



CRANBOURNE

Safeguarding

Newsletter

Spring Term 1 2026

PSHE in Spring Term 1



As we begin the new term, our PSHE curriculum moves on to a fresh set of topics designed to help pupils navigate the world safely, confidently and responsibly.

To support these conversations beyond the classroom, we are sharing a range of trusted resources linked to each year group's upcoming learning.

We encourage you to explore these materials at home, using them as a starting point for open, age-appropriate discussions with your child.

These resources come from reputable organisations dedicated to young people's wellbeing and safety, and they provide clear guidance, practical advice, and conversation starters to help reinforce what students will be learning in school.

Below, you will find the key themes each year group will be studying, along with helpful links and parent guides.

Working together, we can ensure our students feel informed, supported, and prepared as they continue to develop the knowledge and skills that keep them safe.

You can also view the PSHE curriculum in more detail on the Personal Development page on our website: <https://www.cranbourne.hants.sch.uk/personal-development>

Year 7 - Personal Safety



Water Safety

- <https://rnli.org/safety>



You Vs Train

- <https://www.youvstrain.co.uk/>



Street Safety

- https://www.think.gov.uk/wp-content/uploads/2025/05/502552_DFT_SafeAdventure_BookBag_A4_2pp_Leaflet_Print.pdf

Year 8 - Self Image and Self Esteem



Self-esteem - Young Minds

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

Year 9 - Relationships and Sex Education



Sexual Health and Wellbeing

- <https://www.brook.org.uk/>



NHS - Contraception

- <https://www.nhs.uk/conditions/contraception/>



Family Planning Association

- <https://www.fpa.org.uk/>

Year 10 - Media and Misinformation



Fake News - BBC

- <https://www.bbc.co.uk/newsround/38906931>



Critical Thinking Online - Childnet

- <https://www.childnet.com/blog/exploring-critical-thinking-online/>

Year 11 - Issues of Consent



Sharing Nudes - NSPCC

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/>



CEOP - Helping you to protect your child online

- <https://www.thinkuknow.co.uk/parents/>

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.

YOUNG MINDS



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



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

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.

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
DDSL / HOH