

Safeguarding and Health Bulletin

January 2026

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:

- Children's Mental Health Week
- Staff Training
- Current Online Scams Posing a Risk to Children and Young People
- Online Scams and Sextortion: Tips for Parents and Guardians
- Health Messages from the School Nurse



Children's Mental Health Week

Children's Mental Health Week on 9 - 15 February will be marked at Exeter School with a focus on this year's theme, "This is My Place."

Guided by the school's virtues, the week will encourage pupils to reflect on how kindness, respect, collaboration and a sense of community help make Exeter School a place where everyone feels supported, valued and able to be themselves.

Through planned activities and shared discussions, pupils will explore the importance of belonging and the role that staff, friends and the wider school community play in supporting positive mental health and wellbeing.

Staff Training

This half-term, our staff are refreshing their knowledge on recognising the signs of online scamming, sextortion, and related safeguarding concerns, as well as best practice in reporting and recording any incidents. As part of our ongoing commitment to pupil wellbeing, staff will receive updated guidance to help them spot potential issues early and respond appropriately.

This week, our senior school pastoral team leaders came together for an 'away day' focused on safeguarding and pupil wellbeing. Sessions covered supporting pupils' attendance, including preventing and addressing emotionally based school non-attendance, identifying and supporting those who may 'fly under the radar', and fostering a strong sense of year group identity. Staff also reviewed how we support pupils and families through bereavement, and how we manage pupil transition and induction.

Online Scams and Sextortion: Keeping Pupils Safe

Online scams and fraud are a growing risk for young people in the UK, especially senior school pupils. Research from the UK Safer Internet Centre shows that *nearly half* of children aged 8–17 have been scammed online, often via social media, gaming platforms, or other sites they use daily.

Some scams, including "sextortion," involve manipulating teenagers into sharing an image / an intimate image and then blackmailing them. With the development of AI, any image shared online can now be altered, deepfaked, or misused, meaning the risk to pupils is not limited to sharing nudes. UK authorities report this is increasingly affecting boys aged 14–17 on apps like Snapchat and Instagram.

At Exeter School, our pastoral curriculum helps pupils understand how to stay safe online, including by not sharing personal information or images that could be altered and misused or lead to pressure or blackmail. Most recently, Mrs Johnson led an assembly with Fourth Form pupils focusing on online scams and how they can develop. Pupils are reminded they can always speak to a trusted member of staff if they are worried or feel targeted.

Current Online Scams Posing a Risk to Children and Young People

Gaming scams

Fake offers for Robux (Roblox), V-Bucks (Fortnite) or rare in-game items
Links designed to steal logins or take over accounts

AI impersonation scams

Fake voice notes or video calls pretending to be a friend or family member in trouble
Requests for money, gift cards or urgent help

“Digital arrest” scams

Fake video calls claiming to be from the police
Pupils are told they owe fines or have committed an offence and must pay immediately

AI sextortion

AI-generated or edited images used to blackmail, threaten or humiliate
Often accompanied by demands for money or silence

“Easy money” schemes

Fake jobs, reselling schemes or online work
Pupils asked to pay “training fees” or move money for someone else (money mules)

Phishing and data theft

Fake “account suspension” or age-verification messages
Requests for photos of ID, bank cards or personal details

Public Wi-Fi & scholarship scams

Fake Wi-Fi networks harvesting personal data
“Guaranteed” grants or scholarships that require a payment to release funds

Online Scams and Sextortion: Tips for Parents and Guardians

Talk Early & Reassure

Discuss online risks now.

Let your child know they should always tell you if something goes wrong; that you will help them and they will not be blamed.

Stop & Block

If threatened or blackmailed, stop communication immediately.

Use app tools to block and report the offender.

Keep Evidence

Save messages, images, videos, or links.

This helps police or services like IWF's Report Remove to remove harmful content.



Working together
to stop child sexual
abuse online

Report

Report to the police as soon as possible. You can also contact CEOP or Action Fraud, and we encourage you to reach out to the safeguarding team at school so that we can also offer discreet support as needed.

Reporting online



If your child has been a victim of sexual, online abuse or they're worried this is happening to someone they know, visit the CEOP to report it.

Support Calmly

Ask questions because you care, not to punish.

Remind your child they are not at fault.

Preventive Steps

Reinforce not sharing personal info, passwords, or images, and not trusting anyone online unless they are known.

Encourage checking with an adult before responding to anything suspicious.

Regular reassurance at home, combined with school support, is key to preventing harm and supporting young people effectively.

Health Messages from the School Nurse

The School Age Immunisation service will be delivering vaccinations at School for pupils in years 9 (L5), 10 (M5) and 11 (U5) who require vaccination against Tetanus/Diphtheria/Polio and Meningitis ACWY on **Tuesday 3rd February 2026**.

An email has been sent with details of how to sign your child up to receive this vaccination.