

TIBSHELF COMMUNITY SCHOOL

SAFEGUARDING

NEWSLETTER



SPRING 2026

Our purpose is to provide you with information about safeguarding issues, and bring you the latest hints and tips to keep your child(ren) safe.

We are committed to working with all our parents/carers and students, to actively promote the safeguarding and welfare of all our students.

We hope you find this briefing informative. If you have any questions, please do not hesitate to get in touch with the Safeguarding Team here at Tibshelf Community School. You can also find more information on our website.



Safeguarding Team

Everyone has a responsibility to act without delay to protect children by reporting anything that might suggest a child is being abused or neglected.

We would expect you to also report to the Headteacher or the Designated Safeguarding Lead any behaviours of adults working in the school that may concern you.



Lucie Wainwright
Headteacher



James Swain
Safeguarding Governor



Richard Penford
Designated
Safeguarding Lead



Joy Longden
Safeguarding and
Intervention Team Manager



Emma Dunn
Safeguarding and
Welfare Manager



Hollie Stanhope
Safeguarding and
Welfare Manager



Eunice Sinfield
Safeguarding and Family
Support Manager



Jo Marshall
Safeguarding Medical
Welfare Officer

“Working Together to Safeguard Children”

Contents

- **Revision & Wellbeing**
- **Road Safety**
- **In the News**
- **Internet Safety**
- **Vapes**
- **Kids eat free at Easter**



In this issue of our safeguarding newsletter, you'll find some information on the 'red vs blue' stories from the news, as well as a useful round up of guidance from the safeguarding team.

With exams coming up, we wanted to focus on self-care too. With that in mind, you'll also find some links to resources.

Be sure to check our website for more information and to stay updated on the latest school news.

You can also reach out to us should you ever have concerns.

Tibshelf Community School



Revision & Wellbeing

It's normal for students to feel stressed or anxious. Stress and nerves are natural responses to the world around us. In small doses, these feelings help you to focus on any goals ahead. But sometimes these feelings can build and get overwhelming for students to handle.

The stress and anxiety may come across in many different ways such as feeling anxious, depressed, irritable or angry. People may struggle with sleep, notice changes in eating habits, have negative thoughts, or worry about the future. People may struggle to stay focused, lose interest in things they previously enjoyed or feel unwell. Having headaches can be common too.

If you notice any of these changes it's important to speak with your child(ren) and seek guidance and support. This could be from making a GP appointment, introducing some rewards or coping strategies at home, or speaking to school.

Revision tips to ease pressure:

- Encourage regular breaks during revision time. One example of this might be 30 minutes for every 2 hours.
- Students should stop when they feel overwhelmed.
- It can be helpful to agree a revision plan with objectives on what to focus on for each subject. Be specific.
- Students should stay hydrated and eat regularly.
- Screens should be avoided 1 hour before sleep.
- Two heads are often better than one. Revision in groups can be helpful. Students can quiz each other. It can boost motivation too.
- Revision should take place in a different area to where students sleep and rest.
- Be kind to yourself. Each day can be a fresh start if needed.



kooth

Coping with Exam Stress?

Positive affirmations

Moving your body

Mapping out your studies

Taking a moment

Talking about what's on your mind

Journaling and music

Taking care of your needs

Take a break

Switching off

Find free, safe and anonymous mental health and wellbeing support on [Kooth.com](https://www.kooth.com)

You can find more revision materials and exam support by clicking the surrounding images.



Tips to reduce exam & revision stress

- Reach out**
 These are unusual times!
 Often talking things through with a loved one will help
- You time**
 Schedule downtime to do something you enjoy
- Plan**
 Create a revision schedule but remember to include breaks!
- Eat & drink well**
 Go for healthy food and stay hydrated
- Shh!**
 Work somewhere where you can concentrate and put your phone down to avoid distractions
- Zzz...**
 Try to get enough sleep and don't stay up too late!

Road Safety

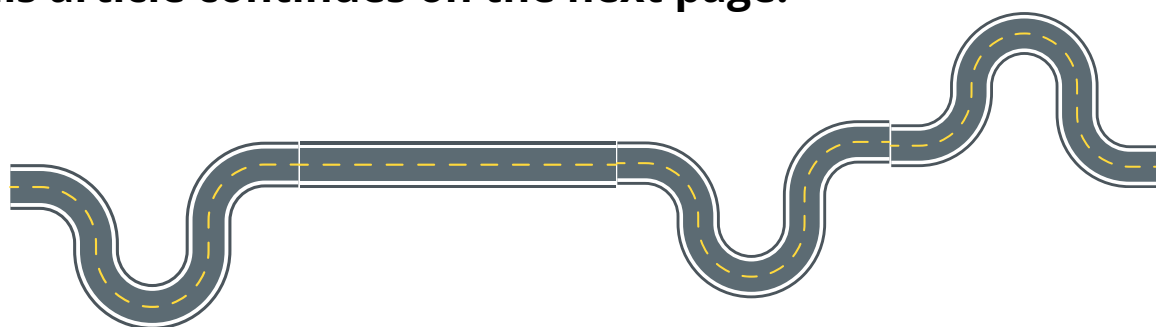
Teenagers are more at risk on the roads than they think. Most teenagers don't realise they are more likely to be injured or killed on a road collision than any other age group.

No matter their age, please speak to them about road safety.

Here are some tips which you may find helpful:

- Make the most of pedestrian crossings.
- Do not cross where you can't see both ways clearly.
- Stay on the pavement where you can. If you are walking on a road where there is no path, walk with oncoming traffic facing you.
- Look AND listen for traffic.
- Check, check, and check again.
- Please remove ear pods/headphones and put your devices away while waiting and crossing the road
- If you'd have to run to cross a road in time, DO NOT cross the road.
- Help road users to see you. Wear bright or reflective clothing.
- If any emergency vehicle is approaching with blue flashing lights and/or sirens, keep off the road and give them plenty of room.
- When getting off a bus, make sure it has stopped. Never cross directly in front or behind the bus. The driver may not see you.

This article continues on the next page.

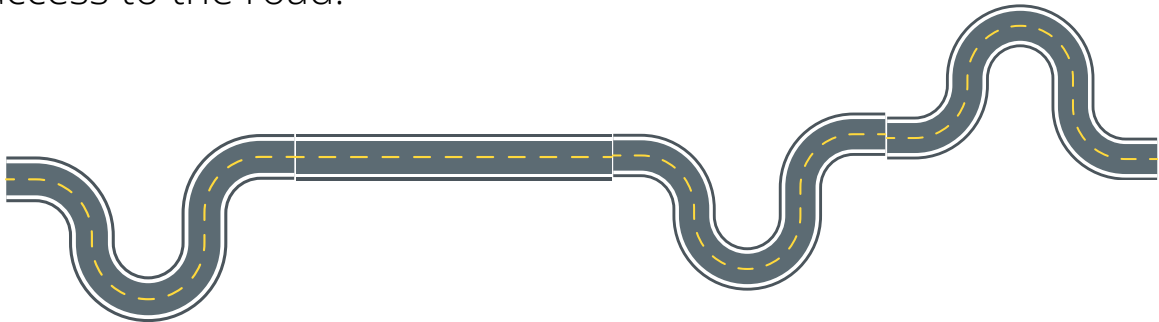


Road Safety (Continued)

Collecting From School

We also ask that parents and carers who are collecting their child(ren) from school are mindful about where they park and how they collect their child(ren).

- Allow plenty of time.
- Do not park on zigzag lines and avoid parking opposite them
- Be considerate of local residents. Don't block driveways and access to the road.



In The News

You may have seen on social media and the news of a new trend called 'red v blue' or 'school wars' between schools across the country.

There have been posters on social media, calling out school rivalries in an attempt to instigate conflict.

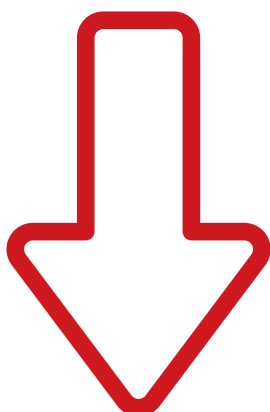
We have not had any concerns as a school that any of our pupils are involved at all. But we are aware it is happening within Derby, Nottingham and Sheffield. The police are in contact with schools for support if needed.

We are aware that this is impacting on children and young people. We advise that you stay vigilant and ensure that you are monitoring phones and social media accounts.

If you see something that concerns you, please ensure you report the account and contact the police on 101 if you are concerned, or 999 in an emergency situation.

We advise that parents and guardians are vigilant with their child(ren)'s devices and ensure they monitor what they are looking at and downloading online.

This article continues on the next page.



In The News (Continued)

It's important to ensure that you talk about what they are seeing online and how it makes them feel to check they are being safe.

To support this you can look at ways to help protect them by setting parental controls on their devices that restrict access to inappropriate content. On some devices you are able to set timers on how long they can access apps too.

For more information please follow the links below:

- [Keeping children safe online | NSPCC](#)
- [Parents and Carers - UK Safer Internet Centre](#)



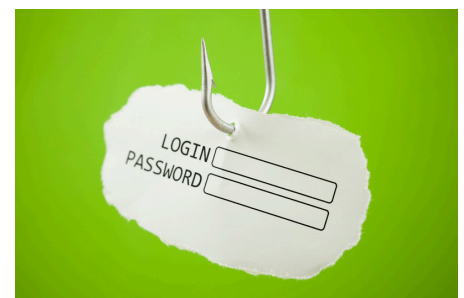
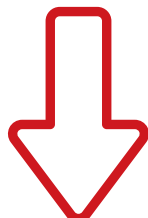
Ways To Stay Safe Online

As the online world continues to get more complex, it's vital you keep up to date with the latest guidance.

With that in mind, here are some ways you can keep your child(ren) safe online.

- Students should think before they post. Once they post it, they lose control of it. Everyone can see it too, including future employers.
- Do not share personal details. Keep addresses, phone numbers, full names, school names and dates of birth as private.
- Check privacy settings, especially after an update. Change them to private where possible.
- There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. [You can find out more about grooming here.](#)
- Make sure that you're keeping [your information and device secure.](#)
- You should not give out your password or log-in information. Make sure you pick strong [passwords](#) and change them frequently.
- Cover your webcam when not in use. Some malware will let someone access your webcam without your knowledge or consent.

Continues on the next page.



Ways To Stay Safe Online (Continued)

Watch out specifically for phishing emails and scams. These are designed to trick you into sharing personal information.

Spam will often do this by saying there is an urgent problem, or by promising a reward.

You can avoid possible phishing scams by following these tips.

- Do not click links or open attachments from emails or messages that ask you to log in or share your details, even if you think they might be genuine.
- Do not reply to the email. If you want to contact a company email, do so via the website directly.
- If it sounds urgent, check the company website, or the news for more information first.
- If you're asked to log into a website, go to the app or site directly instead.



Vaping: The Facts

At Tibshelf Community School we value the health and welfare of our students and surrounding community.

We do not allow any e-cigarettes, cigarettes or any form of device that replicates smoking.

If a student is found with a vape on them it will be confiscated, and parents/carers will be contacted.

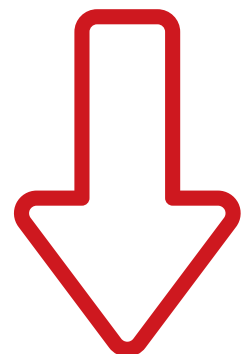
Vapes are becoming increasingly popular with teenagers and young adults. Vapes are usually a small device that contain the maximum permitted nicotine concentration. They do not tend to give off a nicotine smell and so it can be harder to detect.

Vapes and liquids can be found in shops and local garages, displayed in bright packaging, with tempting flavours. Although plans are in place to have stricter branding on vapes to reduce the appeal to younger people. Data shows that around 20% of 11-17 year olds in Britain have tried vaping.

If you purchase a defective vape these have been known to cause fires and explosions, which have resulted in people being seriously injured. Adults and young children have also been poisoned by swallowing, breathing or absorbing the vape juice through their skin and eyes.

The article continues on the next page.

You can also click the images for more information and support.



Vaping: The Facts (Continued)

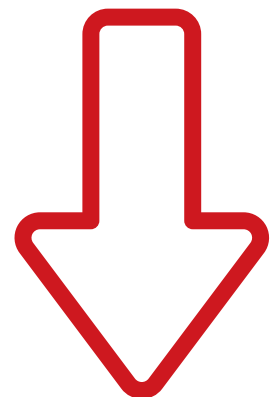
It's difficult to know what you are being sold and the vape juice can be marketed as having zero percent of nicotine. But in fact, in many cases, they still contain traces.

There are also concerns that there are people on Snapchat who will sell these to young people and children. Putting them in further danger as again they do not clearly know what is in these products.

Single use vapes were banned back in June 2025 to help support younger people having access to them due to them needing to purchase a chargeable vape and juice.

Since then, there has been a decrease in young people vaping and numbers seem to have stabilised.

The article continues on the next page.



Vaping: The Facts (Continued)

There is also a plan aimed at banning vaping within vehicles with children under the age of 18 years old and potentially in other public areas to prevent second hand vaping.

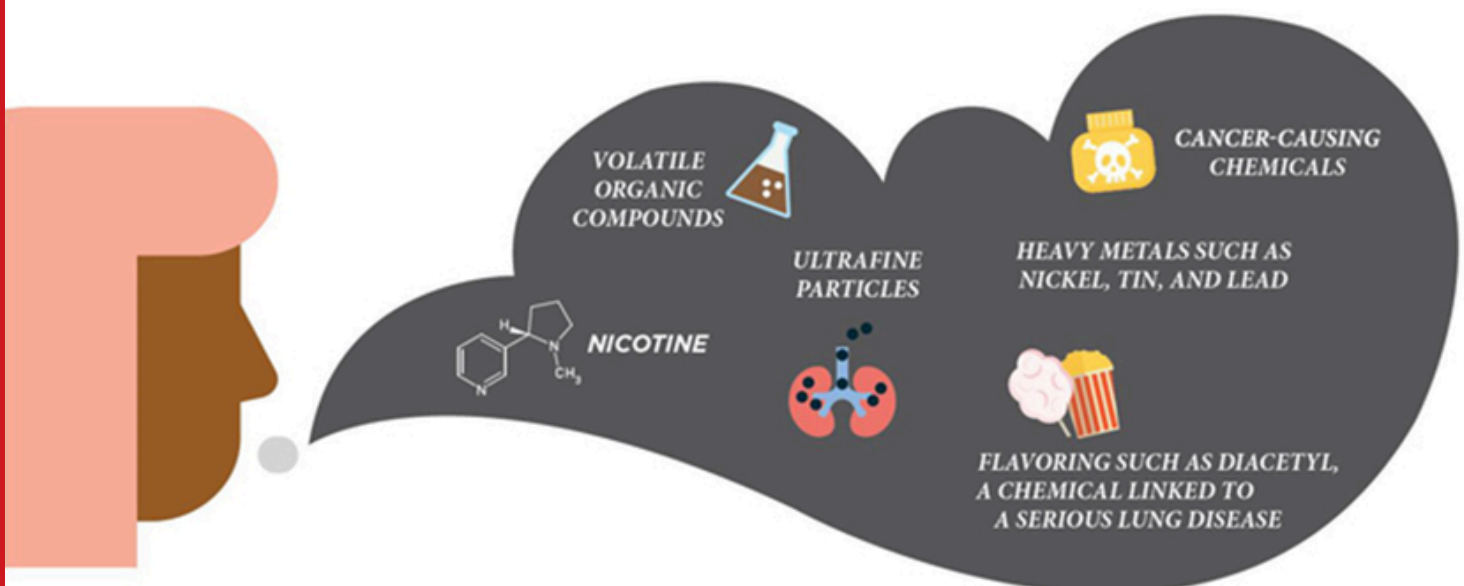
Vaping is not risk free, particularly over the long term.

Using vapes has a negative effect on respiratory health, and research shows that young people are twice as likely to suffer from a chronic cough and shortness of breath.

Using vapes can also aggravate and worsen asthma. Vaping can also reduce the function of the lungs via disturbance of gas exchange and tissue inflammation making it so that you have lower immunity and are a higher risk of catching an infection. Using vapes can also cause headaches along with feelings of nausea and vomiting.

All these factors will affect the everyday life for users of vapes and e-cigarettes with the effects potentially being irreversible and caused long-term damage.

You can also click the images for more information and support.



Eat Free Deals for Easter 2026

Over the holidays, places will often offer meal deals exclusive to families. See the list below for some of the local places where children can eat free.

Please check official websites, or call ahead to confirm before visiting, as offers can vary by location, or be subject to availability.

- Bella Italia: Kids eat free (11 and under) Sunday-Thursday, with one adult main.
- Morrisons Cafés: Free kids meal when an adult buys a main meal over £5.
- Tesco Cafés: Free kids meals often available with purchase/clubcard.
- Beefeater & Brewers Fayre: Two children under 16 eat free breakfast with a paying adult.
- Bill's: Up to 2 children eat free with one full-paying adult main dish.
- PizzaExpress: Free Piccolo meal with an adult main meal.
- Las Iguanas: Kids eat free, frequently running during school holidays.
- Dobbies Garden Centres: Free meals for kids at participating locations.
- Sizzling Pubs: Often offer kids eat for £1 or free, check local pub.
- Asda Cafe: Kids eat for £1 or free during holidays.
- Dunelm Pausa Cafe: One free kids meal per £4 spent.



TIBSHELF COMMUNITY SCHOOL CHARACTER VALUES



Resilience



Respect



Positivity



Integrity



Community Spirit



Curiosity