THE HENRY BEAUFORT SAFEGUARDING NEWSLETTER

The Henry Beaufort Safeguarding Newsletter (Edition 4, 2025-2026) places a strong focus on online safety and drugs education, offering parents and carers practical guidance to help keep young people safe and supported. This edition outlines the risks associated with harmful online content and provides advice on how to help children navigate the digital world confidently and safely. It also highlights the dangers of THC and vapes.

You'll find clear information about the school's safeguarding team, how to report concerns, and where to access additional support. This includes helplines for mental health, domestic abuse, and substance misuse, as well as details of local food bank services. The newsletter also lists free Hampshire CAMHS sessions for parents covering topics like anxiety, resilience, and emotional wellbeing; aimed at equipping families with practical tools to understand and support their child's mental health. We hope this newsletter strengthens your confidence in having meaningful conversations with your child and reinforces our shared commitment to their safety and wellbeing.

GOV.UK CAMPAIGN - KIDS ONLINE SAFETY

GOV·UK Campaign

Kids Online Safety

Online safety: Get started | Talk about being safe online | What should you trust online? | Parental controls

Speak to an expert | Where to report something | Learn about online issues



Help your child stay safe online - Kids Online Safety

For parents...

GOV·UK

Home > Society and culture > Online safety

Press release

Is your child influenced by toxic content? New government campaign supports parents to talk about harmful online content

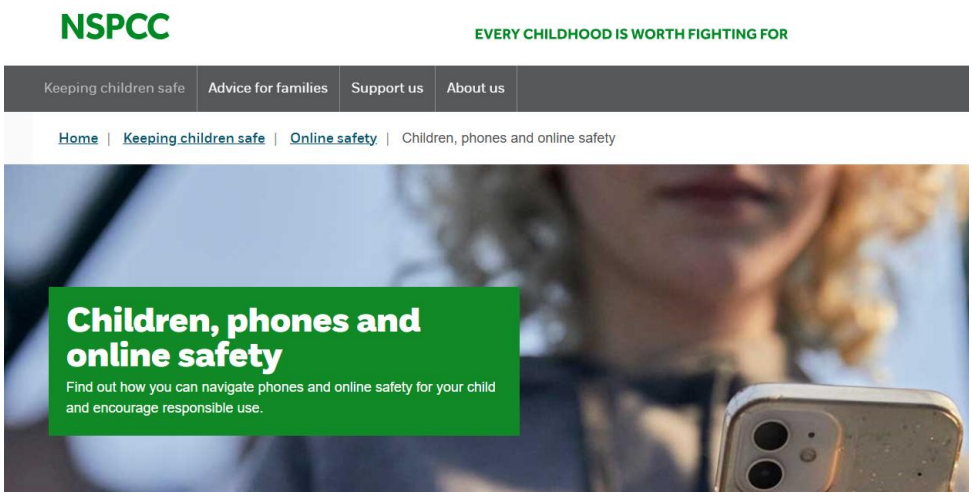
A new campaign for parents, full of immediate practical advice on how to talk to your children about harmful online content, as the government bolsters efforts to give every child the healthy upbringing they deserve.

Is your child influenced by toxic content? New government campaign supports parents to talk about harmful online content - GOV.UK

- government launches campaign to raise awareness of how harmful body-shaming, rage bait and misogynistic content on social media is, as part of drive to encourage parents to talk with their children about online content
- new online guidance supports parents in setting safety settings for social media and starting difficult conversations on topics such as misinformation and harmful content
- comes as new research reveals half of parents admit not speaking to their children about harmful online content

The Department for Science, Innovation, and Technology (DSIT) has launched the 'You Won't Know until You Ask' campaign, providing parents with practical support they can use immediately and the confidence they need to have a conversation with their children about the content they see online.

NSPCC - CHILDREN, PHONES AND ONLINE SAFETY

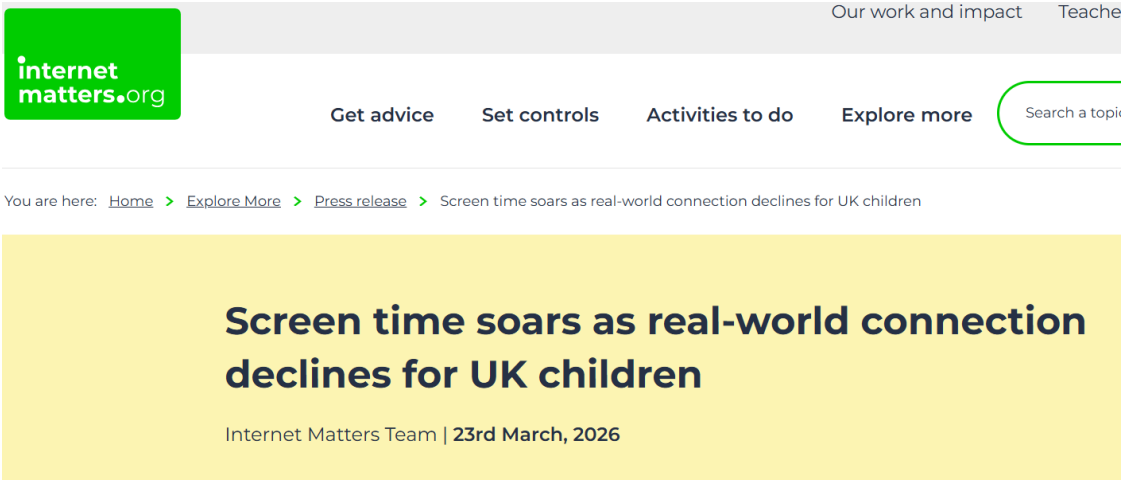


Children, phones and online safety | NSPCC

The NSPCC's guidance on children, mobile phones and online safety is a useful resource for parents. It addresses one of the most common questions parents are asked: when is a child ready for a phone, and how can you manage the risks?

The guide offers balanced, practical advice on readiness, boundary-setting, parental controls, and ongoing conversations about safe and responsible use.

INTERNETMATTERS.ORG



Screen time soars as offline connections decline | Internet Matters

Internet Matters has published its annual 'Digital wellbeing index' report for children in the UK. The report evaluates and tracks the impact of digital technology on children's physical, social, emotional, and developmental wellbeing. Results are based on a survey of 1,270 children aged 9- to 16-years-old, and their parents. Key findings include: time spent online continues to rise, with children spending on average 23 hours a week online; children are finding it hard to disconnect and regulate their time online; children are increasingly turning down real-world social opportunities to stay online; and positive and negative online experiences are rising in parallel.

INSTAGRAM ALERTS



Instagram Releases Alerts for Parents When Teens Search for Self-Harm/ Suicide Terms

Information for parents:

Instagram has announced a new feature that will notify parents if their teenager repeatedly searches for terms related to suicide or self-harm within a short period of time. The news from Meta details how alerts will be sent to parents who use Instagram's parental supervision tools and will subsequently provide guidance and resources to help them approach sensitive conversations with their child.

ICO - "SWITCHED ON TO PRIVACY"

The Information Commissioner's Office (ICO) has set up a new campaign to raise awareness in students and parents about online privacy.

The link below provides help with:

- Explaining online privacy to my child
- Making privacy part of my child's routine
- Choosing settings for my child as well as additional supporting materials, case studies, and demonstrations of the work they've done to keep children safe online.

Switched on to Privacy **campaign.**

This is designed to help parents and carers have conversations with their children about online privacy.

IDENTIFYING **SPICE** AND **THC** VAPES

Spice

A liquid added to refillable vapes. Many different brands can be used. Not all refillable vapes contain spice.

Liquid cost ~£5-10, refillable pen cost ~ £10-20

Unlabelled bottle of liquid –
Often a coloured liquid (red, green, blue, purple, pink)



Refillable vape –
Direct refill, or takes pods/cartridges





Example Pods / 'carts'

THC

A yellow resin or oil. Has a typical 'cannabis' smell. Requires a specific type of vape to work.

Cost ~£15-60

A slim rechargeable vape pen –
Ceramic coil, with a thick yellow resin/oil



Brands marketed to add THC resin/oil e.g., **CCELL**, **BackpackBoyz, Dabwoods, Cookies.**

Brands marketed to contain THC, e.g., **Jungle Boyz**, **Torch, FRYD**, **Packman.**



This visual guide is based on research from the **University of Bath**. It is intended to provide professionals a way to visually triage whether an e-cigarette ('vape') potentially contains a controlled drug. The visual guide is not exhaustive and is indicative only. References to specific commercial products are based on lab-findings and marketing material from the individual brands. **Visual identification cannot be used as confirmation.**

UNIVERSITY OF BATH

THC Vapes causing adverse reactions in young people aged 13-16.

We have received reports of several incidents of adverse reactions and hospitalisations following THC (the psychoactive component of cannabis) vape use among young people aged between 13-16 in Havant and Eastleigh. These adverse reactions include nausea, vomiting, and losing consciousness.

Police testing of two vapes seized in Eastleigh confirmed the presence of synthetic cannabinoids (e.g. Spice). These substances act very differently to cannabis and can cause severe, unpredictable, and sometimes life-threatening reactions. It is extremely dangerous for someone with no tolerance to inhale even a single dose of a potent synthetic cannabinoid.

THC-labelled vapes in the UK are frequently found to contain synthetic cannabinoids (Spice) rather than THC. Young people often do not know they are using synthetic drugs.

‘THC vapes’ laced with other substances

*Information and advice for educational settings

BACKGROUND

So-called ‘THC vapes’ are becoming popular among young people and are illegally available through online platforms, including social media. THC (tetrahydrocannabinol) is the main psychoactive ingredient in the cannabis plant. Possession is always illegal, unless prescribed in a medicine by a doctor.

Using THC has its own risks, but vapes claiming to contain it often contain more harmful substances, such as synthetic and semi-synthetic cannabinoids, often known as ‘Spice’ (referred to as ‘synthetic cannabinoids’ here). The effects of synthetic cannabinoids can be very different to those of THC and have contributed to a number of overdoses, and even deaths, in recent years in the UK.

KEY FACTS

- Cannabinoids are chemicals in the cannabis plant that affect particular receptors in the brain, including Delta-9-tetrahydrocannabinol (THC). THC is the main substance causing the ‘high’ when people use cannabis. Synthetic (and semi-synthetic) cannabinoids are chemicals that don’t occur naturally in the cannabis plant but have been manufactured and act on the same receptors, but their effects can be very different.
- Illicit vapes may claim to contain cannabis chemicals like THC, but may instead contain synthetic cannabinoids or other, even more harmful, substances.
- Vapes sold with THC or other drugs are not legal or regulated, so they don’t go through any quality control. They can look very similar to nicotine vapes and therefore can be hard to distinguish. THC, synthetic cannabinoids and other substances can also be added to refillable vapes, so without testing the liquid in a refillable vape you can’t be sure what is in it.
- Vapes containing synthetic cannabinoids have caused users to overdose and require hospital care. Many of these incidents have happened to children and young people. In some cases, incidents have occurred within school premises.
- Frequent use of THC and synthetic cannabinoids can cause dependence. Synthetic cannabinoids have been reported to cause withdrawal symptoms.
- THC and most synthetic cannabinoids are Class B drugs which means they’re illegal to possess and supply. Possession has a penalty of up to 5 years in prison, an unlimited fine or both. If a vape contains any other drug, the penalty will be based on the classification of that drug, regardless of whether the user was aware or not. In the UK, it is against the law to sell nicotine vaping products to under 18s or for adults to buy them on their behalf. Young people should not have these products in schools.

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



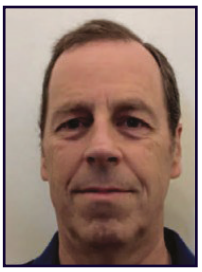
MRS MOURANT
Learning Hub Manager



MR APPLIN
Deputy Headteacher



MRS CAVELL-WELLS
Safeguarding Governor



MR LIONEL JONES
Safeguarding Governor

The HENRY BEAUFORT School

Safeguarding Newsletter 2025 - 2026

Edition 4

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**

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

P.A.C.E ITINERARY

TIME	SESSION 1	SESSION 2
9:30 - 10:45	**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.	**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.
11 - 12.15	**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.	**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.
12:15 - 12.45	**Lunch break**	**Lunch break**
12.45 - 14.00	**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.	**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.
14.15 - 15.30	**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.	**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.
15.45 - 17.00	**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.	**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.
17.15 - 19.30	**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.	**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.