

Safeguarding Newsletter

Welcome to the end of year edition of the Safeguarding Newsletter for parents which we hope you will find helpful. Please let us know if there are any topics you would like featured in future editions.

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Summer 2026: Keeping Our Community Safe

Dear Parents and Carers,

As we approach the end of the academic year, we would like to wish you all a restful and happy summer break. While the holidays are a welcome time for students to recharge, we recognize that the change in routine can sometimes bring about feelings of apprehension or anxiety as they look toward the new term.

At St Cuthbert Mayne, our commitment to "Educating for life in all its fullness" extends beyond the classroom. Safeguarding remains our highest priority, and we want to ensure our families feel supported and informed throughout the summer months.

Summer Safety

Staying safe during summer activities involves simple but essential steps to ensure everyone enjoys the break responsibly:

- **Staying Connected:** Ensure your child knows how to reach you and has a clear plan for when they are expected home.
- **Sun Safety:** Remind children of the importance of hydration and sun protection during outdoor activities.
- **Group Safety:** Encourage students to stay in groups when out with friends and to be aware of their surroundings.

Water Safety

With our beautiful local coastline and warmer weather, water safety is a critical consideration:

- **Supervision:** Always ensure children are supervised when swimming in open water or pools.
- **Beach Safety:** Encourage the use of lifeguarded beaches and teach children to swim between the red and yellow flags.
- **Float to Live:** Remind your child that if they get into trouble in the water, the best advice is to lean back and float to regain control of their breathing.
- **Open Water Hazards:** Discuss the hidden dangers of open water, such as strong currents, cold water shock, and underwater obstacles.

OUT OF SCHOOL SAFEGUARDING ADVICE

If you have concerns that a child is being abused and they are at immediate harm call 999. Calls for non-urgent concerns can be made to Torbay Children's Services 01803 208100

Online Safety

The summer break often provides young people with more time to be online. To help them navigate the digital world safely, we recommend the following:

- **Open Communication:** Maintain an open dialogue about what your child is viewing and who they are interacting with online.
- **Privacy Settings:** Regularly revisit and update privacy settings on all social media platforms and devices.
- **Digital Boundaries:** Encourage a healthy balance of screen time and ensure professional and personal online spaces remain separate.
- **Trusted Resources:** Utilize reputable sources for guidance, such as [Internet Matters](#), which provides excellent toolkits for parents.
- **Support Services:** Remind students that services like [Kooth](#) offer free, safe, and anonymous mental health support from qualified practitioners even when the school is closed.

Support Services & Holiday Activities

The following resources offer local support and activities for families during the summer break:

- HAF Summer Activity: [Torbay HAF Programme](#)
- Torbay Family Hub: [Torbay Family Hub](#)

Who to contact out of school hours/in school holidays:

If you are concerned about the immediate safety of a child please contact Children's Services on the following numbers;

Torbay: 01803 208100 or out of hours: 0300 456876

Devon: 0345 155 107

In the event of an emergency please contact the Police directly on 999

24/7 Urgent Mental Health Helpline : **0808 196 8708**

Mental Health Matters Devon : 24 hour, 365 days a year mental health helpline on **0800 4700317**

Email Samaritans for 24/7 mental health support: jo@samaritans.org

Websites that could help you manage your mental health:

<http://stayingssafe.net/>

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

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Thank you for your continued partnership in keeping our children safe. We wish you all a very safe, happy, and restful summer break.

Kind regards,

The Safeguarding Team