

ST PHILIP HOWARD

SAFEGUARDING NEWSLETTER

ST. PHILIP HOWARD
CATHOLIC VOLUNTARY ACADEMY



SPH - Heads, Hearts, Hands

Lent Term 1

2026

At St Philip Howard, safeguarding and wellbeing remain at the heart of everything we do. This half term, we are focusing on mental health, online safety and supporting students to speak up when something is not right.

Time to Talk Day – February

This half term, we will be marking **Time to Talk Day**, which encourages open conversations about mental health.

Talking really does make a difference. We want students to know that:

- It is okay to talk about how they are feeling
- They do not need to cope alone
- Support is always available

Our **Mental Health Champions** will be leading activities in school to promote positive conversations, kindness and peer support.



Children's Mental Health Awareness Week – February

We will also be taking part in **Children's Mental Health Awareness Week**.

During this week:

- Students will explore ways to look after their mental health
- We will focus on resilience, wellbeing and asking for help
- Mental Health Ambassadors will help lead assemblies and activities

We encourage parents to talk with their children about how they are feeling and remind them that reaching out for support is a strength, not a weakness.



Online Safety and Safer Internet Day

We continue to be **vigilant around online** safety and supporting students to stay safe online.

In February, we will be marking **Safer Internet Day**, focusing on:

- Safe use of social media and apps
- Online kindness and respect
- What to do if something online feels worrying or unsafe

Parents can help by:

- Talking regularly about online activity
- Checking privacy and safety settings together
- Encouraging children to tell a trusted adult if they are worried

Unkind behaviour – Signs to Look Out For

Unkind behaviour can happen in person or online. Sometimes children may not tell an adult straight away.

Signs your child may be experiencing unkind behaviour include:

- Changes in mood or behaviour
- Not wanting to come to school
- Withdrawing from friends or family
- Unexplained headaches or stomach aches
- Changes in sleep or eating habits



What parents can do:

- Talk calmly and listen without judgement
- Reassure your child that bullying is not their fault
- Let school know as soon as possible so we can support

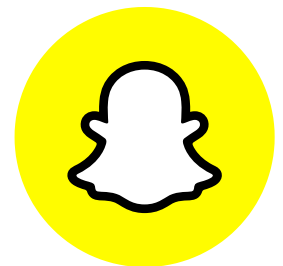
Unkind behaviour is never acceptable and is always taken seriously at SPH.

App Focus – Snapchat

Snapchat is a popular app used for messaging and sharing photos and videos.

Things to be aware of:

- Messages and images may disappear, but they can still be screenshotted or shared.
- Young people may feel pressure to reply quickly or share images.
- Location sharing can be turned on without realising.



How to keep your child safe:

- Check privacy and location settings together.
- Remind your child never to share images they wouldn't want saved.
- Encourage them to tell an adult if something online makes them uncomfortable. Helpful guides are available at www.internetmatters.org

If You Are Worried About Your Child

If you have any concerns about your child's safety, wellbeing or mental health, please contact us.

safeguarding@sph.srscmat.co.uk

**Team SPH: heads, hearts, hands-
together on the success journey**

