provided some tips from children and young people on how to help them feel a sense of belonging, and have also created resource packs for parents and carers. If you are interested in completing these activities with your child, the resource packs can be found here: [Families Activities Pack](#).

### TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

In school, we will be exploring the concept of belonging through assemblies and tutor time. We will be asking the students to reflect on where they feel like they belong, and to reflect on what contributes to this.

In assemblies, we will be welcoming a guest speaker from [Kooth](#). Kooth is a fantastic resource for children to use – providing access to free, anonymous online counselling via text messages. Their website also contains lots of articles and advice about mental health, including forums where the children can discuss their own experiences and help others.



In addition to this, our student mental health ambassadors will also be completing a visit to [Warrington Youth Zone](#) on Friday 6<sup>th</sup> February to hear all about the extensive mental health and wellbeing support on offer through their service. During Children's Mental Health Week, the ambassadors will then visit each tutor group during registration and share the details of these exciting initiatives with the rest of the student body. This includes the valuable [Youth in Mind](#) offer, which is a drop-in service for young people to access wellbeing support. Further details of this are provided below.

We hope you have found this newsletter useful. For further safeguarding information, please visit the school website: <https://padgateacademy.co.uk/safeguarding>



**YOUTH IN MIND**



**Mersey Care**  
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone



## DROP IN TIMES

Monday - Sunday

3.30pm - 7.30pm

A free and discrete drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

# ABANDONED BUILDINGS



Breaking into abandoned buildings isn't an adventure, it's a danger.

- They can be physically unsafe
- Unknown adults are often present
- Drugs and alcohol are being used
- Crime is occurring there

**You and your mates could be at serious risk.**

**Keep out, keep safe**



Cheshire  
Fire & Rescue Service



WARRINGTON  
Borough Council



Cheshire and Merseyside