

PADGATE ACADEMY

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Principal: Mr A McMillan Bsc (Hons)



Safeguarding Newsletter

Autumn Half-Term One
2026-27



Welcome to the first safeguarding newsletter of 2026-27.

It has been wonderful to see students return after the summer break, and we are especially pleased to welcome our new year 7 families to the school community!

This half-term, we are celebrating World Mental Health Day, introducing the NSPCC’s kindess challenge, and recognising Islamophobia awareness month. Children will also receive assemblies about contextual safeguarding, including radicalisation & extremism, fundamental British values, and hate crime.

This newsletter also contains links to some valuable parent/carers training about teenage relationships and online safety, as well as information about the updates to Keeping Children Safe in Education 2026.

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

Key Numbers

01925 443322 (Option one, followed by option one) Warrington Multi-Agency Safeguarding Hub (MASH) For urgent safeguarding concerns about a child	01925 444400 Out of Office Emergency Duty Team For urgent safeguarding concerns about a child outside of office hours	0808 800 5000 NSPCC For adults who are worried about a child
0800 1111	111	999
Childline	Police Non-Emergency	Emergency Services
For children who are worried about their own safety or need some advice	For reporting any crimes or concerns	For anyone in immediate danger (including if you are worried about the immediate risk to a child)

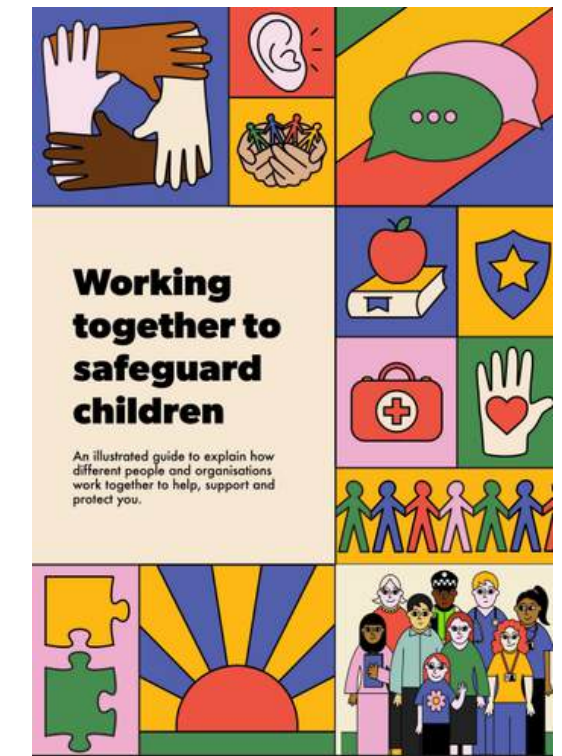


Keeping Children Safe in Education 2026

Keeping Children Safe in Education (KCSiE) is an incredibly important document for all adults working in education. Each year, all staff are required to read Part One of the document, and become familiarised with any changes.

This year, there have been a significant number of updates to KCSiE, reflecting the most current guidance regarding all things safeguarding.

The changes include (but are not limited to):



Recognition of the growing risk of AI, e.g. deepfakes & misinformation

Child criminal exploitation & child sexual exploitation recognised as modern slavery

Misogyny and misandry referenced as safeguarding concerns.

Recognition that child-on-child abuse is a safeguarding issue for both the victim and the perpetrator.

Expanded mental health section, including how to spot warning signs.

Expanded guidance around serious violence, including weapons

Alongside KCSiE, the Working Together to Safeguard Children guidance is also vital, for which there is an illustrated version created specifically for children to understand how adults in all sectors have a responsibility to protect them. All children in school have been provided with this version, along with details on how they can contact the Keep Kids Safe team.



Parent/Carer Training

We are pleased to share that Warrington Domestic Abuse Hub will soon be offering two online training sessions to parents/carers, which may be of use. The first session will cover teenage domestic abuse, and the second session will be about online safety. These are two incredibly important topics for parents/carers to be aware of, given the ever-evolving nature of teenage relationships and online safety. To book your place on the sessions, please follow the below links:

Teenage Domestic Abuse: 24th September 6-7pm
<https://www.eventbrite.co.uk/e/1998412521648?aff=oddtcreator>

Online Safety: 12th October 6-7pm
<https://www.eventbrite.co.uk/e/1998429770239?aff=oddtcreator>

Teenage Relationship Abuse

- 49% of teenagers (aged 13–17) in intimate relationships in England and Wales have experienced violent or controlling behaviour (Youth Endowment Fund, 2024).
- This one-hour online awareness session on teenage abuse is aimed at parents and caregivers to help build their awareness on teen abuse.

The session will cover:

- An overview of the different types of abuse young people may experience
- Recognise the signs of unhealthy or abusive relationships among young people
- Impact of abuse
- How to start supportive conversations with young people
- Information on where to access further help and support
- Q&A Session.

Online Safety

- 70% of teenagers have encountered real-life violent content online (Youth Endowment Fund, 2024).
- This one-hour online awareness session on online safety will help parents and carers in Warrington understand the risks and harms young people may encounter online.

The session will cover:

- Warning signs to look out for
- Potential impact
- Practical strategies to support safer internet use at home
- Sharing explicit images ('nudes'), including the risks, the law, and how to have open, age-appropriate conversations with young people if concerns arise
- -Q&A Session.



Wellbeing Support

All children have been provided with wellbeing cards which signpost various support services. Children can keep them with them at all times, ready to refer to if they ever feel like they need support at times of difficulty. Form tutors have lots of spare cards handy if any child loses theirs and needs a new one.

If children would like to speak to someone in school about something they are worried about, they can always speak to any adult in school they feel comfortable with, who will then share with the Keep Kids Safe team. If children do not feel ready to ask someone in person, but still want support, they can use the **Reach Out** button on the Padgate Academy website. This will send a form to the Keep Kids Safe team, who can then speak to the child and arrange for any appropriate support required.



Wellbeing Support

We are always here to support you in school, however if you require additional help, here are some services you can access...

For crisis support, call 111 or 999.



Kooth.com: free, anonymous counselling via text message.

Childline: phone 0800 1111 or visit www.childline.org.uk for support with a range of topics.

Samaritans: for a free listening service, call 116 123.

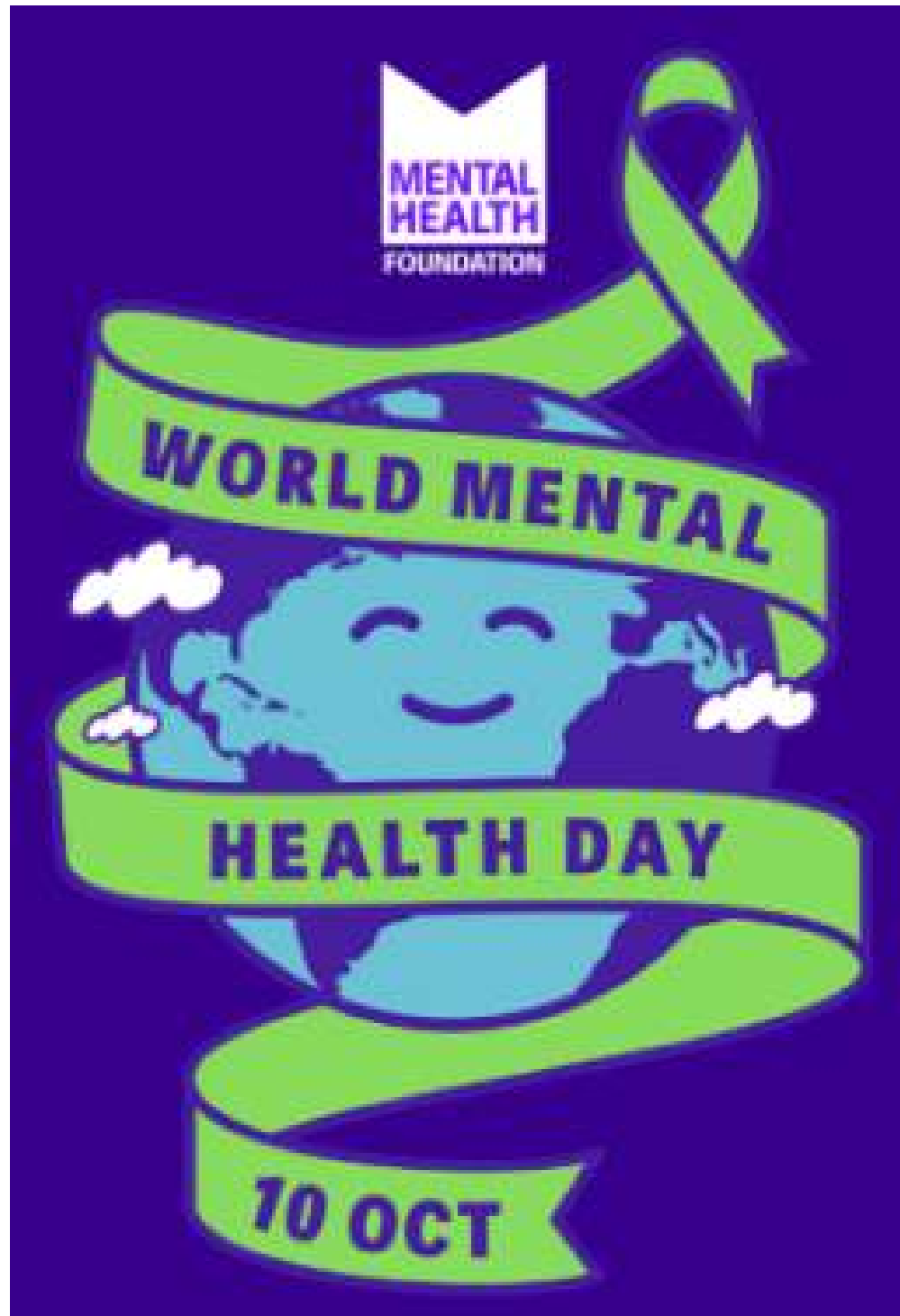
Winston's Wish: for bereavement support, visit www.talkgrief.org.

BEAT: for information regarding eating disorders, visit www.beateatingdisorders.org.uk.

Shore Space: anonymous support and resources regarding harmful sexual behaviour.



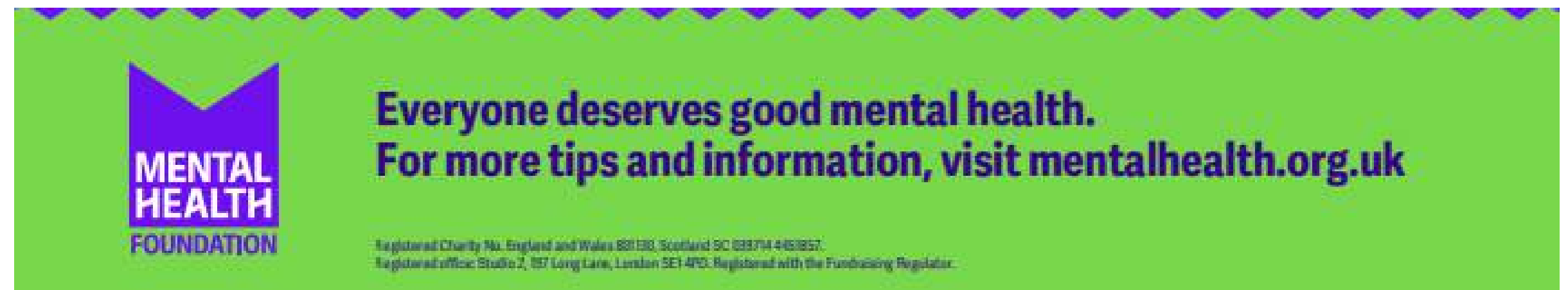
World Mental Health Day



World Mental Health Day is celebrated globally every year on 10th October. The theme for this year is: ***Lived experiences heard: real voices, real change***. The day serves as a reminder of the importance of good mental health and the need to prioritise ways to improve mental health, be it through practicing self-care techniques, or accessing mental health services.

In school, we will be holding assemblies highlighting the importance of looking after your own mental health, along with signposting to support services.

Our school nurse will also be visiting the canteen with an engaging display, promoting emotional awareness and good sleep hygiene.

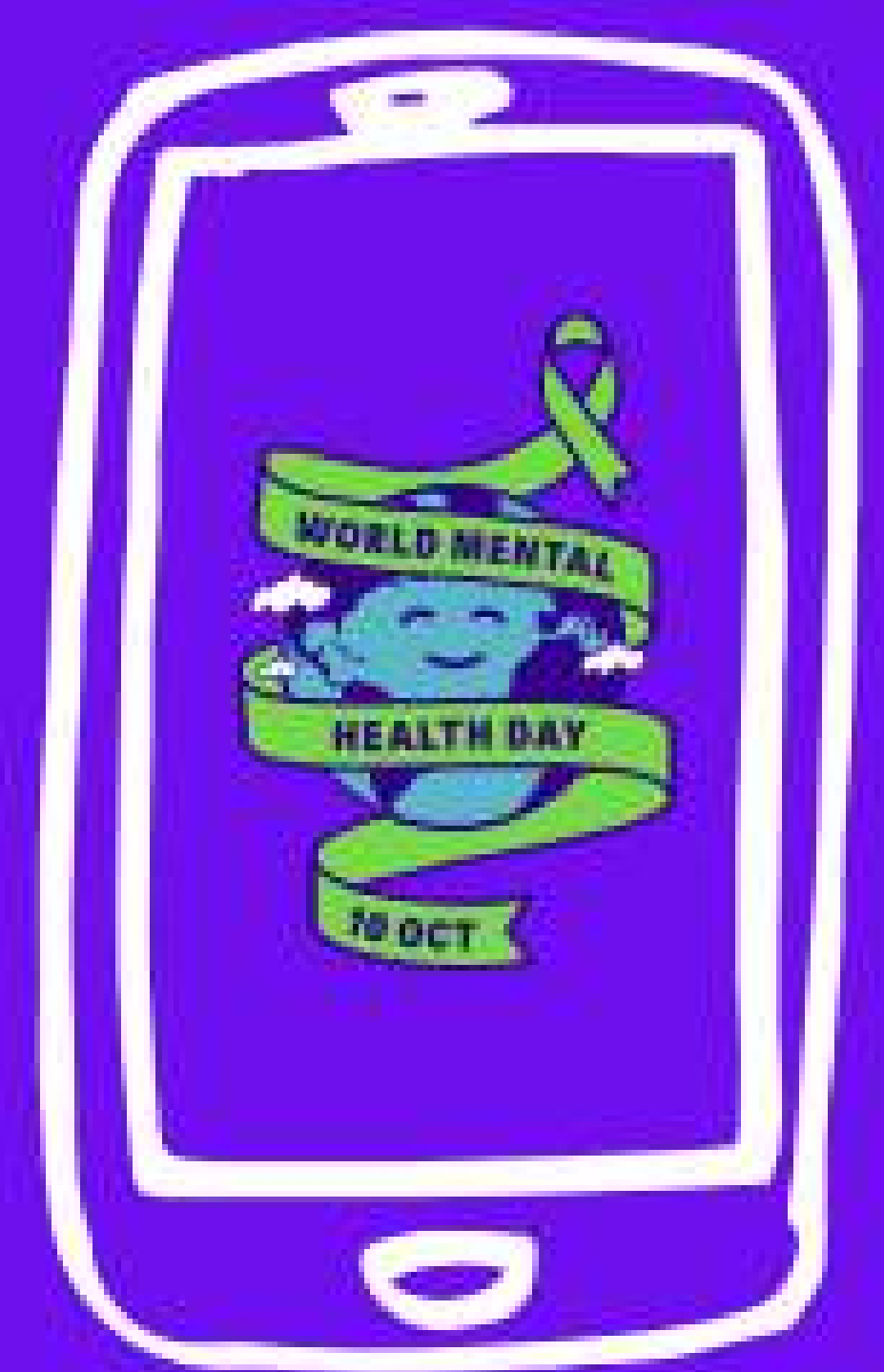


Practical ways to manage DOOMSCROLLING

It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.



Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.

