

Safe Heard Valued

HIGHAM LANE NORTH ACADEMY SAFEGUARDING

At Higham Lane North Academy, keeping our North Stars safe is—and will always be—our number one priority. We aim to work in partnership with you by providing guidance and signposting sources of support. Should you wish to discuss anything relating to safeguarding please do not hesitate to contact me.

Miss R Charles

Designated Safeguarding Lead

Safer Internet Day – 10th February

The theme of Safer Internet Day 2026 is—
“Smart tech, safe choices: exploring the safe and responsible use of AI”.

Children’s online lives are increasingly shaped by AI systems embedded in search tools, social media, gaming platforms, and chatbots. As a school, our Care and Support and Computer Science Curriculums cover the safe and responsible use of Artificial Intelligence. However, as most AI use happens outside of school we wanted to share some guidance on how to talk to your children about AI.

Be open and curious

Try asking:

- “What AI tools do you use at school or at home?”
- “How do you decide whether the information AI gives you is trustworthy?”

Ask them what they think the benefits are, whilst discussing the risks

Discuss areas such as:

- AI can get things wrong

AI tools generate convincing but sometimes inaccurate information. Remind them they need to cross-check facts, especially when using AI for academic reasons.

- AI may collect and store their data

A simple way to put it might be:

“Some apps and AI tools remember things you tell them. That’s why it’s important not to share personal information like where you live, what school you go to, or private photos. Even if the AI seems friendly, it’s not a person—it’s a tool, and we need to be careful about what we tell it.”

Remind them that nothing can replace human connection with a trusted adult

Studies show many children often use AI chatbots for emotional support. A useful discussion may involve;

- When it’s appropriate to seek real-world help
- The importance of maintaining human connection



**Safer
Internet
Day 2026**

Calm Zone

Childline have an area on their website full of activities, tools and videos to help your child let go of stress. It includes yoga videos, breathing exercises, calming videos and games. It also includes information on how to get further support should you need it. Find out more here:

<https://www.childline.org.uk/toolbox/calm-zone/>

Supporting Parental Wellbeing

Wellbeing for Warwickshire provides mental health support for adults who may need:

- Emotional support
- Help managing stress, anxiety or low mood
- Guidance on supporting their child's wellbeing
- Signposting to more specialist services

No referral is needed- you can self access by;

- Visiting the website: wellbeingforwarwickshire.org.uk
- Calling the 24/7 wellbeing line: 0800 616171

HIGHAM LANE
NORTH ACADEMY

Children's Mental Health Week

Showing Kindness to Ourselves'

Thought Swaps

"I'm terrible at maths/science/English"

"I need to get better at this... but I'm really good at..."

"I can't do this"

"I'll give it a try — I might surprise myself."

"Everything is going wrong"

"This is tough, but I can get through it."

"Things will never get better"

"Things won't always feel like this."

Other Ways to Be Kind to Yourself



Watch your favourite film



Make a "Happy Playlist"



Do something kind for others



Write 3 things you're proud of



Take a break & have a snack



Get some fresh air



Get active — sports or dance



Be creative — draw or build



Talk to someone you trust



Talk to someone you trust

Remember: Be as kind to yourself as you are to your friends!



Mental Health Matters

In line with Children's Mental Health Week (9th-15th February) and our ongoing commitment to supporting every one of our North Stars to thrive, we have been spending time in school discussing self-kindness and thought swaps. These activities help young people understand their emotions, challenge and build healthy coping strategies.

All young people experience negative self-talk from time to time. This is completely normal—especially during adolescence, when confidence can fluctuate. When you notice your child speaking harshly about themselves, or showing signs of low self-esteem, you can gently encourage them to try a thought swap.

A thought swap is a simple way of helping them replace an unhelpful or self-critical thought with a kinder, more balanced one.

It doesn't mean ignoring problems—it means helping them see challenges more constructively.

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