

# SAFEGUARDING NEWSLETTER

July 2025

Information for Parents & Carers

This is the last edition of the Hungerhill Safeguarding Newsletter for this Academic Year.

Wishing you all a fantastic and safe summer break

## SAFEGUARDING TEAM



Mrs M Harwood – Deputy Head & DSL



Mrs A Walker - DDSL

The Hungerhill Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. We are available to any student, parent or school staff member to report any safeguarding concerns.

To contact:

Call: 01302 885811

Email: [admin@hungerhillschool.com](mailto:admin@hungerhillschool.com)

Or complete the contact form on the School Website

As this Academic year comes to an end, we would like to take this opportunity to thank you for continuing to support the young people of Hungerhill.

Our young people are bombarded with fake news, artificial images and a tidal wave of news both fake and real that seeks to frighten and unsettle them.

Within School we are here to educate both academically and socially. We offer our young people a safe and secure environment where we support them to become well rounded young people with high aspirations and a positive sense of self.

We cannot do this without the support of our students' parents, carers and extended family and friends. So once again Thank You.

This newsletter includes summer activity ideas alongside advice and helpful support options.

I wish you all a safe, restful and most importantly FUN summer break.

*Miss Harwood & Mrs Walker*

# LOOKING FOR INFORMATION OR ADVICE ON PARENTING?



**Come and join us this summer at one of our parenting workshops.**

**Aimed at parents of secondary school children.**

The workshops are evidence based and from the Solihull Approach series and will cover issues around

- ✓ Risk taking behaviour
- ✓ Brain development
- ✓ and relationships

The session will also include the theory behind the Solihull Approach, Containment, Reciprocity and Behaviour management.



Wednesday 30 <sup>th</sup> July 9:30 - 11:00am	Wednesday 6 <sup>th</sup> August 9:30 - 11:30am	Wednesday 13 <sup>th</sup> August 9:30 - 11:30am	Wednesday 13 <sup>th</sup> August 9:30 - 11:30am	Wednesday 19 <sup>th</sup> August 9:30 - 11:30am
Parenting Drop-in session for information, support, and advice for parents of teenagers	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach
<b>Bentley Family Hub</b>	<b>Central Family Hub</b>	<b>Denaby Family Hub</b>	<b>Rossington Family Hub</b>	<b>Moorends Family Hub</b>

**To book your place, please call any Family Hub**

Access online parenting courses at [www.inourplace.co.uk](http://www.inourplace.co.uk)  
 For more support around parenting, visit:  
[www.doncaster.gov.uk/parenting](http://www.doncaster.gov.uk/parenting)



**CREATIVE THING**

**OUTDOOR THING**

**GREEN THING**

**PERFORM THING**

**HISTORY THING**

**ACTIVE THING**

**GREEN THINGS**

- 1 Be a litter picking hero
- 2 Create a wildflower journal
- 3 Make a recycled craft
- 4 Hunt for Mini-Beasts
- 5 Spot some woodland creatures
- 6 Explore the Trans Pennine Trail
- 7 Go Geocaching at Lakeside
- 8 Create your own recycled paper
- 9 Create pebble art
- 10 Make your own compost
- 11 Make seed balls for birds
- 12 Collect rain water

**CREATIVE THINGS**

- 15 Make a ladybird
- 16 Create a peg aeroplane and watch it fly
- 17 Bake buns
- 18 Recycle old clothes into something new

**ADVENTURE THINGS**

- 25 Camp out...or in!
- 26 Climb the Craggs at Conisbrough

**ACTIVE THINGS**

- 27 Find and join a parkrun
- 28 Discover what's on at Lakeside
- 29 Design your own family sports day

**OUTDOOR THINGS**

- 19 Bird spotting & feed the ducks
- 20 Grow a cress head
- 21 Plant your own flower patch
- 22 Go pond dipping

**HISTORY THINGS**

- 30 Follow the town centre timeline
- 31 Visit Doncaster Minster
- 32 Visit Danum Gallery, Library and Museum
- 33 Create a time capsule

**LEARNING THINGS**

- 13 Learn how to sign your name
- 14 Learn to say hello in other languages

**PERFORM THINGS**

- 23 Make your own musical instrument
- 24 Learn and perform a magic trick

See how many Things you can do throughout summer!



## Beach & Open Water Safety Tips

Many of us travel to the beach in the warm weather - how fun! Make sure to follow these tips to ensure that everyone stays safe near the beach and/or ocean!



- 1 Never leave kids unsupervised near ANY body of water, and ALWAYS ensure there's a Water Watcher on duty.
- 2 Remind children they're NOT to go near any body of water without permission from an adult.
- 3 DO NOT rely on water wings or any other inflatable flotation device to save a child in a water emergency.
- 4 Have children wear a properly-fitting life jacket if needed.
- 5 DO NOT allow your children to engage in any horseplay, breath-holding games or dunking in the water.
- 6 Only swim in designated areas with a lifeguard present, and avoid areas with high waves or rip currents.
- 7 Adhere to all posted rules, warnings and flags, which may indicate the presence of unsafe swimming conditions or deep water.
- 8 Enter the water feet first - DO NOT dive in!
- 9 Always swim with a buddy, who can signal for help if you need it.

[britishswimschool.com/water-safety](http://britishswimschool.com/water-safety)

- Always swim in safe place
- Always swim with an adult
- If you fall in, float, breathe, relax
- If someone else is in trouble call 999/112



**RUNWOOD HOMES**

# SUMMER FAIR

27TH JULY | 12-4PM

IVY COURT CARE HOME  
GREENFIELD LANE, BALBY, DONCASTER, DN4 0PT  
013022492323 | [WWW.RUNWOODHOMES.CO.UK](http://WWW.RUNWOODHOMES.CO.UK)



# AUTISM PLUS SUMMER FAIR

Wednesday 13th August 2025  
11am to 3pm

## FREE ENTRY

JOIN US FOR LOTS OF FUN!

BOUNCY CASTLE - TOMBOLA - RAFFLES  
ENTERTAINMENT - ICE CREAM VAN - YUMMY FOOD  
AND MUCH MORE!

**Thorne House, St Nicholas Road,  
Thorne, Doncaster, DN8 5BG**

ALL DONATIONS WELCOME, PLEASE CONTACT  
HEATHER ON 07891 402904

 **autism plus**  
ADDING VALUE TO LIVES

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# STAY SAFE ONLINE THIS SUMMER

How many tips can you find?

UNSURE?  
ASK A TRUSTED  
ADULT



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.07.2022



National  
Online  
Safety®

#WakeUpWednesday

# YOUR SUMMER GUIDE TO POPULAR PLATFORMS

AN ONLINE SAFETY SHAREABLE

**Messenger**

An instant messaging app developed by Meta, popular for group chats, sharing images and videos. This app is also popular for playing games with friends. Can allow young people to connect with strangers, receive message requests from strangers and video call.

16+

**Yubo**

A live-streaming platform designed to help users "meet new people" from all around the world. There have been multiple reports of young people being harassed into sending sexualised or nude images and videos.

17+

**WhatsApp**

A popular messaging platform which allows group chats, video and audio calls. WhatsApp users have been subject to scams and malware spreading through the platform.

16+

**Reddit**

A platform which allows interactions through communities and discussion forums based on particular interests. There are no age verification systems for NSFW channels and can be easily bypassed to view inappropriate content. (NSFW forums are 18+)

13+

**Kik**

A mobile messaging app which allows one-to-one chatting, group chats and anonymous chats. Since Kik allows chatting with random strangers, it leaves children open to exploitation and grooming. Once messages are deleted, they cannot be retrieved.

16+

**Telegram**

A cross-platform messaging app which allows communication between individuals, small and large groups of up to 200,000 people. The ability to connect with others in the area may lead to young people to disclose locations and personal details that could lead to grooming or harassment in-person.

16+

**Discord**

An instant messaging social platform, in which people enter 'servers' so they are part of a group - commonly used for gaming communities. Some servers are NSFW (Not safe for work - often meaning inappropriate/adult content) and may have content age-inappropriate for younger users.

13+

**Snapchat**

A popular image sharing and messaging app that lets users exchange pictures and videos (snaps), with photo effects and filters, which disappear after a period of time. The 'disappearing snap' feature of Snapchat can lure young people into a false sense of security, and they may send images they would not normally send.

13+

**Instagram**

An image and video sharing app. Users can share content that followers can interact with by viewing, liking and commenting. Instagram may push a narrative of a 'perfect world' to young people, and they may feel pressured to post perfect, polished images of themselves.

13+

**YouTube**

A popular video sharing and social media platform. Videos can be commented on, liked and shared. Cyberbullying can occur through YouTube comments and age-inappropriate content may slip through moderation strategies deployed.

18+

**TikTok**

A free video sharing app which allows users to capture short video clips, share them and watch other user's videos or live streams. Age-inappropriate content which can be accessed through public feeds, especially any live streams. This may be unsuitable for young people and can be the origin of bullying trends.

13+

**BeReal**

A once-a-day photo sharing app - Users are given a 2-minute window to share a photo of themselves and their surroundings to their friends. If young people accept contacts they don't know, it is easy to build up a picture of routines in daily life, for example, school uniforms, bus stops and regular locations.

13+

**Twitch**

Twitch is a live streaming video platform which allows creators to broadcast and users to watch content, usually about games, including eSports. Twitch streams are often live and are therefore difficult to moderate.

13+

**NETFLIX NOW Disney+**

Streaming services which often involve paid subscriptions which offers a variety of TV shows, movies, gaming streams and more. Netflix shows such as 'Squid Game' and '13 Reasons Why' went viral and attracted the attention of young people, despite not being appropriate for under 18s. Parental controls which restrict access to age-inappropriate content e.g. profile PIN codes.

13+  
16+  
18+

**Vault Apps (Decoys)**

Apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can only be accessed through a numeric pin code. Can become dangerous 'stash' of youth produced sexual imagery.

17+

# Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

All activities  
should make you  
breathe faster  
& feel warmer

Aim for  
at least  
**60**  
minutes  
everyday



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



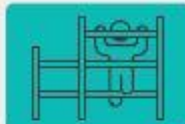
SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

### Sit less



LOUNGING

### Move more

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

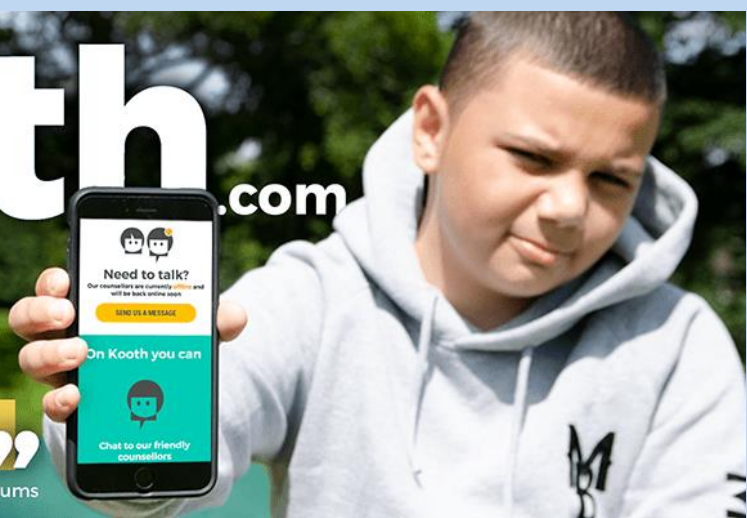
UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

# kooth.com

free, safe and anonymous online counselling and support.

“ I don't think I could have spoken to someone face to face ”

live messaging | advice articles | moderated forums



## Who can I talk to?

All parents can feel stressed or unsure from time to time, or just need someone to talk to. But don't worry, there are lots of places where you can get different kinds of help. We've put together a list of some of the different places you might find helpful, and you could also talk to your **GP, health visitor** or your child's **school nurse**.

### Parenting advice

**Family Lives** provides help and support on all aspects of parenting and family life, and runs Parentline.  
**0808 800 2222**  
[familylives.org.uk](http://familylives.org.uk)

**Parentline Scotland (Children 1st)**  
**0800 028 2233**  
[children1st.org.uk](http://children1st.org.uk)

**Parentline NI**  
(Northern Ireland)  
**0808 8020 400**  
[ci-ni.org.uk/parentline-ni](http://ci-ni.org.uk/parentline-ni)

**Family information services in Wales** provide information, support and guidance on all aspects of children and young people's services. Search:  
[gov.wales/children-families](http://gov.wales/children-families)

**Parenting. Give it time** is a website developed by the Welsh government offering practical parenting information, tips and activities.  
[giveittime.gov.wales](http://giveittime.gov.wales)

**Cry-sis** provide help for parents of excessively crying, sleepless or demanding babies. Lines are open seven days a week, 9am-10pm.  
**08451 228669**  
[cry-sis.org.uk](http://cry-sis.org.uk)

**ParentClub Scotland** is the Scottish Government's advice hub for parents in Scotland.  
[parentclub.scot](http://parentclub.scot)

**Citizens Advice** can advise on things like employment, housing and income issues which can cause stress in families.  
[citizensadvice.org.uk](http://citizensadvice.org.uk)

### ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!