



# CRANBOURNE

# Safeguarding

# Newsletter

## September 2025

### Changes to the Relationships, Sex and Health Education (RSHE) Guidance (2025–26)

The Department for Education has published updated statutory guidance for Relationships, Sex and Health Education (RSHE), which all schools must follow from 1 September 2026.

In the meantime, we are reviewing our curriculum and policies to make sure we are fully aligned.



### At a Glance – What's Changing?

- More transparency – we'll share resources with parents before each topic.
- New topics – online risks (AI, scams, gaming), consent, respect, tackling harmful behaviours.
- Wellbeing focus – mental health, safety, and emotional literacy built into lessons.

### Key changes and how we will respond:

- **Working with parents** – we'll make our RSHE policy and resources easier to access and will involve parents whenever updates are made. Before each topic is taught, we'll share a parent-friendly overview so you can continue supportive conversations at home.
- **Keeping lessons age-appropriate** – we'll continue to teach topics at the right stage, but with flexibility to respond if pupils face issues earlier (e.g. online risks or peer pressure). We will also use year group assemblies to address emerging issues not covered in the planned curriculum.
- **Updating content** – new lessons will cover online scams, gaming, and AI, as well as consent, respect, and tackling harmful behaviours such as misogyny and extremist views. We'll also work with trusted external agencies to support delivery.
- **Wellbeing and safety** – we'll place greater emphasis on mental health, bereavement, and everyday safety (road, water, travel, fire), ensuring timely sessions such as firework safety before Bonfire Night.
- **Clarity and safeguarding** – we'll continue to use correct names for body parts to help children speak up if needed, and ensure pupils understand the law in a clear, age-appropriate way.
- **Contested issues** – the guidance reminds schools not to present contested views as fact. We will continue to deliver a curriculum that is broad, balanced, inclusive, and grounded in evidence.
- **Emotional literacy** – we will help pupils develop the skills to name and manage feelings such as frustration, loneliness, and disappointment. Alongside building emotional literacy, we will also focus on practical coping strategies that work for them.

# Supporting your child with PSHE

As part of our Personal, Social, Health and Economic (PSHE) education programme, pupils are currently exploring a variety of topics.

We know these topics are most powerful when school and home work together. To help you continue conversations at home, we've gathered some trusted resources:

## Autumn Term 1

### Year 7: Transitioning to Secondary School

- **How Parents Can Help With Secondary School Transition** - <https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>
- **Teen Health Booklet** - <https://www.teenhealth.org.uk/wp-content/uploads/2025/08/Teen-Health-Secondary-school-booklet-interactive.pdf>

### Year 8: Influence and Consent

- **Talking about Alcohol** - <https://talkabouttrust.org/wp-content/uploads/2024/01/talking-about-alcohol.pdf>
- **How to Talk to Young People About Peer Pressure** - <https://www.barnardos.org.uk/blog/how-talk-young-people-peer-pressure>

### Year 9: Wellbeing and Mental Health

- **Free Resources for Families (Kooth)** - <https://explore.kooth.com/free-resources-for-families/>
- **NHS Advice for Parents** - <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

### Year 10: Managing Financial Risk

- **How Can I Talk to My Child About Gambling?** - <https://www.gamblingcommission.gov.uk/public-and-players/guide/page/how-can-i-talk-to-my-child-about-gambling>
- **20 Things to Teach to Your Child About Finances** - <https://www.eastspring.com/money-parenting/20-things-to-teach-your-child-about-finances>

### Year 11: Next Steps

- **How to Apply for College** - <https://www.prospects.ac.uk/further-education/how-to-apply-for-college-in-the-uk>
- **How to Apply - Peter Symonds** <https://www.psc.ac.uk/applying/>
- **Queen Mary's College** - <https://www.qmc.ac.uk/>
- **Basingstoke College of Technology** - <https://www.bcot.ac.uk/>

## Autumn Term 2

### Year 7: Healthy Relationships

- **Anti-bullying Alliance Advice for Parents and Carers** - <https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>
- **Friends (Childline)** - <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/>
- **Dealing with bullying (NSPCC)** - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/dealing-with-bullying>

### Year 8: Health Education

- **Find a dentist** - <https://www.nhs.uk/service-search/find-a-dentist>
- **Debunking Myths about Vaccines (UNICEF)** - <https://www.unicef.org.au/stories/debunking-five-myths-about-vaccines>
- **Teen Sleep Hub** - <https://teensleephub.org.uk/resources/>
- **CoppaFeel** - [https://coppafeel.org/wp-content/uploads/2025/01/CF24\\_Checking-leaflet\\_RGB\\_02.11.pdf](https://coppafeel.org/wp-content/uploads/2025/01/CF24_Checking-leaflet_RGB_02.11.pdf)
- **How to check your Testicles (Macmillian)** - <https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/14208-source/mac16321-e04-how-to-check-your-balls-testicles-er.pdf>
- **Skin Self-Examination (NHS)** - <https://www.yorkhospitals.nhs.uk/seecmsfile/?id=5000>

### Year 9: Substance Use and Misuse

- **Advice for Parents (FRANK)** - <https://www.talktofrank.com/get-help/concerned-about-a-child>

### Year 10: Getting Ready for Work Experience

- **The Importance of Work Experience** - <https://www.parentalguidance.org.uk/gaining-skills-experience/the-importance-of-work-experience>
- **National Work Experience Week** - <https://nationalworkexperienceweek.co.uk/why-is-work-experience-important/>

### Year 11: The Wider World

- **Human Rights** - <https://lawstuff.org.uk/my-rights/what-are-childrens-rights/>

# WE WILL LISTEN and WE CAN HELP



At Cranbourne every single staff member is responsible for safeguarding. All staff are here to promote the welfare of our students & protect them from harm.

All staff are trained to take the appropriate action and ensure that someone from the safeguarding team follows up to support you with specific assistance and guidance:



Mrs K Reddy  
Lead DSL



Mrs K Gare  
Deputy DSL



Miss S Conlon  
Deputy DSL



Mrs C Ryan  
Deputy DSL

We want you to talk to who you feel most comfortable; it could be your form tutor, your Head of House, someone from the DSL team or any other member of staff.



Mrs P Corrigan  
Deputy DSL



Mrs C Millett  
Deputy DSL



Miss R Alner  
Head of House



Mrs T Simpson  
Head of House



Mrs J Vaughan  
Head of House



Miss S Miller  
DDSSL / HOH

# childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



**Childline** is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it is something big or small, Childline's trained counsellors are here to help you.



**CEOP** is a law enforcement agency that helps keep young people safe from sexual abuse & online grooming. You can make a report directly if you are worried about online sexual abuse or something that has happened online which has made you feel unsafe, scared or worried.

# YOUNGmINDS



**Young Minds** is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health and all young people get the mental health support they need, when they need it, no matter what.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



Nude image of you online?  
We can help take it down.



**Report Remove** is here to help young people under 18 in the UK to confidentially report sexual images & videos of themselves online & remove them from the internet.  
It is against the law for anyone to share a sexual image or video of someone who is under 18; **Report Remove is safe, easy and free.**

# THE MIX



**The MIX** is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Whatever issue a young person is facing, **The Mix** is always there for them!  
[www.themix.org.uk](http://www.themix.org.uk)

# shout

85258



**Shout** is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Their trained volunteers are there to listen at any time of day or night, & messages won't appear on the phone bill.