



# The Stable School

## afeguarding newsletter

### Summer -May 2026



## Online Safety Tips for Spring Break!



More time online + less routine = Time to refresh safety habits.

### Set Simple Rules



- Screen time limits & approved apps

### Talk & Stay Connected



- › Chat & check in regularly

### Use Safety Settings



- › Enable parental controls

### Help Them Stay Aware



- › Remind about online risks



### Gaming Safety

- Check players & chats



### Avoid Scams & Spending

- Beware of "too good to be true" deals



### Support Wellbeing

- › Device curfew & outdoor breaks

### - If Something Goes Wrong...



- › Block & Report



- › Save Evidence



- › Talk to a Trusted Adult

### Need Help?



- › Childline  
0800 1111



- › NSPCC  
0808 800 5000



- › CEOP  
Online Safety



- › **ROBLOX**  
Parent Controls

## Vaping Awareness for Parents & Carers

As part of our PSHE programme, 2020 Dreams delivered vaping awareness workshops to all learners across KS2, KS3 and KS4. These sessions aimed to support young people in understanding vaping and making informed, healthy choices.

### **Why We Addressed Vaping**

Vaping had been becoming increasingly visible among children and young people. While often described as a safer alternative, for many young people it had been their first experience of nicotine, which could lead to dependency over time.

We recognised that young people did not make decisions in isolation. Influences such as the following could all play a part in shaping behaviour:

- Friendship groups
- Social media
- Appealing flavours and packaging
- Curiosity and experimentation

Our approach was to educate, support and guide, rather than judge.

### **What Is Vaping?**

Vaping involved using an electronic device (e-cigarette) that heated a liquid to create a vapour that was inhaled.

Many vaping products contained:

- Nicotine (an addictive substance)
- Flavourings
- Chemicals that created vapour

A key message shared with our learners was that nicotine could impact the developing brain, particularly during adolescence.

### **Our Approach in School**

The workshops were delivered in a sensitive and supportive way:

- Provided accurate, age-appropriate information
- Created a safe space for learners to ask questions
- Avoided blame or shame
- Recognised that vaping might sometimes have been linked to stress, anxiety or peer pressure
- Focused on building confidence, resilience and informed decision-making

### **What Learners Explored**

During the workshops, learners were supported to understand:

- The risks associated with vaping
- Why young people might be more vulnerable to nicotine addiction

### **How Parents & Carers Could Support**

Parents and carers play a key role in helping their child navigate these pressures. You can support by:

- Keeping conversations open, calm and non-judgemental
- Asking what their child already knew or had seen
- Listening to their experiences and views
- Reinforcing that they could come to them for support
- Encouraging healthy ways to cope with stress

If your child is already vaping, it is important to respond with understanding and support, focusing on gradual change rather than punishment.

### **When to Seek Support**

Parents and carers might have wished to seek advice if they noticed:

- Increased secrecy or changes in behaviour
- Signs of dependency (e.g. irritability, strong urges)
- Concerns about peer influences

Support was available through:

- School pastoral/safeguarding teams
- GP or local health services

# 5 Dangers of Vaping



## Nicotine Addiction

Highly addictive substance



## Brain Development

Harmful to developing brains



## Mental Health Issues

Anxiety & depression



## Lung Damage

Anxiety & depression



## Lung Damage

Lung irritation & coughing



## Gateway to Smoking & Drugs

Can lead to tobacco & drug use

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### *Half Term Focus: Online Safety*

This half term, our Learner Safeguarding Panel came together to explore an important and relevant theme—digital safety. The session created a safe and respectful space where learners felt able to share their experiences, thoughts, and concerns without judgement.

Learners worked collaboratively to identify the Apps and platforms they most commonly use. Through open discussion, they explored both the opportunities and potential risks within the digital world, including exposure to inappropriate content, online interactions, and the importance of privacy.

Throughout the session, there was a strong emphasis on empowerment and support. Learners reflected on ways to keep themselves safe online, including:

- Knowing how and when to ask for help
- Understanding the importance of trusted adults
  - Protecting personal information
- Recognising when something doesn't feel right

The discussion recognised that every learner's experience is different, and care was taken to ensure everyone felt heard, respected, and supported. Building knowledge in this area helps to strengthen learners' confidence, resilience, and sense of safety both in and beyond school.

The insights shared by learners will play a valuable role in shaping our parent online safety workshop in the Summer 2 term, ensuring that guidance is informed by real experiences and reflects the current digital landscape our young people are navigating.

Together, we continue to build a community where safety, trust, and communication are at the heart of everything we do.

**S** **SHARE RESPONSIBLY**  
We all love to share photographs, fun things we're doing and much more.  
Be careful what you share and always ask permission if somebody else is in the photo or video.

**M** **MANAGE YOUR PRIVACY**  
If you're using apps that can communicate with others, turn on privacy.  
Only let people you really know follow you unless you've asked permission from your parents.

**A** **ASK for HELP**  
Don't ever be worried about asking for help from someone you trust.  
You will NOT be judged.

**R** **RESPECT OTHERS**  
Be kind.  
Other people may have different opinions from you.  
That's okay, but if they become abusive take screenshots, block and report and tell an adult.

**T** **THINK CRITICALLY**  
**TRUST YOUR INSTINCT**  
Is it true?  
Does that person really know me?  
Has that really happened?  
Always question!

e-safety adviser

**Stay safe online**



**13+**

Twitter	TikTok
Facebook and Messenger	Skype
Viber	Google Hangouts
WeChat	Reddit
Monkey	Snapchat
Yubo	Pinterest
Dubsmash	
Instagram	

**16+**

- WhatsApp
- Telegram Messenger
- Tumblr

**17+**

- Line
- Sarahah
- Tellonym

# Top 10 Free Days Out in Dorset

Visit Dorset & Hampshire

Artz+ Sportz+ Events  
Dorset Council



School Holidays in Dorset  
Term Dates & Activities



20 Best Things To Do  
in Bournemouth

Updated Daily



Events

The Parks Foundation



Discover Kids Activities  
in Bournemouth

Eventbrite



Upton Country Park

Events & Activities



RSPB  
Nature Reserves



National Trust  
Explore Historic Sites



Visit Dorset &  
Hampshire



Artz+ Sportz+

School Holidays in Dorset

The Parks Foundation

National Trust



## PLACES KIDS EAT FREE (OR FOR £1) MAY HALF TERM 2026

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### **ANGUS STEAKHOUSE**

Kids under 8 eat FREE daily, 12pm to 5pm

### **ASDA**

Kids eat for £1 daily, with no adult spend

### **ASK ITALIAN**

2 Kids eat free 27th March - 19th April 2026

### **BELLA ITALIA**

Children eat free Sunday - Thursday

### **BEEFEATER & BREWERS FAYRE**

2 Kids Eat Free Breakfast with 1 paying adult

### **BILLS**

Kids eat free Mon 25th - Fri 29<sup>th</sup> May 2026

### **BREWDOG**

Kids eat free 23rd - 31st May 2026

### **CAFE ROUGE**

Kids Eat FREE 12-4pm every day of the week

### **CHIQUITO**

Kids eat free during all school holidays

### **COCONUT TREE**

Kids eat free during half terms

### **DOBBIES GARDEN CENTRES**

Kids eat for £1 with an adult meal purchase

### **FARMHOUSE INNS**

Kids eat FREE from 25th - 29th May 2026

### **FLAMING GRILL PUBS**

Kids eat FREE from 25th - 29th May 2026

### **FRANKIE & BENNY'S**

Kids eat FREE during school holidays

### **FRANCO MANCIA**

Kids eat FREE school holidays Mon-Thurs

### **FUTURE INNS**

Under 5s eat for free with any adult meal

### **GORDON RAMSEY RESTAURANTS**

Kids under 10 eat FREE all day, every day

### **HUNGRY HORSE**

Kids eat for £1 from 25<sup>th</sup> to 29<sup>th</sup> May 2026.

### **IKEA**

Kids get a meal from 95p daily from 11am

### **LAS IGUANAS**

Kids under 12 eat FREE via the App

### **MARCO PIERRE WHITE**

Kids under 12 Eat FREE daily with an adult spend

### **MORRISONS**

Kids Eat FREE all day, every day with a £5 spend

### **PAUSA CAFE @ DUNELM**

Kids eat FREE with every £4 spend all day

### **PIZZA HUT**

Kids Eat Free Every Day after 3pm

### **PREMIER INN**

2 kids eat for free with 1 adult breakfast

### **PRETO**

Kids up to age 10 eat free with 1 paying adult

### **PREZZO**

Kids up to age 12 eat for £1 during half terms

### **PUREZZA**

Kids under 10 get free pizza with every adult meal

### **SA BRAINS PUBS**

Kids eat for £1 on Wednesdays

### **SIZZLING PUBS**

Kids eat for £1. Every Monday to Friday, 3 - 7pm

### **TABLE TABLE**

2 Kids Eat free breakfast daily with 1 paying adult

### **TESCO**

Kids eat free May half term with any adult spend

### **TGI FRIDAYS**

Kids Eat Free Mon 11th - Sun 31st May (Via App)

### **THE REAL GREEK**

Kids under 12 eat FREE Sundays with £10 spend

### **TRAVELODGE**

2 kids eat for free with 1 adult breakfast

### **TURTLE BAY**

Kids eat free with every £15 adult spend via app

### **VILLAGE HOTELS**

Kids eat free weekdays via the village app

### **WHITBREAD INNS**

2 kids eat for FREE with 1 adult breakfast

### **YO! SUSHI**

Kids eat free all day (weekdays) in school holidays

### **ZIZZI**

Kids eat free via app during school holidays

## Holiday support services

Safeguarding Key Contacts – CAMHS and Social Care

### **Dorset / BCP**

CAMHS Gateway: 0300 019 1770

CAMHS Crisis: 0800 652 0190 / 111

BCP Children's Social Care: 01202 123334

Out of Hours: 01202 738256

Dorset Children's Social Care: 01305 228558

### **Hampshire**

CAMHS: 02382 317 912 / 0300 304 0050

CAMHS Crisis: 111 / Text HANTS to 85258

Children's Social Care: 0300 555 1384

Out of Hours: 0300 555 1373

Should you have any questions or concerns please do not hesitate to contact me directly on:  
[safeguarding@thestableschool.co.uk](mailto:safeguarding@thestableschool.co.uk)

Linda Differ – Designated safeguarding lead (DSL) and Head of vulnerable learners.



