



Etone College
www.etonecollege.co.uk

13th July 2026

Dear Parents/Carers

Re: Samaritans July Campaign, School Assembly & Summer Safety

We hope this letter finds you and your family well as we approach the end of the academic year. As part of our ongoing commitment to promoting student wellbeing, we are pleased to share that we have been supporting the **Samaritans' July Awareness Day – Talk to Us** - a national initiative focused on mental health awareness and encouraging open conversations around emotional wellbeing.

Mrs Price, our Designated Safeguarding Lead (DSL), delivered a whole-school assembly to highlight the important messages behind the Samaritans Awareness Day. The theme centres around **“Talk to Us”** encouraging students to check in with one another and speak up if they or someone they know is struggling. The assembly also provided practical strategies for seeking help and reminded students of the support systems available both in and out of school.

We encourage you to continue these conversations at home. Resources and further information about the Samaritans and their campaign can be found at: www.samaritans.org

Summer Safety

As we approach the summer holidays, we also want to remind families about staying safe during the break. Here are a few key points we've shared with students:

Online Safety: Be mindful of time spent online, social media interactions, and sharing personal information. Limit screen time particularly before bedtime to get into a good sleep routine.

Water Safety: Stay safe near open water, never enter open water without permission and appropriate supervision - this includes rivers, lakes, and swimming pools especially during hot weather. Only swim in recognised, lifeguarded locations where swimming is permitted. Be aware that open water can be much colder than expected even in hot weather. Avoid jumping or diving into unfamiliar water due to hidden hazards and changing depths.

Sun Safety: Use sunscreen, stay hydrated, and seek shade during peak sun hours.

Train Safety: Staying away from railway lines and crossing in the appropriate places. We encourage all parents to talk with their children about the dangers of level crossings, reminding them to always follow warning signs, never attempt to cross when barriers are down or alarms are sounding, and to stay alert, as trains can approach quickly and quietly

Mental Health: Take time to rest and recharge and reach out if you're feeling low. Talking to someone can make a real difference. Remember to use our Etone Top Tips - give, connect, take notice, keep learning and be active. Take time to have conversations during mealtimes to check in on your child's wellbeing.

Walking & Cycling Safety: Wear a cycle helmet, wear reflective clothing, stay alert, use designated lanes or paths, cross at designated crossing points and follow the rules and laws of the road.



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Our pastoral and safeguarding teams are always available for support, and we encourage students and families to speak up with any concerns whether now or during the holidays.

Please find websites links to support you and your children:

www.youngminds.org.uk

www.kooth.com

[Talking therapies - NHS](#)

www.samaritans.org

[Parents and Carers - UK Safer Internet Centre](#)

www.nspcc.org.uk

[Children and families – Warwickshire County Council](#)

[Safety education - Network Rail](#)

[Water safety for parents](#)

[Advice for parents and families | Brake](#)

We wish you all a safe, restful, and enjoyable summer break.

Your faithfully

Ian Smith
Headteacher



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