

21st October 2026

Dear Parents / Carers



Etone College
www.etonecollege.co.uk

Safeguarding Newsletter – October Half-Term 2026

As we approach the October half-term holiday, we would like to remind all parents and carers of the importance of keeping our young people safe, both online and in the community, while supporting their physical and mental wellbeing.

Half-term provides a valuable opportunity for young people to rest, spend time with family and friends, and enjoy activities outside school. However, we know that the holidays can also bring additional challenges. We encourage you to maintain open conversations with your child, be aware of their activities and whereabouts, and remind them that support is always available if they need it.

Online safety and social media

During the holidays, young people may spend more time on their mobile phones, gaming platforms and social media. We encourage parents and carers to remain vigilant and regularly monitor their child's online activity in an age-appropriate way. Please be particularly mindful of:

- **TikTok and online trends:** Some trends, challenges and viral content can encourage dangerous behaviour, normalise harmful attitudes or negatively affect young people's body image, self-esteem and mental health.
- **Social media interactions:** Be aware of who your child is communicating with online, including people they may not know in person.
- **Inappropriate content:** Talk to your child about what they watch, share and receive online, including violent, sexual or upsetting material.
- **Privacy and personal information:** Remind young people not to share personal details, passwords, live locations or intimate images.
- **Online bullying and harmful behaviour:** Encourage your child to tell a trusted adult if they experience or witness bullying, harassment, threats or anything that makes them feel uncomfortable.

Please review privacy settings, age restrictions and parental controls on devices and apps, and establish clear boundaries around screen time. Regular, calm conversations about what your child enjoys online can help them feel comfortable coming to you if something goes wrong.

Supporting mental health and emotional wellbeing

At Etone College, we recognise that mental health is just as important as physical health. Young people may experience stress, anxiety, loneliness or difficulties with friendships, particularly when routines change during the holidays.

We encourage families to check in with their children regularly, listen without judgement and reassure them that it is okay to ask for help.



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The following organisations and resources can provide advice and support:

- **YoungMinds:** Information and advice for young people and parents about mental health and emotional wellbeing. Visit www.youngminds.org.uk.
- **Kooth:** Free online mental health and wellbeing support for eligible young people, including access to online resources and support from qualified professionals. Visit www.kooth.com to check local availability.
- **Soluna:** A wellbeing app and online platform from Kooth for young people aged 13 and over via the app, and aged 11 and over via the website. Soluna offers tools to help young people manage stress, including breathing exercises, alongside online support. Live text chat is available on weekdays from 12pm to 10pm and at weekends from 6pm to 10pm. Young people can drop in during opening hours or book a session.

Etone's wellbeing top tips for half-term

Small, positive activities can make a real difference to our wellbeing. We encourage families to try some of Etone's wellbeing tips together over the holiday:

- **Keep Learning:** Try cooking a new meal, baking, learning a craft, taking photographs or developing a practical skill.
- **Be Active:** Enjoy a family walk, visit a local park or explore the countryside together.
- **Connect:** Spend time with family and friends and make time for meaningful conversations. Try putting phones away during dinner and using mealtimes to talk about the day, share experiences and discuss any worries.
- **Give:** Help in the community, help at home or think about fund raising ideas to share when back at school.
- **Take Notice:** Be mindful and appreciate the things around you. Look after each other and remember those 3 words "Are you ok?"

Halloween: staying safe and respecting our community

As Halloween approaches, please speak to your child about making safe and responsible choices when out with friends. We ask all pupils to:

- Respect residents, neighbours and local businesses.
- Never engage in antisocial behaviour.
- Only visit homes where trick-or-treating is welcomed and respect any signs asking visitors not to knock.
- Travel with friends, remain in well-lit areas and let a parent or carer know where they are going and when they expect to return.
- Wear visible clothing and take care when crossing roads, particularly in the dark.
- Avoid carrying items that could cause injury or be mistaken for weapons.

Parents and carers should agree clear boundaries, check travel arrangements and establish a suitable time for their child to return home.

Bonfire Night and Fireworks Safety

In the week leading up to Bonfire Night, we ask parents and carers to remind young people about the risks associated with fireworks, bonfires and antisocial behaviour.

Please reinforce the following messages:

- Never play with fireworks, matches, lighters or other flammable materials.
- Never approach, build or light an unattended bonfire.
- Do not throw fireworks
- Never carry fireworks in your pocket or attempt to relight a firework that has failed to go off.
- Attend organised firework displays wherever possible and follow the instructions of event staff.

Fireworks and bonfires can cause serious injuries. Please ensure children understand that these are not toys and that dangerous behaviour can have lasting consequences.

Food and practical support for families

We understand that the cost of living can place additional pressure on families, particularly during school holidays when children may be at home for longer.

Foodbank vouchers are available through Etone College.

If your family needs support with food or other practical difficulties, please contact **Mrs Price** (Designated Safeguarding Lead) or **Miss Tirabasso**. We will treat requests sensitively and do our best to help you access appropriate support.

Families can also find information about local services through Warwickshire County Council and Nuneaton and Bedworth Borough Council:

- [Warwickshire County Council](#) – information about family support, children's services and local help.
- [Nuneaton and Bedworth Borough Council](#) – local information and community services.

At Etone College, the safety and wellbeing of our pupils remain our priority. Please continue to remind your child that they can speak to a trusted adult if they feel unsafe, worried, pressured or upset, whether this happens online, at home or in the community.

If you have a safeguarding concern about your child or another young person, please seek appropriate support. Where a child is in immediate danger, call 999.

We wish all our pupils and families a safe, restful and enjoyable October half-term.

Yours faithfully



Mr I Smith
Headteacher