

Safe Heard Valued

HIGHAM LANE NORTH ACADEMY SAFEGUARDING

If you ever have a concern about the safety or wellbeing of a student, please do not hesitate to get in touch. During the school day, you can contact Miss Charles by phone to discuss any concerns. If the concern arises outside of school hours, you can email the safeguarding team at safe@hlina.co.uk and a member of staff will respond as soon as possible.

Personal Safety



As the warmer weather approaches and the evenings become lighter, many of our North Stars are spending increasing amounts of time outside the home and developing greater independence, often without parental supervision for longer periods. Throughout this academic year, numerous care and support lessons, as well as assemblies, have focused on the importance of staying safe.

Engaging young people in conversations about safety can be challenging. They may feel that they already possess sufficient knowledge and understanding, or there may be concern about causing unnecessary anxiety by discussing potential risks and dangers.

Building Confidence and Safety

Balance trust with readiness: Show your child that you trust them to make sensible choices, while also being realistic about their maturity and ability to manage time alone. Gradually increase independence in ways that feel appropriate for them.

Keep communication open: Regular, calm conversations about where they are going, who they are with, and what they will do if plans change are more effective than strict or one-off rules.

Agree on simple check-ins: A brief message when they arrive somewhere, or if plans change, can provide reassurance while still allowing them a sense of independence.

Build problem-solving skills: Talk through realistic “what if” situations—such as losing track of friends, or a phone running out of battery—and discuss safe, practical ways to respond.

Encourage awareness: Support them in noticing their surroundings, staying with friends where possible, and knowing when to seek help from a trusted adult.

Recognise positive choices: Acknowledge when your child communicates well or makes a sensible decision. This reinforces both independence and responsibility.

Tips we share that can be reinforced at home



Plan ahead

Let someone know where you're going, who you're with and when you'll be back.



Stick together

There's safety in numbers. Encourage friends to look out for one another and avoid leaving anyone alone.



Keep personal items secure

Carry only what you need and don't flash valuables in public.



Be aware of surroundings

Keep headphones off or low and phones out of sight. Trust your instincts. If something feels off go somewhere safe, like a shop.

Mental health and wellbeing- Action for Health


Each month, Action for Happiness shares a calendar filled with simple daily actions designed to boost wellbeing, connection and a sense of purpose. The ideas are practical, positive and suitable for families to try together.

The activities often focus on small acts such as helping others, noticing positive moments, expressing gratitude, or spending time with family and friends.

You may wish to use the activities as a natural way to talk about feelings, friendships and everyday experiences without it feeling like a formal discussion.

Find the 'Meaningful May' calendar at: <https://actionforhappiness.org/all-calendars>

Meaningful May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small
4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times
11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful
18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today
25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future

ACTION FOR HAPPINESS **Happier · Kinder · Together**





Continue the conversation: In Care and Support lessons, pupils have been learning about important issues relating to online safety, including cyberbullying, online gaming, grooming and exploitation. We have emphasised the importance of the "block, report and tell" approach, and discussed how young people can raise concerns about grooming and exploitation directly with CEOP via the National Crime Agency website:

<https://www.ceop.police.uk>

Where can I turn for help outside of school?



Access free and anonymous mental health support. Including free online counselling.
www.kooth.com



Meditation and mindfulness app to help manage stress, build focus and improve sleep.
www.headspace.com



Mental health support for young people.
www.mind.org.uk
Telephone: 02476552847



A free, confidential text-based support service for anyone in the UK in crisis
Text: 'SHOUT' to 85258



A charity that works to prevent suicide amongst young people.
Telephone: 0800 068 4141



A charity that supports young people experiencing anxiety.
Website:
www.anxietyuk.org.uk



A branch of CAMHS providing services to support emotional wellbeing and improved mental health.
www.cwrise.com



Confidential advice on safety, bullying and family issues.
www.nspcc.org.uk
Telephone: 0808 800 5000



Support for young people and their families following a death.
www.cruse.org.uk



You can talk to ChildLine about anything. No problem is too big or too small.
Telephone 08001111



The Samaritans offer a 24 hour service if you need emotional support.
Telephone 116 123



Specialist emotional support for under 16s.
Telephone 0300 304 7000