Safer Together

November 2026

Your interactive safeguarding newsletter, bringing together key updates, awareness campaigns and advice to keep children and young people safe.



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Cornwall Education Learning Trust

WELCOME



Heidi Spurgeon
CELT Safeguarding Lead

Dear Parents and Carers,
Welcome to the first edition of our CELT Safeguarding Newsletter.

Safeguarding is at the heart of everything we do across our schools. Keeping children safe is a shared responsibility, and we are committed to working in partnership with families and our communities to ensure that every child feels safe, supported and able to thrive.

This newsletter highlights some of the key safeguarding topics affecting children and young people this autumn, alongside practical information, useful resources and details of where families can access further advice and support.

Children achieve their best outcomes when schools and families work together.

Please continue to:

- Update us if your contact details change
- Emergency contact numbers - we must hold a minimum of two per child
- Inform us promptly of any changes to family circumstances that may affect your child.
- Reach out to your child's school if you need support or advice.
- Encourage your child to speak to a trusted adult if they have worries or concerns.

Together, we can ensure that every child feels safe, valued and supported to succeed.

Thank you for your continued partnership and support.



ONLINE SAFETY: AI, DEEPFAKES AND SOCIAL MEDIA

Technology is evolving rapidly and many children are now encountering artificial intelligence (AI) generated images, videos and content online.

Some content may appear real when it is not. AI can be used to create convincing images, videos and voices known as deepfakes. Whilst these technologies can be exciting, they can also be misused to spread misinformation, bullying, scams or harmful content.

How you can help:

- Talk to your child about questioning whether online content is genuine.
- Encourage children to speak to a trusted adult if they see something upsetting online.
- Discuss the importance of not sharing images or videos without permission.
- Regularly review privacy settings and parental controls on your child's devices

Useful websites for advice

Internet Matters

NSPCC

CEOP Safety



HEALTHY ONLINE HABITS

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Many children and young people spend significant amounts of time online, gaming, messaging friends, streaming content and using social media.

Simple routines can help keep technology use healthy:

- Keep devices out of bedrooms overnight where possible.
- Establish screen-free family time around meal times and an hour before bedtime.
- Talk openly about the apps and games your child uses and complete checks.
- Be aware of age ratings and privacy settings - is the content they are viewing appropriate?
- Encourage regular breaks from screens.

> Children are more likely to seek help and support when adults show interest rather than judgement.



CELT spotlight on

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Anti Bullying Week takes place from Monday 16 November to Friday 20 November 2026 and this year's theme is "Break the Silence" which will encourage children, young people and adults across the UK to start conversations about bullying, speak up, listen and take action together.

Children learn best when they feel safe, respected and valued.

Throughout the year, our learners will continue to explore through the curriculum:

- Respect and kindness
- Healthy friendships
- Diversity and inclusion
- Protected characteristics
- Online behaviour and digital citizenship
- Bullying and discrimination

We encourage parents and carers to keep conversations going at home about treating others with dignity and respect.

Click here for more info



MENTAL HEALTH AND EMOTIONAL WELLBEING

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Just like physical health, mental health is something we all have.

Children and young people may experience periods of worry, anxiety or emotional distress. Changes in behaviour, sleep patterns, appetite, friendships or motivation can sometimes indicate that additional support may be needed.

Things that can help:

- Talking openly about feelings
- Maintaining routines
- Spending time outdoors
- Positive sleep habits
- Seeking support early

If you are concerned about your child's emotional wellbeing, please contact your child's school so that we can discuss available support.



SAFEGUARDING DURING THE DARKER MONTHS



As the evenings become darker, it is important to remind children about keeping themselves safe.

Please discuss:

- Safe routes to and from school
- Staying with friends when out and not walking alone
- Road safety- especially travelling to and from school, avoid wearing all dark clothing.
- Letting trusted adults know where they are
- A reminder that e-scooters should not be rode in public places
- Lights on bikes if riding to and from school or in the dark

These simple conversations can make a significant difference.



SUPPORT FOR FAMILIES

Kernow Education Advice Line
01872 324497
Early advice, guidance and information for parents, carers and students with questions or concerns about education. Helping families understand learning, education choices and how children are feeling - support to get the right help at the right time.

Childline 0800 1111
Free confidential support for children and young people.

NSPCC 0808 800 5000
Advice and support for parents and carers.

CEOP Safety Centre
Support for concerns about online abuse or exploitation.

CEOP Safety

DESIGNATED SAFEGUARDING LEAD CONTACT LIST

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A final thought... could your child spot a deepfake?

This week, ask your child: "How do you know whether a photo or video online is real?"

A simple conversation today can help build the critical thinking skills children need to navigate an increasingly digital world safely.