



CRANBOURNE

Safeguarding

Newsletter

December 2025

Support over the festive season



The festive season can be joyful, but can also bring pressure, expectations and emotional overwhelm for families.

As we approach the festive holiday, we want to ensure all our students and families have a safe, healthy, and enjoyable break.

Below are some important reminders and supportive tips to help everyone stay well and connected over the Christmas period.

Mental and Emotional Wellbeing

Christmas can be exciting, but it can also feel overwhelming. Encourage your child to take regular breaks, keep a healthy sleep routine, and talk openly about how they're feeling.

If things feel difficult, support is still available during the holidays through local helplines, online services, and national support organisations.

We recommend:

Childline

<https://www.childline.org.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME

Kooth

<https://www.kooth.com/>

kooth

The Mix

<https://www.themix.org.uk/>

THE MIX

Online safety over the holidays

New phones, tablets and gaming devices are often given as gifts, so it's a great time to:

- Check privacy settings on apps and games
- Review parental controls and screen-time settings
- Remind young people how to block/report inappropriate contact
- Talk about online scams, phishing messages, and safe downloads



Even simple conversations can make a big difference in keeping young people safe online. See Childnet's brilliant website with help, advice and resources for parents and carers here: www.childnet.com/parents-and-carers/

Food Bank

Did you know that we have a brilliant food pantry at Cranbourne every Thursday? We provide essential items such as food, toiletries, and household basics.

Our team can also offer guidance or signpost families to wider support services, ensuring no one has to face hardship alone.

If your family - or a family you know - could benefit from this help, please pass these details on... all the community is welcome.

Over the holidays, the Pantry will be open on Tuesday 23 and 30 December between 10.15am to 11am.



Need Support?



If you have concerns about a child's safety over the holidays, please contact local safeguarding services or national helplines. For emergencies, always call 999.

If you are concerned about a child's safety over the holidays, please contact:

- Hampshire Children's Services: 0300 555 1384
- Hampshire Specialist CAMHS: 0300 304 2198

Support can also be accessed through:

- NSPCC: 0808 800 5000
- Childline: 0800 11 11

For emergencies, always call 999.

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



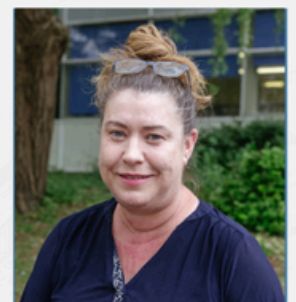
Miss R Alner
Head of House



Mrs T Simpson
Head of House



Mrs J Vaughan
Head of House



Miss S Miller
DDSL / HOH

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



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.