



January 2026

SAFEGUARDING NEWSLETTER

Welcome to the WFA Family Safeguarding Newsletter

This newsletter is designed to help families deepen their understanding of important safeguarding topics that may impact your child, yourself, or members of our local community.

Each newsletter includes a family information sheet focusing on topics such as online safety, mental health and overall health and safety. These resources are designed to help you support your child's wellbeing, both emotionally and physically, or will support you to guide them to navigate the digital world securely and responsibly. We encourage you to take the time to read them.

If you have any questions, please don't hesitate to ask.

What is safeguarding?

Safeguarding children means taking action to promote their welfare and protect them from harm. It is everyone's responsibility. Every person who comes into contact with children and families has a role to play in keeping them safe.

On the right-hand side of this page, you'll find details about who to contact if you have concerns about a child's safety or wellbeing. Please remember that all our staff are trained in safeguarding and are available if you would like to discuss any concerns.

Access & Response Team (ART)

The Access and Response Team (ART) are the "front door" of children's and young peoples' services in South Glos.

Tel: 01454 866000 (office hours) 01454 615165 (out of hours/weekends)

E-mail: accessandresponse@southglos.gov.uk

Notes: Office hours are Mon - Thurs 9.00 – 5.00 and Friday 9.00-4.30

The Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of our safeguarding team.



Mrs Rea
Designated Safeguarding Lead
(DSL)



Miss McDonnell & Miss Black
Deputy Designated
Safeguarding Leads (DDSL)

CONTACT THE WFA SAFEGUARDING TEAM



Safeguarding@wfa.clf.uk



0117 370 9860

SPOTLIGHT ON: Consent

Consent means giving someone a choice about touch or actions and respecting their answer.

We want to give learners the tools to:

- Set personal boundaries
- Make decisions about their own bodies
- Ask for consent
- Respond appropriately when someone says no

Beyond consent, children need to understand that they can set limits on when, how, and by whom their bodies are touched. Conversations about consent should be ongoing and woven into everyday life. Here are some practical ways to incorporate consent into daily interactions:

Ways to Ask Your Child for Consent

- “Do you want a hug goodbye today? We could also wave or high five.”
- “Can I sit beside you while we read this book?”
- “Can I tell your teacher that your grandma died?”

Ways to Model Consent

- “Do you need a break from tickling, or are tickles still okay with you?”
- “It’s OK if you don’t want a goodnight hug.”
- “Can I help you put your jacket on?”

This approach helps children learn that their choices matter, and so do the choices of others. It builds respect, empathy, and confidence in setting boundaries.

Useful Contacts:

North Bristol Food Bank: 0117 472 5172

Nextlink Domestic Abuse support services: Call: 0800 4700 280 Text: 0740 789 5620 or email: enquiries@nextlinkhousing.co.uk

Kooth: a free, safe and anonymous online mental health and wellbeing service for children and young people (10-18)

YoungMinds: supporting children and young people’s mental health

<https://www.youngminds.org.uk/>

CONTACT THE WFA SAFEGUARDING TEAM



Safeguarding@wfa.clf.uk



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10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.



WEEKLY PLANNER

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.



3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.



4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.



5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.



6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.



7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.



8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.



9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.



10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.



Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>