



19th February 2026

## Safeguarding Newsletter

Dear Families,

I am writing to update you on our approach to safeguarding, and to keep you up to date with topics that have been discussed with students this half term, as well as other information linked to the safety and wellbeing of our students.

- **Designated Safeguarding Leads**

The following staff lead the safeguarding in school and are a point of contact for staff, students and parents / carers who wish to raise concerns

- Mr David Shield - Designated Safeguarding lead
- Mr Richard Lennox - Deputy Designated Safeguarding lead
- Ms Jessica Harle - Deputy Designated Safeguarding lead
- Mrs Katie Large - Deputy Designated Safeguarding lead

In addition, heads of house and the director of sixth form are also trained in this area, and can be contacted via the email links at the bottom of this letter.

- **Mental health**

- Mental health is a significant issue for a number of young people in our community. As a result some feel the need to self harm. This is a complex and difficult to understand topic. Young minds have an a-z guide of mental health, and includes an informative section on self harm.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

- Exam stress is also an issue that can cause mental health issues. The NHS has guidance for parents / carers that may help if your child is struggling

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

- **eSafety**

The negative impact of social media is a topic which concerns all of us. The Government is currently considering steps to combat this such as a ban similar to the one imposed by Australia last year. As mentioned in previous letters, as a school, we regularly have to deal with issues around social media and misuse of communications. We teach students the importance of using these systems sensibly and cautiously.

- Virgin media have produced a useful website that gives information on how to support your child to stay safe online.

<https://www.virginmedia.com/blog/online-safety/childrens-internet-safety-test/>

- Premier Education has a useful Parent's Guide to Mobile Phone Health & Safety for Kids

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<https://www.premier-education.com/news/the-parents-guide-to-mobile-phone-health-safety-for-kids>

- Internet Matters has clear guides linked to the age of children  
<https://www.internetmatters.org/resources/ukcis-social-media-guide-for-parents-and-carers/>
- The NSPCC also as information regarding specific platforms  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

• **#NEVEROK**

At school we have our own #NEVEROK campaign to support pupils with instances of bullying and discrimination. You can find more information on our school website.

<https://www.stthomasmore.org.uk/students/key-information/neverok/>

Anyone student who feels they are being victimised in line with the characteristics should report it to their tutor or head of house or via email: [neverok@stm.bwcet.com](mailto:neverok@stm.bwcet.com)

Safeguarding and child protection remain central to our daily practices, and we value the support you provide as parents / carers and working with us to keep children safe.

If you have any concerns, please contact the school through via email address below

St Bernadette	St Catherine Labouré	St John Fisher	St Therese	Sixth Form
<a href="mailto:STM-StBQueries@stm.bwcet.com">STM-StBQueries@stm.bwcet.com</a>	<a href="mailto:STM-StCLQueries@stm.bwcet.com">STM-StCLQueries@stm.bwcet.com</a>	<a href="mailto:STM-stjfqueries@stm.bwcet.com">STM-stjfqueries@stm.bwcet.com</a>	<a href="mailto:STM-sttqueries@stm.bwcet.com">STM-sttqueries@stm.bwcet.com</a>	<a href="mailto:STM-SixthFormQueries@stm.bwcet.com">STM-SixthFormQueries@stm.bwcet.com</a>

Your sincerely

Mr D Shield  
 Deputy Headteacher

