

Safeguarding and Health Bulletin

November 2025

Dear Parents and Guardians,

Welcome to our half-termly safeguarding and health bulletin, sharing our safeguarding themes for each term and what we hope will be useful resources for awareness and discussions at home. Please keep reading for:

- Anti-Bullying week information and an update on our Pastoral Wellbeing Room
- Advice for parents and guardians if you are concerned your child may be experiencing bullying or may be bullying others
- Staff training and Attendance
- Information about Chat Ai and associated safeguarding risks
- Is my child too ill for school? A message from the school nurse

Anti-Bullying Week

Today marks the end of Anti-Bullying week. The theme for this year is looking at ways for pupils to use their 'power for good'.

Power for Good has been the focus of our year group assemblies this week and next and pupils have had the opportunity within tutor sessions to explore what this means. We have encouraged pupils to recognise that they have the power to make a difference and use their Power for Good. We have challenged them to speak up when something isn't right, stand with others and show kindness every day, endeavouring to put a stop to any form of bullying.

We have reminded pupils that they should speak to their form tutor as soon as possible if they have any concerns for themselves or someone else in relation to bullying. If pupils do not feel able to have a face to face conversation, they can access Whisper (online anonymous reporting). These messages are read and responded to by members of our safeguarding and pastoral team

Our Pastoral Room in the Senior School has been transformed!



Mrs Glanville

Over the half-term break, our pastoral *Room 3* was transformed to mirror the wellbeing room in the Sixth Form Centre. Pupils have really enjoyed exploring the new space. Over the next few weeks, form tutors will bring their groups to visit so that newer pupils can become familiar with the environment and all pupils can be reminded support available from Mrs Glanville, our pastoral assistant based in Room 3.



Working Together to Tackle Bullying and Promote Respect

At Exeter School, our safeguarding culture is rooted in the school's core virtues of Inspire & Challenge, Kindness & Integrity, Welcome & Serve, and Endeavour & Collaborate. These values guide our commitment to ensuring that every member of our community feels safe, respected, and supported.

As part of this commitment, we take a clear and proactive stance on bullying. While we strive to promote kindness and mutual respect in all areas of school life, we recognise—just as with safeguarding more broadly—that bullying can occur in any community, including our own. When it does, we are determined to respond in the most effective and compassionate way, ensuring that all pupils are listened to, the victim supported, and the perpetrators educated and sanctioned as appropriate.

Bullying in any form—whether verbal, physical, social, or online—is contrary to the values we uphold. Through our pastoral systems, curriculum, and co-curricular opportunities, we aim to educate pupils about empathy, personal responsibility, and the importance of standing up for others.

We value the partnership between home and school and ask parents to share any concerns at the earliest opportunity. By working together, we can continue to foster a safe, kind, and respectful community where every pupil can flourish.

Guidance on how to best support your child:

If You Suspect Bullying

If you think your child may be experiencing bullying, start by listening carefully to what they tell you. Try to understand what has happened — when, where and who was involved — without adding pressure. Reassure your child that they have done the right thing in speaking to you.

Encourage them not to retaliate, and let them know that the school will take their concerns seriously. Keep home a calm and supportive space, and check in with them regularly.

It can also be helpful to keep an eye on your child's online activity or social media use for any signs of distress.

Please share any concerns with us as soon as possible so that we can respond quickly and ensure your child feels safe and supported.

If Your Child Is Bullying Others

If you become aware that your child may be bullying others, start by having an open and calm conversation to understand what is happening and why. Encourage your child to think about how their actions affect others, and to show empathy, respect, and compassion.

Be clear that bullying is never acceptable, and set consistent expectations and consequences at home to help guide positive behaviour. Change can take time, so remain patient and supportive as your child learns to make better choices.

Keep an eye on their social media and online interactions to ensure respectful behaviour continues beyond school.

Please contact the school if you would like support or advice — we are here to work in partnership with you to help your child make positive changes.

Please find further information on how best to support your child if you suspect bullying from these organisations:



Staff training

This half-term, our staff are refreshing their knowledge around recognising the signs of bullying and best practice in reporting and recording any concerns. As part of our ongoing commitment to pupil wellbeing, staff will be receiving updated information and guidance to help them spot potential issues early and respond appropriately.

At Exeter School, all concerns regarding behaviour are logged securely on our Child Protection Online Management System (CPOMS). This allows staff to record incidents promptly, ensuring that the appropriate members of staff are informed and that any issues are addressed quickly and effectively. Actions and outcomes are added to maintain clear communication and follow-up and overseen by our safeguarding team.

Online Safety Focus: Character AI and Chat Tools

In this bulletin, we would like to highlight Character AI, a chatbot platform that is becoming popular with young people. It allows users to:

- Chat with AI characters based on fictional, historical, or celebrity figures.
- Create and personalise their own AI characters.
- Set up “chat rooms” where multiple characters can interact.



Although Character AI can be fun and engaging, parents and guardians should be aware of some safety considerations. Guidance from www.internetmatters.org highlights potential risks.

An increasing reliance on Chat tools

Chat tools like Character AI and ChatGPT are increasingly part of children’s digital lives. They can support learning, creativity, and curiosity, but they also bring new challenges for safety and wellbeing.

Things to Watch Out For

- Content: AI can provide information that is incorrect or inappropriate for children.
- Privacy: Conversations may be recorded or analysed; sharing personal details can put children at risk.
- Emotional impact: Children may develop attachments to AI or rely on it for advice, which can affect social and emotional wellbeing.
- Platform safety: Some services may not be legitimate. Only use official, age-appropriate platforms.
- Schoolwork: AI can generate essays or homework, which can undermine learning if not used responsibly.

Advice for Parents and Guardians

- Talk openly: Ask which AI tools your child uses and why.
- Set boundaries: Ensure platforms are safe and suitable for your child’s age.
- Encourage critical thinking: Remind children to check the information they receive.
- Protect privacy: Avoid sharing personal details online.
- Monitor wellbeing: Be aware of over-reliance or strong attachment to AI.
- Reach out to school: Contact your child’s tutor or a member of the safeguarding team if you have concerns.

Exeter School’s Approach

At Exeter School, we aim to help pupils use AI safely, responsibly, and ethically. This supports our wider values of:

- Academic integrity
- Personal responsibility
- Safe digital engagement

By understanding both the benefits and the risks of AI, pupils can enjoy technology safely and responsibly.

Attendance

Regular attendance is essential for your child’s academic progress, wellbeing, and safety at Exeter School. We closely monitor attendance and punctuality, maintaining daily records and promptly following up on any unexplained absences — this forms an important part of our safeguarding procedures. We ask parents to notify the school promptly if their child is unwell or unable to attend and to work with us to address any attendance concerns. For full details of our approach, please refer to the School’s Attendance Policy on the website.

Health messages from the school nurse

As the days grow shorter and winter illnesses begin to circulate, I would like to share a timely link to support decision-making around whether your child is well enough to attend school.

The NHS website offers clear guidance for parents in the section: Is my child too ill for school?

Pupils who have any concerns about their own health or wellbeing are reminded that they are welcome to speak with me should they wish to talk or seek advice.

Flu vaccinations will take place in school on **Wednesday 19 November 2025**. The deadline to sign up for your child to receive the vaccination is **Monday 17 November**.



Please visit:
<https://www.kernowimmunisations.co.uk/Forms/Flu>
School code: DV113354