



WELCOME TO THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

The Henry Beaufort Safeguarding Newsletter (Edition 2, 2025-2026) provides parents and carers with practical advice on digital safety, mental health support, and safeguarding resources. It highlights risks linked to AI chatbots and harmful online content, promotes safe platforms like Kooth for emotional wellbeing, and shares guidance on managing distress caused by online news. The newsletter includes details of the school's safeguarding team, reporting channels, helplines for mental health, domestic abuse, and substance misuse, as well as local food bank information. It also lists free Hampshire CAMHS sessions for parents on topics such as anxiety and resilience, aiming to equip families with tools to keep children safe and supported.

We hope this newsletter empowers you with knowledge and tools to engage in meaningful conversations with your child and reinforces our shared commitment to their safety and wellbeing

KOOTH - FREE MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

Kooth is an NHS-supported online platform offering free, safe, and anonymous mental health support for children and teens.

- Available 24/7, 365 days a year
- No GP or school referral needed
- Access to trained mental health professionals
- Helpful articles and resources for families

Why Kooth?

- Immediate help without waiting lists
- Confidential and clinically safe
- Access helpful guides and webinars for parents
- Visit this link: Kooth has a range of resources to help families support young people's mental health and wellbeing

UNDERSTANDING THE IMPACT OF NEWS ON CHILDREN'S WELLBEING

 internet
matters.org

Internet Matters report on the impact of online news on children and young people's wellbeing. Key findings show: children and young people regularly consume news on social media from a range of sources; distressing news stories, mis- and disinformation and AI-generated content impact young people's wellbeing; and young people have developed their own support strategies when navigating this news environment

<https://www.internetmatters.org/hub/research/impact-online-news-childrens-wellbeing/>

ROBLOX PARENT POP-UP

We have been made aware of a pop-up that is appearing on Roblox, encouraging children to download an app called pollybuzz (or pollyfuzz in some spelling cases). The app seems quite simple where children are asked questions, and it generates an Artificial Intelligence 'friend' – this starts off quite innocently but then begins to show extreme content (including suicide, self-harm and pornography). It may be helpful to remind children about not clicking on pop-ups in games and to report anything that is worrying or inappropriate to a trusted adult. Roblox has parental controls and instructions of how to put these on can be accessed via this link:

[Parental Controls Overview – Roblox Support](#)

Please note that parental controls will stop some pop-ups, but not all.

THERAPISTS WARN OF RISKS AS CHILDREN TURN TO AI FOR MENTAL HEALTH SUPPORT.

A significant number of young people are using AI chatbots like ChatGPT for mental health advice, a survey by the British Association for Counselling and Psychotherapy (BACP) reveals. Over a third of therapists working with under 18s have clients seeking guidance from these platforms, and almost 1 in 5 reported that children received harmful advice. Experts warn that AI lacks the necessary empathy, ethical standards, and real-time crisis intervention capabilities of human therapists [[BACP](#)].



SAFEGUARDING TEAM



The HENRY
BEAUFORT School

The Henry Beaufort Safeguarding Team



MR COE
Designated Safeguarding Lead



MRS BRIGGS
Deputy Designated Safeguarding Lead
Assistant Headteacher



MRS PETER-SIMMONDS
Engagement and Inclusion Manager



MR JANES
Head of Year 7



MISS MCMAHON
Head of Year 8



MR DAVIDSON
Head of Year 9



MISS BEAN
Head of Year 10



MR NAISBITT
Head of Year 11



MISS HODGE
SENDCO



MR ETHERIDGE
Pastoral Support Worker



MRS MOURANT
Learning Hub Manager



MR APPLIN
Deputy Headteacher



MRS CAVELL-WELLS
Safeguarding Governor



MR LIONEL JONES
Safeguarding Governor

www.beaufort.hants.sch.uk



SAFEGUARDING PROCEDURE

If you are concerned about the well-being of someone in school, please contact our safeguarding team via email at: Safeguarding@beaufort.hants.sch.uk

When contacting us, please detail the name of the person you are concerned about, their tutor group (if known) and a brief description of your concern (what, when, where, who etc.).

If you are contacting us to raise a safeguarding concern and it is out of school hours or out of term time, please contact Hampshire County Council's safeguarding team on: 0300 555 1384 or, the police on 101.

If a child is in immediate danger, please contact the police using 999.



CALL IT OUT

Use this **QR code** to sign in and share any concerns you have about;

Any behaviour that you have seen or experienced that worries you.

This could be



AT HOME



TO AND
FROM
SCHOOL



AT SCHOOL





SOURCES OF SUPPORT FOR YOU

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

FAMILY LIFE

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | askus@familylives.org.uk | familylives.org.uk

MENTAL HEALTH

For you:

Samaritans (free) | 116 123 | jo@samaritans.org | samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 | info@mind.org.uk | mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

DOMESTIC ABUSE

National Domestic Abuse Helpline (free) | 0808 2000 247 | nationaldahelpline.org.uk

Men's Advice Line (free) | 0808 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T
| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: adfam.org.uk

Stop Domestic Abuse Now. This organisation runs a group course called The Freedom Programme.

<https://stopdomesticabuse.uk/>

FOOD BANK

Website : WinchesterBasicsBank.co.uk

Facebook: @WinchesterBasicsBank

21a Penton Place, Milland Rd, Highcliffe, SO23 0PZ - Tue & Fri 10-3pm

St Gregory's Church, Grange Road, Alresford, SO24 9HD - Wed 10-12pm, and the first Thurs of every month 6-8pm

St Barnabas Church, Weeke, SO22 6EF - Thurs 10-1pm

Storehouse, Vineyard Church, SO23 9NR - Mon & Thurs 10-12pm **Please note that we are not open on Bank Holidays**

FLYERS

P.A.C.E

2026
PARENT & CARER EVENTS

NHS

Hampshire Child and Adolescent
Mental Health Services

Free health & wellbeing events for all parents & carers
who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	Eastleigh Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	Lyndhurst Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	Andover Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	Havant Trosnant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	Waterlooville Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events

TIME	SESSION 1	SESSION 2
9:30 - 10:45	<p>New Understanding Adolescence & Their Mental Health What is adolescence & how can we understand teenage development. Brain development & the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.</p>	<p>New Sleep Optimisation What is sleep and the importance of this. Why it may be difficult to sleep, & exploring what this is and how we can promote healthy sleep with some top tips.</p>
11 - 12:15	<p>A basic introduction to ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p>New Understanding Suicide & Suicidal Thinking Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.</p>
12:15 - 12:45	<p>Lunch break</p>	<p>Lunch break</p>
12:45 - 14:00	<p>New Introduction to Low Mood Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.</p>	<p>A basic introduction to Autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
14:15 - 15:30	<p>New School Avoidance & School Transition The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is & the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.</p>	<p>Parent Care - looking after yourself This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
15:45 - 17:00	<p>New Eight Skills to Support a Young Person This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.</p>	<p>Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
17:15 - 19:30	<p>Understanding ADHD & the Strategies YOU need This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p>Supporting your autistic child to thrive This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>

HAMPSHIRE CAMHS

INFORMATION AND ADVICE SESSIONS 2026

ARE YOU CONCERNED ABOUT A YOUNG PERSON'S
MENTAL HEALTH?

10am - 2pm



The Arc, Jewry Street
Winchester, SO23 8SB

This is an opportunity for
parents/carers, professionals
or young people to come
and chat to our CAMHS
clinicians, ask questions,
get advice and resources.

Bookable slots available via
our website or just drop in.



7 Jan	1 July
4 Feb	5 Aug
4 March	2 Sept
1 April	7 Oct
6 May	4 Nov
3 June	2 Dec

hampshirecamhs.nhs.uk

HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

Tickets £25
Tea, coffee
and lunch
included

For more information and to book a place go to:
<https://hampshirecamhs.nhs.uk/events/>

Thursday, 22 January 2026
9:30am - 3:15pm

St Peters Church Centre,
Jewry St, Winchester
SO23 8RY

Friday, 15 May 2026
9:30am - 3:15pm

The Hilt, Hiltingbury Road,
Chandlers Ford, Eastleigh
SO53 5NP

Wed, 30 September 2026
9:30am - 3:15pm

The Irish Centre, Council Road,
Basingstoke, RG21 3DH

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available