

Parent / Carer Safeguarding Newsletter

**Summer term
2026**



Welcome back to the last installment of our safeguarding newsletter, summer edition. Keeping children safe at Handsworth Grange Community Sports College (HGCSC) is our number one priority and we know that the most effective way for us to support our young people is to work in partnership with their parents / carers.

The risks children and young people face change all the time, we therefore thought parents may find it beneficial to have access to information and guidance on a range of topics and highlight how to access support when needed. We will share information throughout the school year, however the contact information for the safeguarding team is also attached at the end of this letter should you need any support.

At HGCSC, we have a highly qualified and experienced team who are available to support you with any worries you might have. Please don't hesitate to get in touch if you would like to discuss anything further at:

<https://hgcsc.co.uk/contact>



Rochelle, Sophie and Chloe

Raising Responsible Teenagers seminar

Your child is almost an adult, or at least that's what they think. Life with teenagers can be a little strained and it is only normal for parents to want further guidance and support at such a tricky time in your child's development.

There is a free seminar through the Sheffield Parent Hubs for 'Raising Responsible Teenagers' which is taking place:

**Friday 15th May
10.00am – 11.30am
Microsoft Teams**

In this seminar you will be introduced to the six key elements to teach your teenager:

- Join in with family decision making
 - Being respectful
- Getting involved in family activities
- Developing a healthy lifestyle
 - Being reliable
 - Being assertive

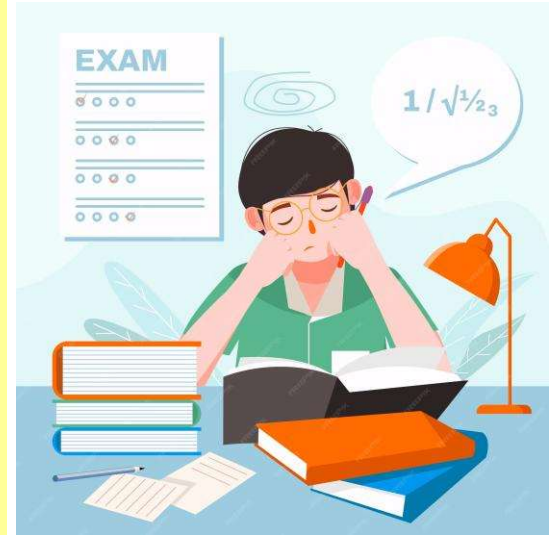
How to book on:

<https://www.sheffielddirectory.org.uk/sheffield-parent-hub/parent-hub-events/raising-responsible-teenagers-1508-1/>

Y11 Exam Stress

At this time of year, it is very common for parents / carers to become worried about their child's stress levels when going through exams. It might be that you've noticed mood swings, irritability, withdrawal from usual activities, lack of sleep or appetite.

Parents can play a crucial role in helping their child manage exam stress by providing emotional support at home, creating a study environment for them to revise, and encouraging healthy habits in general.



Practical tips for support:

Balanced diet – ensure your child eats nutritious meals and avoids excessive caffeine drinks and sugar (as they impact mood and concentration).

Regular sleep – encourage a consistent sleep routine aiming for 8-10 hours of sleep per night to improve focus and reduce stress.

Open communication – set aside time to check in / provide one-to-one conversations where your child can express their worries and vent to you. Validate their feelings and reassure them that it is normal to feel stressed.

Plan fun activities – organize enjoyable activities or treats to look forward to after exams or as revision breaks, watch a calming movie, go for a walk, bake together etc.

Support online for Y11s with exam stress and for parents:

Mind - <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

BBC - <https://www.bbc.co.uk/bitesize/articles/zckydxs>

Parentkind - <https://www.parentkind.org.uk/for-parents/health-and-wellbeing/exam-stress-and-failure>

NHS - <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Childline - <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Kooth.com is always a good place for any child to start in terms of accessing support for stress and anxiety.

How to beat the summer boredom...

The summer holidays can be a time of financial pressure and stress for many parents; the downtime is essential for children to relax and rest but it also means a lot of time to try to keep them entertained.

There are two local youth clubs which will be running throughout the summer holidays which you can signpost your young person to. There are free games and activities and free food, it is also run by experienced youth workers who know how to keep teenagers safe.



HANDSWORTH YOUTH CLUB

EVERY MONDAY
6-8 PM

SCHOOL YEARS
7-12

FREE

EAT Here

HANDSWORTH METHODIST CHURCH, 289A
HANDSWORTH ROAD S13 9BN
AARON.DANIELS@SHEFFIELD.GOV.UK
AARON DANIELS - 07772 900774

COMMUNITY YOUTH SERVICES

Sheffield City Council

The poster features a dark blue background with various icons representing activities: a person with headphones, a paint palette, a soccer ball, a ping pong table, and a fork and spoon. A starburst contains the text 'SCHOOL YEARS 7-12' and another starburst says 'FREE'. A neon-style sign says 'EAT Here'. Logos for 'COMMUNITY YOUTH SERVICES' and 'Sheffield City Council' are present.



WOODHOUSE YOUTH CLUB

EVERY THURSDAY 6-8PM

YOUTH YOUTH YOUTH

CONTACT AARON DANIELS FOR FURTHER INFORMATION ON
07772900774 OR AARON.DANIELS@SHEFFIELD.GOV.UK

FREE
FOOD . GAMES . ARTS AND CRAFTS. TRIPS

NOW CHURCH, TANNERY STREET, S13 7LA

12-17 YEAR OLDS

COMMUNITY YOUTH SERVICES

Sheffield City Council

The poster has a white background with colorful icons: a game controller, a soccer ball, a paint palette, a fork and spoon, and a 'FUN!' arrow. Text includes 'WOODHOUSE YOUTH CLUB', 'EVERY THURSDAY 6-8PM', 'CONTACT AARON DANIELS FOR FURTHER INFORMATION ON 07772900774 OR AARON.DANIELS@SHEFFIELD.GOV.UK', 'FREE FOOD . GAMES . ARTS AND CRAFTS. TRIPS', 'NOW CHURCH, TANNERY STREET, S13 7LA', and '12-17 YEAR OLDS'. Logos for 'COMMUNITY YOUTH SERVICES' and 'Sheffield City Council' are included.

Sheffield Futures

Sheffield Futures is located at Star House on Division Street and is there to support young people throughout the year. They can help with writing CVs or looking at careers. They also run a wellbeing café every Tuesday 5pm-6.30pm at Star House which provides a space for young people aged over 13 to socialize over drinks and snacks. During wellbeing café they do arts and crafts, listen and play music, play games etc. Everyone is welcome and you can just turn up, no booking required.

Sheffield Young Carers Action Day 2026

Young Carers Action Day took place on Wednesday 11th March 2026 and the focus this year was on 'fair futures for young carers'. The day calls for action to ensure young carers have the same opportunities to learn, grow and thrive as their peers, with the right recognition, supports and chances to reach their potential.

Our school's young carer's lead, Rochelle Roberts, was joined in school by Sara Gowen (Co-Chief Executive Officer, Sheffield Young Carers), Mayu Takishima (Researcher for Young Carers) and Shuna Beckett (Education Development Worker, Sheffield Young Carers) to raise aspirations for our young carers in school.

Throughout the afternoon, Rochelle delivered talks on higher education, college, practical and useful tips on what emotional and financial support is out there for young carers when they leave school. Rochelle provided CV templates and help around how to impress at an interview. Young people received goodie bags as well.



Sidekick

Sidekick is a confidential helpline for young carers aged 13-18 years old. You can message any time about anything that's bothering you as a young carer.

Sidekick is open Mon-Fri, their number is **07888 868 059**

Y7 online safety poster competition

The current Y7s have been learning all about e-safety in their ICT lessons. Mr Peake created a e-safety poster competition, and the winning posters are now placed all around school.

Congratulations to the winners Joseph Cone (poster on the left) and Ben Clewlow (poster on the right).



Online safety support for parents

To help parents and carers keep up to date with online safety concerns and to offer handy tips, we have signed up to the National College platform. If you follow the link below you will be able to get help and information on all aspects of online safety:

<https://nationalcollege.com/enrol/handsworth-grange-community-sports-college>

Please select 'parent account' to sign up.



Handsworth Grange Safeguarding Team

Here at HGCSC, we believe in exceptional education for every student every day and as such **Every Person Matters**.

We all must take responsibility for looking after each other and making sure we are safe and happy.

If you are worried about something or someone then you should share it.

The Designated Safeguarding Lead (DSL) at HGCSC is Ms Parks



Designated Safeguarding Lead / Designated Teacher for Children Looked After / Online Safety Coordinator

Deputy Headteacher

T: 0114 269 4801 ext 2217

E: rparks@handsworth-mlt.co.uk

The Deputy Safeguarding Leads are Chloe Reeves, Rochelle Roberts and Sophie Lewis



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