

HOLYHEAD SAFEGUARDING *NEWSLETTER*

October 2026 Edition



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.

A member of the safeguarding team is available from 8am until 4:45pm Monday to Friday and can be contacted on 0121 523 1960 or via email.

If you have an urgent safeguarding concern, contact our Lead DSL, Mrs D Denny (ddenny@holyhead.crst.org.uk), or Senior DDSL, Mr D Beale (dbeale@holyhead.crst.org.uk). Students can also report concerns digitally via the Holyhead Helpline link located in their student portal.

—Mrs D Denny Lead DSL. ddenny@holyhead.crst.org.uk

In this month's issue we look at:

- *Meet the Safeguarding Team at Holyhead School*
- *Why attendance matters from day one*
- *Other key information for parents and students*
- *World Mental Health Day - 10th October 2026*
- *How to get support at Holyhead School*



Holyhead

Teach What Matters

Meet the Safeguarding Team at Holyhead school



Mrs D Denny Lead DSL
ddenny@holyhead.crst.org.uk
0121 523 1960



Mr L Cain Head of year 7
lcain@holyhead.crst.org.uk
0121 523 1960



Mr D Beale Senior DDSL
dbeale@holyhead.crst.org.uk
0121 523 1960



Mrs S Parker Head of year 8
sparker@holyhead.crst.org.uk
0121 523 1960



Mr F Khan Head of 6th Form
fkhan@holyhead.crst.org.uk
0121 523 1960



Mrs T Edwards Head of year 9
tedwards@holyhead.crst.org.uk
0121 523 1960



Mrs K Robinson SENCO/Mental Health Lead
krobinson@holyhead.crst.org.uk
0121 523 1960



Mrs N Malcolm Head of year 10
nmalcolm@holyhead.crst.org.uk
0121 523 1960



Mrs S Seniaray Refocus room manager
sseniaray@holyhead.crst.org.uk
0121 523 1960



Miss M Jeffers Head of year 11
mjeffers@holyhead.crst.org.uk
0121 523 1960



Miss B Dore PSHE Lead
bdore@holyhead.crst.org.uk
0121 523 1960



Miss A Jabeen 6th Form student engagement officer
ajabeen@holyhead.crst.org.uk
0121 523 1960



Miss H Ulhaq Attendance Team
hulhaq@holyhead.crst.org.uk
0121 523 1960

Every Day Counts: Why Attendance Matters From Day One



As we begin the new academic year, we want to highlight the powerful link between school attendance, academic success, and overall student wellbeing. Good attendance is an absolute prerequisite to learning. Missing school is not just about missing lessons; it directly impacts a young person's social development and mental health.

- H Ulhaq Attendance team hulhaq@holyhead.crst.org.uk

The Ripple Effect of Absence

When a student misses school, the consequences build up quickly:

- **Academic gaps:** Missing just two days a month adds up to 10% of the school year. This makes it incredibly difficult to keep up with curriculum topics.
- **Social isolation:** Friendships evolve daily in secondary school. Regular absence can leave students feeling left out and socially anxious when they return
- **Routine disruption:** Inconsistent attendance breaks the healthy habits of structure and discipline that teenagers thrive on

The Numbers That Matter

We look at attendance through percentages, but what do those numbers actually mean over a school year?

- **90% Attendance:** This sounds good, but it actually means **19 days of missed school**—nearly one full month of learning lost.
- **80% Attendance:** This equates to **38 days of missed school**—one whole day of learning lost every single week.

How to Report an Absence at Holyhead

If your child is genuinely too ill to attend school, parents and carers must follow our strict reporting protocol:

1. **Call the school line on 0121 523 1960.**
2. **Select Option 1** to reach the dedicated Attendance Team.
3. **Report the absence by 8:30am** on the morning of the absence.

If you receive an automated absence alert from the school during Period 1, please contact us immediately to resolve the register query

Our "Whole-Child" Support Approach

At Holyhead, we practice an **Inclusive Attendance** framework. Rather than simply tracking numbers, we try to understand each family's unique situation. If your child is experiencing barriers to coming to school—whether due to physical illness or school anxiety—please contact hulhaq@holyhead.crst.org.uk early. We will work together using a tiered support system to help them feel safe, happy, and ready to learn

Other key information for parents and students

No-Phone Zone Reminder: Holyhead is a "no-phone zone" during school hours to protect students from cyber-bullying and distractions. We operate a "see it, hear it, lose it" approach. Students with phones out during the day will have them confiscated and returned at the end of the school day.

Out-of-Hours Protocol: If you need to contact one of the safeguarding team during school hours please call **(0121 523 1960)** If you have a concern or a child is in danger outside of school hours please contact Birmingham CASS team 0121 303 1888 or call West Midlands Police 101 for non-emergencies and 999 if a child is in immediate danger

Supporting Our Young People's Mental Health & Well-being

As we settle into the autumn term, October brings an important opportunity to reflect on emotional well-being. On **10th October**, schools and communities worldwide will observe **World Mental Health Day**.



The transition through secondary school involves significant physical, emotional, and social changes. Navigating academic expectations, peer relationships, and digital lives can sometimes feel overwhelming for teenagers. As a community, our goal is to ensure every student at Holyhead feels supported, listened to, and equipped with the tools they need to thrive.

—Mrs K Robinson SENCO and Mental Health Lead krobinson@holyhead.crst.org.uk

How Parents and Carers Can Help At Home

You do not need to be a mental health expert to make a profound difference in your child's well-being. Small, everyday habits can create a safe environment for open communication:

- **Listen and Validate:** Create time for a regular, low-pressure check-in. If your child opens up about feeling stressed or anxious, listen without immediately trying to "fix" it. Validating their feelings by saying, *"I can hear that you're finding things really tough right now,"* helps them feel safe and understood.
- **Talk Through Difficulties Together:** Help them

Recognising the Signs

While mood swings are a normal part of growing up, a sudden or prolonged change in behaviour can sometimes indicate that a young person is struggling. Look out for:

- Becoming unusually withdrawn from family or friends.
- Losing interest in hobbies or activities they used to enjoy.
- Significant changes in sleeping patterns or eating habits.
- Increased irritability, persistent low mood, or uncharacteristic

break down overwhelming problems into smaller, manageable steps. Encourage them to identify specific triggers—whether it is a particular piece of schoolwork, a friendship issue, or social media pressure.

- **Prioritise Healthy Foundations:** Physical and mental health are deeply connected. Work together to establish consistent sleep routines, encourage a balanced diet, and promote regular screen-free breaks—especially before bedtime.

outbursts.

If you are ever concerned about your child's emotional well-being, please remember you are not alone. Please reach out to your child's **Form Tutor** or **Head of Year** so we can work together to support them during the school day.

How to Get Support at Holyhead School



At Holyhead, the safety and well-being of our students are our absolute priorities. We want every young person to know that they are never alone and that there is always someone here to listen and help.

Whether your child is experiencing difficulties with schoolwork, worrying about peer relationships, navigating social media pressures, or feeling overwhelmed, we have robust internal support systems in place. – Mr D Beale Senior DDSL dbeale@holyhead.crst.org.uk

For Students: Speaking Up and Getting Help

We actively encourage our students to use their voices if they or a friend are going through a difficult time. They can access support in two main ways:

- **In-Person Support:** Students can speak to any trusted adult in the school. Their **Form Tutor** or **Head of Year** is usually the best first point of contact for daily support, guidance, and advice.
- **The Holyhead Helpline:** If a student feels uncomfortable speaking to someone face-to-face, they can use the Holyhead Helpline. This is a dedicated

For Parents and Carers: Partnering with Our Safeguarding Team

Safeguarding is a partnership between home and school. If you have concerns about your child's emotional well-being, safety, or any external pressures they might be facing, please do not hesitate to contact us.

Our **Designated Safeguarding Lead (DSL) team** is fully equipped to offer advice, intervene early, and connect families with specialist internal or external support.

- **How to reach us:** You can contact the school office directly to be put in touch with a member of the safeguarding team, or you can email your child's **Head of Year** directly with your concerns.

digital reporting tool accessible via the **Student Portal**. It allows students to log a concern quickly and safely, either by sharing their name or doing so **anonymously**. Every report is taken seriously and reviewed by our safeguarding team.

External Support Networks and Resources

While we do everything we can to support students during the school day, we know that challenges can arise during evenings, weekends, and school holidays.



Below is a curated list of trusted local and national services that offer free, confidential, and professional guidance for young people and their families.

—Mrs D Denny Lead DSL. ddenny@holyhead.crst.org.uk

Local Birmingham Support

- **Forward Thinking Birmingham:** This is the city's comprehensive NHS mental health service designed specifically for children, young people, and young adults aged 0–25. They offer excellent advice, clear guidance, and direct access to local healthcare professionals.
 - **Access:** Visit forwardthinkingbirmingham.nhs.uk or call their 24/7 access center on **0300 300 0099**.

Free Digital Counseling & Advice

- **Kooth:** A safe, free, and fully anonymous online counseling and emotional well-being platform tailored for young people. Students can chat with a qualified counselor, read peer-to-peer articles, and use helpful mood-tracking logs.
 - **Access:** Available directly via kooth.com.
- **YoungMinds:** One of the UK's leading youth mental health charities. Their website features practical guidance specifically for teenagers, alongside a dedicated, free Parents Helpline for adults worried about a child's mental state.
 - **Access:** Explore advice at youngminds.org.uk or call the Parents Helpline on **0808 802 5544**.

Urgent & 24/7 Crisis Support

- **The Kaleidoscope Plus Group:** If your child is experiencing a mental health crisis, feeling deeply anxious, or feeling completely overwhelmed, they can access immediate text support at any hour of the day or night.
 - Access: Text **TEAM** to **85258** for a free, confidential text conversation with a trained volunteer.
- **Childline:** A comforting, confidential service where young people can talk about any issue, large or small, over the phone or online via a secure web chat.
 - Access: Call for free on **0800 1111** or log on to [childline.org.uk](https://www.childline.org.uk)