

Summer Term 1 Newsletter 2026

Safeguarding, everyone's responsibility

Useful Contacts:

Designated Safeguarding Lead/Prevent Lead: Ms Walker b.walker@fulwoodacademy.co.uk
Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)

A message from the Safeguarding Team

As we move into the summer term, young people often experience a mix of excitement, pressure, and increased independence. This can be a positive time—but it can also bring challenges that impact their wellbeing and safety.

This newsletter highlights a few key areas where your awareness and support can make a real difference.

When Pressure Builds

This time of year can feel intense for many students—not just because of exams, but also friendships, social media, and expectations.

Sometimes, this pressure shows up in ways that can be misunderstood. You might notice:

- Changes in mood or behaviour
- Becoming more withdrawn or irritable
- Avoiding school or activities they usually enjoy
- Increased conflict at home

These behaviours are often a sign that a young person is struggling, rather than simply “being difficult”.

What helps:

- Keep communication open (even short conversations matter)
- Listen without rushing to fix or judge
- Reassure them that they are supported, no matter what.

After School & Evenings

With lighter evenings and more independence, young people may spend more time out with friends. This is positive—but it's also when risks can increase.

Helpful steps:

- Know where your child is and who they are with
- Agree clear plans for getting home safely
- Keep communication open and non-judgemental

Small check-ins can make a big difference.

Online Safety: “Exam Paper” Scams

At this time of year, there is often a rise in scams targeting young people online, particularly through apps like Snapchat, TikTok, and Telegram.

Students may be offered:

- “Leaked” exam papers
- Answers for a fee
- Access to revision groups that turn out to be scams

In some cases, young people are then pressured for money or threatened after engaging.

Important messages to share with your child:

- These offers are not real
- Never send money or personal information
- If something feels wrong, they should tell a trusted adult

Reassure them: they will not be in trouble for speaking up.

🗣️ Listening to Young People

Young people often tell us:

- They worry about getting into trouble if they speak up
- They don't always feel adults understand their pressures

Creating a safe space for conversation—where they feel heard and not judged—can make it easier for them to ask for help when they need it.

😬 Exams & Emotional Wellbeing

A small amount of stress around exams is normal. However, some young people may feel overwhelmed.

Signs your child may need extra support:

- Difficulty sleeping
- Panic or high anxiety
- Feeling hopeless or overly negative

How you can help:

- Encourage regular breaks and good sleep routines
- Focus on effort, not just outcomes
- Remind them that their wellbeing matters more than results

If you are concerned, please do get in touch with us.

🏠 Supporting Your Child at Home

- Notice small changes early
- Keep conversations going, even if responses are brief
- Stay calm and curious if something doesn't feel right
- Encourage them to talk to a trusted adult

☕ Parent Drop-In Session

Our next Safeguarding, Attendance and SEND drop-in session will take place on:

Tuesday 5th May 2026

09:30 – 10:30

This is an opportunity for parents and carers to speak individually with a member of the team if you have any concerns or would like advice or support.

- Parents will be seen on a first come, first served basis
- There may be a short wait during busy periods
- Please only attend if you have a concern related to safeguarding, attendance, or SEND

When you arrive, please let the reception team know whether your query is about safeguarding, attendance, or SEND, so that the most appropriate member of staff can support you.

A warm welcome to all

🚨 Safeguarding Support

If you have any concerns about your child or another young person, please contact the school's safeguarding team.

You can also access support through the following services:

- **Childline (for young people)**
Free, confidential support for anyone under 19. Young people can call, chat online, or email about any worry, big or small.
- **NSPCC Helpline (for adults)**
Support and advice for parents and carers who are worried about a child's safety or wellbeing.
- **Kooth (www.kooth.com)**
A free, safe, and anonymous online wellbeing service for young people. It offers:
 - Professional counselling via live chat
 - Self-help tools and resources
 - Moderated peer support forums
Young people can access support without needing a referral.
- **Shout (text 85258)**
A free, 24/7 text messaging service providing support for anyone who is struggling to cope. A trained volunteer will respond and help them through a difficult moment.

If your child is at immediate risk of harm, please contact emergency services.