

October 2025

Dear Parents and Guardians,

This year, we are introducing a half-termly safeguarding and health bulletin, sharing with parents our safeguarding themes for each term and what we hope will be useful resources for discussions at home. Please email Miss Dunning (ad@exeterschool.org.uk) if there are any particular topics that you would like to see included in the bulletin. This first bulletin contains quite a lot of information at the start of the school year and we hope it will be especially useful to new parents to the school. Please keep reading for:

- Who's who in the safeguarding team
- Key messages for pupils
- Staff training
- Vaccinations and 'flu
- Advice for hosting / attending parties

Miss Ali Dunning is the Designated Safeguarding Lead and has overall responsibility for Safeguarding and Child Protection at Exeter School.

Miss Dunning is supported in her role by Mr John Wood, Mrs Julia Daybell, Mr Mike Glanville, Mr Luigi Chu and Mrs Jess Doku as Deputy DSLs.

Mrs Doku is the school's Head of Safeguarding, working closely with the pastoral and safeguarding team and offering support when needed to pupils and families.

The safeguarding team can be reached by contacting safeguarding@exeterschool.org.uk

Our Safeguarding & Child Protection Team

The safety and wellbeing of all our pupils at Exeter School is our highest priority

Mrs Julia Daybell
Assistant Head (Lower School) and Deputy DSL
jhd@exeterschool.org.uk

Miss Ali Dunning
Deputy Head (Pupil Development, Welfare and Wellbeing) and Designated Safeguarding Lead
ad@exeterschool.org.uk
07814 394701

Mrs Jess Doku
Head of Safeguarding and Deputy DSL
jld@exeterschool.org.uk

Mr John Wood
Junior School Deputy Head and Deputy DSL
jsw@exeterschool.org.uk

Mr Mike Glanville
Assistant Head (Middle School) and Deputy DSL
mfcg@exeterschool.org.uk

Exeter School's Safeguarding & Child Protection Policy is available from the school's website. The responsibilities extend to all staff, volunteers and visitors. If you are worried about a pupil then it is your responsibility to contact a member of the Safeguarding and Child Protection Team.

Mr Luigi Chu
Assistant Head (Sixth Form) and Deputy DSL
lc@exeterschool.org.uk

Key safeguarding messages shared with pupils at the start of term:



Site Safety

We have reinforced the importance of staying safe on school grounds, including:

- Awareness of designated areas and boundaries.
- The meaning of different colour lanyards and who should and shouldn't be escorted (and what to do in the unlikely event of seeing an unescorted adult).
- Reporting hazards or concerns to staff promptly.



Shared Responsibility for a Safe and Inclusive Environment

Pupils were reminded that safeguarding is a collective effort. Key points included:

- Respecting all members of the community and promoting kindness
- Understanding the importance of allergy awareness, and not bringing in nut products
- Taking responsibility for their own actions and interactions, and looking out for peers



In-School Support (including Whisper for senior school pupils)

We have highlighted the support systems available within school for pupils:

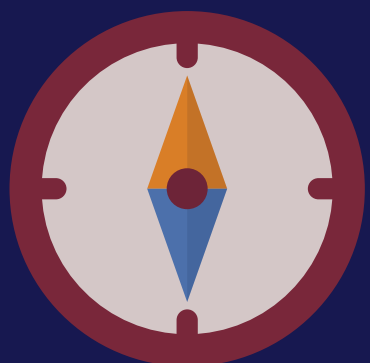
- speaking in the first instance to the form tutor.
- Using the Whisper anonymous reporting app to share concerns safely and discreetly
- Accessing wellbeing resources via The Hub (Junior school) and Room 3 (Senior school)
- Speaking to a member of the safeguarding team



Mobile Phone Policy

To maintain purposeful learning environment free from distraction, we have reiterated our mobile phone policy to senior school pupils:

- Phones must be switched off and stored in lockers during the school day (3F - U5)
- Any misuse will be addressed in line with our behaviour policy
- Asking at the Head's/Junior school reception if a pupil needs to contact home



Accessing Advice and Help

We have signposted pupils to trusted charities and organisations that offer support for young people, including:

- Childline
- YoungMinds
- NSPCC
- Pupils are encouraged to seek help when needed and to know that asking for support is a strength, not a weakness.

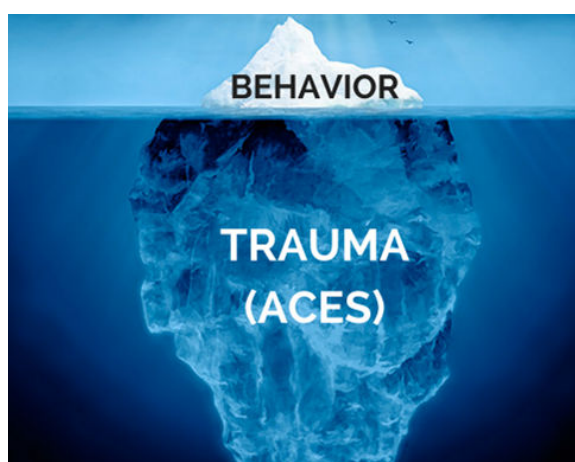
This half-term, our staff have refreshed their knowledge of Adverse Childhood Experiences (ACEs) and Early Help.

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) refer to stressful or traumatic events occurring in childhood, such as abuse, neglect, parental separation, bereavement, or exposure to domestic abuse. These experiences can have a profound and lasting impact on a child's emotional, psychological, and physical development.

More information regarding ACEs and the impact of trauma and adversity is available here:

<https://www.youngminds.org.uk/professional/resources/understanding-trauma-and-adversity/>.



Responding to the individual needs of pupils

Understanding Adverse Childhood Experiences (ACEs) is essential for school staff, as ACEs can profoundly affect a child's physical and mental health, behaviour and academic performance.

Pupils who have experienced trauma may struggle with concentration, emotional regulation, social relationships, and may display behaviors that are often misunderstood as defiance or disengagement.

An awareness of the impact of ACEs enables staff to respond with greater empathy, implement trauma-informed practices, and create a supportive environment that fosters resilience and academic success.

We recognise that many pupils may be facing personal challenges, such as bereavement or family difficulties. If you would like to make us aware of a situation impacting your child or to discuss any concerns you have for their wellbeing, please contact with your child's form tutor in the first instance.

Early Help

Early Help refers to the support given to a child, young person, or family as soon as concerns arise, aiming to prevent issues from growing into more serious problems. It is not a single service, but rather a coordinated approach involving a range of services (including the school) working together to offer the right help at the right time.

The goal of Early Help is to strengthen families and help children reach their full potential by addressing challenges early on and preventing the need for more intensive, statutory interventions.

Please contact a member of the safeguarding team if you would like to find out more about Early Help or seek further support for your child.

Safeguarding and Health Bulletin

Key vaccination and flu messages



Why is my child being offered a free nasal flu vaccine at school?

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia.

Each winter in the UK, thousands of children who do not have a health condition need hospital care because of flu.

Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

All pupils at school from Form One to Upper Fifth have been offered a free nasal flu vaccination.



If you would like your child to receive their free flu vaccine, please ensure you have given consent by Monday 17 November.

Flu vaccinations will take place in school on Wednesday 19 November 2025.

How to provide consent for my child's Flu vaccination at School on 19 November 2025:

Please copy and paste the web address into your browser and enter the code below (must be completed by Monday 17 November for your child to have the vaccination at school).

<https://www.kernowimmunisations.co.uk/Forms/Flu>

School code: DV113354

Information on all available NHS vaccinations can be found at:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Further useful information to help you assess if your child is well enough for school can be found at:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Vanessa Fraser
School Nurse



Safeguarding and Health Bulletin

Guidance for Parents of Children Hosting or Attending a Party

Now that the new school year is underway, I am sharing with you some guidelines which cover guidance from various online sources regarding parties, in case they are helpful. I would stress that it is not our intention to discourage all parties or interfere in family life but to provide advice that helps ensure events are safe, well managed, and supportive of the pupils' wellbeing.

We know that large teenage gatherings, particularly when alcohol is involved, can create risks and challenges, and that teenagers are far more likely to take risks in the company of their peers. Socialising is an important and positive part of growing up and, in our experience, having certain safeguards in place means that all attendees are far more likely to enjoy themselves and stay safe.

I am sure that some pupils would not thank me for writing to parents about this (and I would certainly expect some eyerolls when they discover that I have!) but we know how persuasive teenagers can be when it comes to being with their friends, and it's usually down to the adults to think about those 'boring' practicalities, so I hope this document will prove useful to you.

If your child is hosting a party

Guest List & Social Media

- Control the guest list and clearly state that uninvited guests will not be admitted.
- Collect emergency contact details for all attended and communicate with other parents in advance of the event.
- Be mindful that social media makes it almost impossible to keep a party private. Consider how you would handle unexpected guests.
- Be aware that exclusion from guest lists can cause upset among peers and may have an impact on friendships.

Behaviour & Reputation

- Our Behaviour Management Policy extends to actions outside of school that may bring the school into disrepute. Please remind pupils of this responsibility.

Alcohol

- We do not recommend unsupervised access to alcohol, as it reduces judgement and increases risk-taking.
- Encouraging an alcohol-free party may be easier than you think, as many young people are choosing not to drink.
- If alcohol is provided, ensure it is age-appropriate, supplied carefully, and agreed upon with other parents. Avoid spirits. Be cautious with bottles or drinks brought in by pupils, as these may contain spirits or other substances.

Drugs

- While pupils are educated about the risks, drug use remains a concern at social gatherings. This includes cannabis (often through vaping or edibles) and, increasingly, ketamine.
- Hosts should know it is a criminal offence to allow drugs to be used on their premises. Helpful resources can be found at talktofrank.com.

Supervision & Safety

- Full adult supervision is essential. Consider plans for emergencies such as injuries, allergic reactions, or altercations.
- Think carefully about practicalities, such as ambulance access for outdoor venues.

Timing & Venue

- Please avoid organising parties that clash with school commitments.
- Homes are often not well suited to large gatherings. Consider hiring a hall or venue better equipped for groups.

Overnight Stays & Travel

- If children are staying over, think about how to manage risks, including the possibility of sexual activity.
- If travelling home, ensure safe arrangements are in place.

If your child is attending a party

Know the Arrangements

- Confirm the venue, timings, and level of supervision. If your child is vague, it could mean they plan to gate crash.
- Have a plan for collection and make sure your child knows how to contact you or leave safely if they feel uncomfortable. Consider using <https://what3words.com/> if the venue is not easy to locate by its post code.

Communicate with the Hosts

- Speak directly to the host's parents to reassure yourself about safety (e.g., what drinks will be served). Share your contact number.

Reinforce Responsibility

- Remind your child to be respectful of their surroundings and the host family.
- Good manners and consideration for others go a long way to keeping everyone safe and welcome.