

# HOLYHEAD SAFEGUARDING NEWSLETTER

November 2025

## OUR SAFEGUARDING TEAM



At Holyhead School we endeavour to provide a safe and welcoming environment where children are respected and valued. We believe that all children should feel safe and be able to approach someone if they have a concern. The safety and wellbeing of our students is the most important aspect of our work as a school. If you have any concerns about your child's wellbeing or safety, or want to report a concern about another child, please ask to speak to one of the Designated Safeguarding Team.

*In this month's issue we look at:*

- Online Safety Act
- Roblox: Grow a Garden
- Anti-Bullying Week, Monday 10th November to Friday 14th November 2025
- What is Bullying?

### Who to contact if you are concerned about a student at Holyhead school:

Mrs D Denny Lead DSL  
[ddenny@holyhead.crst.org.uk](mailto:ddenny@holyhead.crst.org.uk)  
Mr D Beale Senior DDSL  
[dbeale@holyhead.crst.org.uk](mailto:dbeale@holyhead.crst.org.uk)  
Mr F Khan Head of 6th form  
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Mrs K Robinson SENCO/Mental Health Lead  
[krobinson@holyhead.crst.org.uk](mailto:krobinson@holyhead.crst.org.uk)  
Mrs S Parker Head of Year 7  
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Mrs N Malcolm Head of Year 9  
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Miss M Jeffers Head of Year 10  
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Telephone the school on 0121 523 1960 to speak to any of the safeguarding team.

## **Roblox: Grow a Garden**

Roblox is a platform consisting of a collection of games. Grow a Garden is one of the latest games available on Roblox and is extremely popular. The game is labelled as 'minimal' for content maturity, which Roblox defines as "may contain occasional mild violence, light unrealistic blood, and/or occasional mild fear." Roblox believes that the game play is suitable for everyone. However, as the game is on Roblox, it is important to be aware of the following:

- Chat – strangers can interact with your child.
- In-game purchases – this game does include in-game purchases.
- Screentime – set limits for how long your child is playing.

A lot of the content on Roblox is user generated, which may mean not all games will be suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what your child is accessing, ensure they know how to use any reporting tools and set up appropriate parental controls.



## **Online Safety Act**

### **What is the Online Safety Act?**

The Online Safety Act 2023 is a set of laws introduced to protect children and adults online. Ofcom is the regulator for online safety in the UK, responsible for ensuring companies follow the new rules. As part of this role, Ofcom have designed the Children Codes of practice, which came into force in July 2025. The codes outline what all online services likely to be accessed by children must do to protect children online, for example:

- Enforce age limits.
- Protect children from accessing harmful or age-inappropriate content. This includes content relating to self-harm and eating disorders.
- Ensure users can easily report harmful content. Ofcom has the power to enforce the rules as well as issue fines if companies fail to comply.

Ofcom has the power to enforce the rules as well as issue fines if companies fail to comply. You can find out more here: [New rules for a safer generation of children online](#)

### **How will it help to protect my child?**

One of the main purposes of the Act is to protect children online. Ofcom has published information on how they are helping children to be safer online.

[How Ofcom is helping children to be safer online – a guide for parents](#)

## Odd Socks Day

Odd Socks Day 2025 is taking place on Monday 10th November. Odd Socks Day is delivered in partnership with CBeebies and CBBC star Andy Day and his band, Andy and the Odd Socks.

The Andy and the Odd Socks team came up with the idea for Odd Socks Day in 2017, and they work with the Anti-Bullying Alliance every year to deliver the all inclusive message the event encourages.

### Odd Socks Day

[Shortened: Repeat after us... There's more to Argos.](#)



## Anti-Bullying Week 2025

The Anti-Bullying Alliance (ABA) is the official organiser of Anti-Bullying Week and Odd Socks Day in England, Wales, and Northern Ireland. Anti-Bullying Week 2025 will take place from 10th to 14th November, with the theme: Power for Good.

The theme of Power for Good has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2024 – when over 80% of schools marked the week, reaching over 7.5 million children and young people – this year, we'll empower children and young people to use their Power for Good to speak out, support others, and build a world where kindness wins.

### Our call to action:

Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying — for good.

[Anti-Bullying Week 2025: Power for Good](#)

[Anti-Bullying Week 2025: Power for Good - YouTube](#)

## WHAT IS BULLYING?

Unfortunately, many children may experience or witness bullying during their school years: they may be the target of bullying, may be involved in bullying others, may stand by while others are being bullied, or may take

positive action to stop bullying. When attempting to tackle bullying, it's important that we are all on the same page and understand exactly what bullying is (and isn't).

[Anti-Bullying Alliance Definition of Bullying - Subtitled - YouTube](#)



### The Anti-Bullying Alliance defines bullying as:

The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.



### What bullying isn't: 'falling out'

**It's common for children to have arguments and friendship fall outs (often referred to as 'relational conflict') and they will need our guidance to resolve conflict, make amends, and move on.**

Not all incidences of conflict can be understood as bullying. Relational conflict usually involves individuals who are friends, or a situation with no power imbalance involved. It is generally behaviour which happens occasionally, and offence might be accidental. An example might be an argument or falling out with a friend, or experimental 'banter' that unintentionally offended the person on the receiving end (see more about banter and bullying on page 5).

Knowing how to identify and respond to relational issues and conflicts are an important part of a child's development and preventing situations from escalating into potential bullying.

### The roles involved in bullying:

We know from evidence and research that bullying tends to be a group behaviour, with several different roles involved, rather than being simply between a target and perpetrator. These other roles can have a significant influence on the outcome, intentionally or not.

These roles are not fixed, they are constantly shifting depending on who is present and the context: a person can be a 'ringleader' at one time and become an 'outsider' or 'target' very quickly as people come into and out of

the group dynamic. Understanding these roles can be a powerful reminder for children on the impact they can have by simply 'not laughing along', or 'checking in' after the incident to say they will help the target to report it. We can choose to use our Power for Good.

## SPOTTING THE SIGNS OF BULLYING

Unfortunately, it's common for children to choose not to tell anyone about the bullying they are experiencing. However, there are often signs we can look out for that may indicate bullying is occurring.

**You know your child best so will be aware of any changes to their behaviour, or if something seems wrong. Some types of behaviour that might be an indication of bullying are:**

- a reluctance to go to school;
- unexplained tummy upsets or headaches;
- showing signs of distress on a Sunday night or at the end of school holidays;
- becoming quieter or more withdrawn than usual, or 'acting out' and getting in trouble more often;
- torn clothes or missing belongings;
- seeming upset after using their phone, tablets, computers etc;
- wanting to leave for school much earlier than necessary or returning home late; and
- you may also find that their sleep is disturbed, or they are showing other signs of sadness or anxiety.

#### Banter or bullying?

Banter is when friends tease each other in a fun and friendly way: it's playful, reciprocal, and can help to build relationships. However, from the outside banter may be misheard as unkind behaviour, even though there's no real intention to hurt feelings.

Since banter can be confusing, children will sometimes get it wrong as they experiment with it - even adults occasionally mess up with banter and say something more hurtful than they mean. The key thing to remember is that banter should never hurt the person on the receiving end. If it does, and the person continues the banter after being told to stop, it could be considered bullying (see definition on page 4).

It's okay to make mistakes, but it's important to know the difference between playful banter and intentional unkind behaviour that could turn into bullying. You can help your children understand these differences by talking to them about what banter and bullying are. Learn more on our website [here](#).



If your child has been seriously harmed or is at risk of serious harm, either physically or mentally, this is a safeguarding issue and you should seek immediate help (e.g. call 999 and/or your local children's services team).

If your child has been on the receiving end of prejudicial behaviour because of their race or faith, disability, gender, sex or sexuality, even if this was a one-off incident and you don't consider it to be bullying, it's important to alert the school as it may point to a wider issue in the school that needs to be addressed.

## HOW TO SUPPORT YOUR CHILD

### How can I help my child if they are being bullied?

If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken. This is where an understanding of the definition of bullying, relational conflict, group roles and banter will be useful (see pages 4-5), so that you are able to discuss with your child what they have experienced and consider the best approach.

**1.** Listen and reassure them that coming to you was the right thing to do. Assure them that the bullying is not their fault and that they have family that will support them.



**2.** Try and establish the facts. It can be helpful to take notes of what your child says, particularly names, dates, what happened and where it happened. Keep any evidence such as pictures of injuries or screenshots of online messages.



**3.** Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.



**4.** Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships both inside and outside of school.



**5.** Request a meeting to discuss the situation with your child's teacher or Headteacher - or the lead adult wherever the bullying is taking place. Remember, every child has a right to a safe environment in which to learn and play. See page 7 for more detailed information about working with the school or setting to resolve a bullying situation.



## What if my child has been bullying others?

Children are developing physically, emotionally, and socially and need our help to understand how to behave towards others and when they have crossed a line. For some children it may be particularly difficult to regulate their behaviour or actions, and they may need additional support. Others might be copying prejudicial or harmful behaviour they have learnt from others.

What is important is that we recognise this type of behaviour and endeavour to stop it, and where we have hurt others, learn to take action to put things right.

If you have been told by others that your child is showing bullying behaviour, it is important to:

1. Stay calm, and ask for examples of the things they have said or done, and the impact this has had on others.
2. Take time to listen to your child's side of the story, keeping an open mind.
3. Remember we are all capable of bullying behaviour: try not to see it as a permanent reflection of their character - but make clear the behaviour you would like to change. It may be useful to talk about the group roles to help them reflect on their behaviour (pages 4-5), and some of the activities (pages 9-12) might also help them think about how they could use their Power for Good in the future.
4. Talk about the impact this has had on others and encourage empathy.
5. Make sure they are not bullying others in retaliation for bullying they have suffered. Help your child to realise that no one has the right to pressure them into something they don't want to do - this includes bullying others.
6. Discuss whether there is anything that has upset or hurt them that might have led to that behaviour.



## HOW TO SUPPORT YOUR CHILD

It can be a worrying or daunting experience to contact your child's school about a bullying incident but remember that schools in the UK have a legal duty to prevent all forms of bullying and harassment.

### What should schools be doing?

Schools in the UK are required by law to determine measures to encourage and promote good behaviour and prevent all forms of bullying. Headteachers also have powers to respond to bullying outside of school premises. If you have concerns with the way your child's school handles bullying, it might be helpful to refer to government guidance about bullying: [click to view for England, Wales or Northern Ireland](#).

Most of the time schools are willing and able to manage concerns about bullying but sometimes children and their parents and carers feel that the school are not listening and that they need to take further action. [See our website page about making a complaint about bullying.](#)

## SOURCES OF ADVICE AND SUPPORT



### FOR PARENTS AND CARERS

We have advice for parents and carers on our website, including an information toolkit and an interactive anti-bullying information tool. This includes what bullying is, how to work with your school in relation to bullying and how to support your child.

See our website for more: <https://anti-bullyingalliance.org.uk/tool-information/advice-parents>

#### Other organisations across the anti-bullying sector also have lots of tools and resources that can help you:

- **NSPCC** has a free helpline for parents and carers / 0808 800 5000 / [www.nspcc.org.uk](http://www.nspcc.org.uk)
- **Kidscape** provide workshops for children that need support with bullying issues as well as a helpline for parents and carers / 0300 102 4481 / [www.kidscape.org.uk](http://www.kidscape.org.uk)
- **Family Lives** gives support and advice for parents on any aspect of parenting and family life, including bullying / 0808 800 2222 / [www.familylives.org.uk](http://www.familylives.org.uk)
- **Contact** has a helpline for families with disabled children - they can give advice on bullying issues / 0808 808 3555 / [www.contact.org.uk](http://www.contact.org.uk)
- **Red Balloon Learner Centres** provide intensive, full-time education for children aged between 9 and 18 who feel unable to return to school because they have been severely bullied. There are Red Balloon Centres all over England, and they also have a programme of online support / [www.redballoonlearner.org](http://www.redballoonlearner.org)
- **YoungMinds** provides advice and information about young people's mental health and have a parent helpline / 0808 802 5544 / [www.youngminds.org.uk](http://www.youngminds.org.uk)
- **Papyrus UK** provide suicide prevention support for young people and have a helpline / 0800 068 4141 / [www.papyrus-uk.org](http://www.papyrus-uk.org)
- **Childnet** gives advice for parents and carers to help support children and young people in their safe and responsible use of the internet / [www.childnet.com](http://www.childnet.com)

- **Internet Matters** provides regularly refreshed content to support parents and carers with all aspects of e-safety. Includes lots of advice on technology that can help you to protect your child online and helpful content relating to cyberbullying / [www.internetmatters.org](http://www.internetmatters.org)
- **The Child Exploitation and Online Protection Centre (CEOP)** provides help and advice on cyberbullying / [www.ceop.police.uk](http://www.ceop.police.uk)
- **Report Harmful Content Online** (provided by the UK Safer Internet Centre and South West Grid for Learning) have a website which has support about reporting harmful online content: [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)

### FOR CHILDREN AND YOUNG PEOPLE

- **Childline** is a free, confidential helpline for children and young people available any time, day or night / 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk)
- **The Mix** provides support for under 25s for a range of issues, including bullying / text THEMIX to 85258 / [www.themix.org.uk](http://www.themix.org.uk)
- **Kidscape** has information for young people about what to do if they are being bullied / [www.kidscape.org.uk/advice/advice-for-young-people/what-should-i-do-if-im-being-bullied](http://www.kidscape.org.uk/advice/advice-for-young-people/what-should-i-do-if-im-being-bullied)
- **The Diana Award** has tips and advice on what to do about bullying on their anti-bullying website / [www.antibullyingpro.com](http://www.antibullyingpro.com)
- **Think U Know** (from the Child Exploitation and Online Protection Centre) is a website for children and young people about staying safe online / [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- **Childnet** has advice and support for young people about online harms / [www.childnet.com/young-people](http://www.childnet.com/young-people)
- **Papyrus UK** provide suicide prevention support for young people and have a helpline / 0800 068 4141 / [www.papyrus-uk.org](http://www.papyrus-uk.org)



ANTI-BULLYING ALLIANCE

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At Holyhead school we have a zero tolerance to any form of bullying, if you are worried about bullying or would like to speak to a member of our DSL team about a child being bullied then please contact us on 0121 523 1960 or email our lead DSL [ddenny@holyhead.crst.org.uk](mailto:ddenny@holyhead.crst.org.uk)