



Tudor Grange Samworth Academy

TUDOR TIMES

2025-26 Term: Summer | Issue 5 | Date: July 2026

Principal's Message – End of Year 2026



Loving God,

We thank you for the year that has passed, for the friendships made, the lessons learned and the opportunities we have been given.

As we begin the summer break, keep our families safe and well. Grant us time to rest, renew and enjoy one another's company. Help us to appreciate the beauty of the world around us and to be thankful for the many blessings in our lives.

We pray for all members of our school community, that they may know peace, happiness and hope throughout the summer months. Refresh us in body, mind and spirit, ready for the year ahead.

Amen.

Dear Parents and Carers,

As we reach the end of another academic year, it is a good time to celebrate our successes, reflect on our challenges and look ahead with hope and determination. We began this year with real momentum and a strong sense of purpose. We knew that Ofsted would visit at some point during the year and, from the very start, staff were determined to continue driving improvements that would benefit every child in our care. I am delighted that this commitment was reflected in another year of improved outcomes across both our primary and secondary phases.

However, the year was also marked by profound sadness. In the autumn term, we tragically lost Ms Jones, our much loved Year 1 teacher. Her sudden passing deeply affected our entire school community. It was a moment that reminded us all of what really matters. During such a difficult time, I was incredibly proud of how our pupils, staff and families came together. The support shown by parents was exceptional, and together we ensured that our pupils remained at the centre of everything we did. It was a powerful example of the strength, compassion and unity that define our school community.

Just a few weeks later, Ofsted arrived. Many of you will have read the report, and I hope you share my pride in what it says about our school. The report reflects our ambition, our values and the significant improvements that have been made over recent years. Most importantly, it recognises the dedication of our staff, the positive attitudes of our pupils and the support of our families. It also reminds us that resilience is one of our greatest strengths.

Only two months after Ofsted, we received the call for our SIAMS inspection. Once again, our school community rose to the challenge. We were delighted with the outcome, which recognised the caring culture we have created together and our aspiration for every child to flourish academically, personally and spiritually. The report spoke positively about the values that underpin our work and the relationships that make our school such a special place.

The summer term has been filled with memorable moments. It has been wonderful to see so many parents involved in school life throughout the year, whether attending our Christmas Fayre, joining us for attendance

breakfasts, supporting performances, celebrating achievements or attending transition and showcase events. Your partnership makes a significant difference to the success of our children.

Most recently, we were treated to an outstanding production of Matilda. The talent, confidence and dedication shown by our pupils was remarkable. Behind every successful child is a network of support, and I would like to thank the equally ambitious and supportive parents who helped make this achievement possible.

We also celebrated Culture Day, one of the highlights of the year. It was inspiring to see the rich diversity of cultures, traditions, languages and backgrounds that make up our community. Days like these remind me what a privilege it is to serve this school and community. We are stronger because of our diversity, and we are united by our shared commitment to ensuring every child thrives.

Every year, we say goodbye to valued members of staff and our wider school family, and it is always with a sense of sadness and gratitude. This year, we are also saying goodbye to Neil Tansley, our Chair of Governors.

Neil has dedicated many years of service to Tudor Grange Samworth Academy and the wider community. The role of Chair of Governors is entirely voluntary, yet Neil has approached it with unwavering commitment, generosity and care. Whilst his primary responsibility was to provide support and challenge to school leaders, Neil's contribution extended far beyond this. He immersed himself in school life, attending events, supporting school trips and even joining residential visits so that he could better understand the experiences of our pupils and staff. His warmth, kindness and genuine care for this community have been an inspiration to many.

Using his extensive professional experience, Neil has played a significant role in helping shape the school's development over many years. In particular, his passion for ensuring strong pastoral support and appropriate provision for vulnerable pupils has helped drive meaningful improvements that continue to benefit our young people today. He was a regular presence at key school events, frequently met with pupils to gather their views and experiences, and used that feedback to help drive further improvements across the academy.

Neil's contribution has extended beyond the school to his service within St Christopher's Church, reflecting his deep commitment to the families and communities we serve.

On behalf of our pupils, parents, staff, governors and the wider community, I would like to offer my sincere thanks to Neil for everything he has done for Tudor Grange Samworth Academy. His dedication, wisdom and friendship have left a lasting legacy, and we wish him every happiness and success for the future.

Thank you, Neil, for your years of faithful service to this school and community.

As we close another chapter, I would like to thank all our pupils, parents, carers, governors and staff for their unwavering support throughout the year. Together, we have navigated challenges, celebrated successes and continued to move our school forward.

I hope you and your families enjoy a happy, restful and safe summer holiday. Please remember that key dates and start-of-term arrangements have been shared in our end-of-term letter. We look forward to welcoming you back in August and beginning another exciting year together.

Best wishes,

Mr A Bannon

Principal

Primary Principal's Message



Dear Parents and Carers,

As we come to the end of another successful academic year, I would like to thank all of our pupils, staff and families for their continued support. The achievements and experiences highlighted below are just a small reflection of the vibrant learning community we have here at Tudor Grange Samworth Academy. We look forward to building on these successes in the year ahead and wish all members of our community a happy, safe and enjoyable summer break.

A huge congratulations to our Year 6 pupils for their dedication and perseverance throughout their primary school journey. They approached their SATs with determination, resilience and an excellent attitude, giving their very best in all they did. We are incredibly proud of their achievements and wish them every success as they prepare for the exciting transition to secondary school.

The summer term has been full of excitement in Early Years. Children have enjoyed new additions to our outdoor learning environment, providing even more opportunities to develop their physical strength, coordination and creativity. From building imaginative role-play scenes to exploring mark making, writing and creative activities outdoors, pupils have continued to thrive.

We have also been delighted by the wonderful support from our families this term. Fab Friday, our special Marvelous Monday celebration and Sports Day were all very well attended, creating memorable experiences for children and their loved ones. Reception children were particularly fortunate to be supported by Year 10 students, who did a fantastic job leading activities and encouraging our youngest learners.

It has been a fantastic term in Lower Key Stage 2, with pupils embracing every opportunity to learn both inside and outside the classroom. Year 3 pupils enjoyed an enriching visit to Bradgate Park, bringing their History learning to life, while Year 4 pupils developed their understanding of rivers during a Geography field study at Knighton Park.

Our recent Fab Friday event welcomed families into school to work alongside pupils on a range of mathematical investigations and problem-solving activities. It was wonderful to see pupils demonstrating teamwork, resilience and determination while learning with their families.

One of the highlights of the term was our annual Culture Day. The school was filled with colour and celebration as pupils proudly showcased their heritage and learned more about the diverse cultures within our community. Assemblies led by members of the Secondary School Council, alongside drumming performances and shared celebrations, made the day particularly memorable.

Our School Council have also begun regular visits to Cooper House Care Home, where pupils have been reading stories, sharing conversations and building positive relationships with residents. These visits have been greatly enjoyed by everyone involved, and we look forward to developing these links further next year.

We are also incredibly proud to have received the Kindness Award once again. This recognition reflects the caring, respectful and supportive culture that exists throughout our school community.

Finally, many of our Year 5 pupils successfully completed Bikeability this term. It has been wonderful to see their confidence grow as they developed new cycling skills, learned how to stay safe on the roads and supported one another through the programme.

We look forward to welcoming you all back in August.

Warm regards,

Mrs W Cooper
Primary Principal

Early Years

The early years children have been delighted with some new additions to our garden this half term. We are thrilled with the positive impact these new resources are having on confidence, physical development opportunities and learning to work together already. The children love to be creative outdoors. What a fantastic outdoor space we have!



Fab Fridays and Marvelous Mondays have been such great fun this half term in Early Years. The children have enjoyed a range of activities with their parents and carers. As we celebrated Father's Day, some children chose to make gifts and cards for special people in their lives.



Early Years (continued)

This half term we have really focused on getting moving and strengthening our physical skills in nursery. We have enjoyed taking part in various activities that promote and encourage the use of gross and fine motors skills, and it has been lovely to see the children flourish and grow in confidence as we explore different areas of the school.



This half term, the nursery children have enjoyed their first visits to our very own forest school. They have started to develop their independence in exploring the forest ready for this to continue each Friday when they move into reception.

Early Years (continued)

Nursery shared a picnic on the field in honour of David Attenborough's 100th birthday.



Our reception children have been working on getting ready for Year 1 and they have put so much effort into their reading and writing this term. They have been writing about the London bus, planets, beach clean-ups and Kenya. We are so proud of them all, well done! A few of our children who had amazing attendance this year joined in the school colour run – what fun they had getting covered in rainbow colours!



We had loads of fun during our Sports Day on Monday – running, sack races, bean bag throwing and howlers. All the children enjoyed the morning and were amazing at encouraging their friends in their teams. Thank you to the parents who joined us and cheered everybody on.

Key Stage 1

What a fantastic and busy summer term it has been! The children in both Year 1 and Year 2 have embraced their learning with enthusiasm, curiosity, and creativity. Here are some of the highlights from a wonderful term.

Year 1 have had an exciting journey of discovery across the curriculum this term. In Geography, the children explored the vibrant region of Gujarat in India. They learned about the culture, climate, and traditions of the area, and even had the chance to taste some delicious Gujarati food—a real highlight that brought their learning to life!



In History, Year 1 travelled back in time to learn about how people enjoyed their holidays in the past. They compared holidays long ago with those we enjoy today, sparking lots of thoughtful discussions and curiosity.

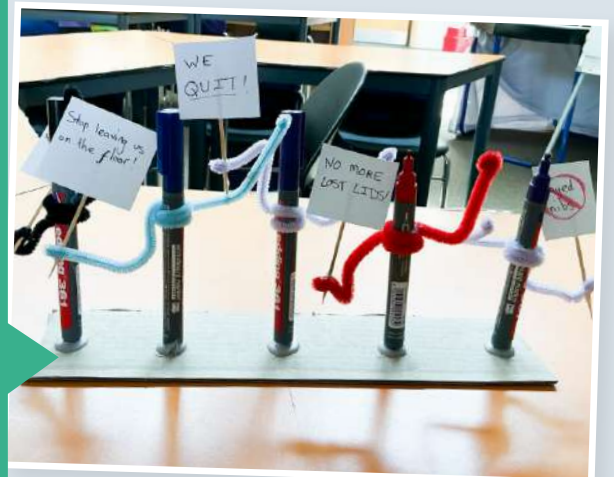
A special experience this term was a visit from the museum service. The children loved dressing up in Victorian costumes and had the opportunity to handle and explore a range of Victorian artefacts, helping them to better understand life in the past.

We have also enjoyed taking part in Outdoor Classroom Day, where the children explored different areas for learning beyond the classroom. From nature-based activities to creative play, it was a wonderful day full of engagement and discovery.

Year 2 have had an incredibly imaginative term, especially in their writing. Our key text, *The Day the Crayons Quit*, inspired some fantastic learning!

The children had great fun imagining what it would be like if essential classroom items suddenly went on strike. To bring this idea to life, their whiteboard pens and pencils "took a holiday", leaving the classroom without some of its most important tools!

Faced with this challenge, Year 2 rose to the occasion by writing persuasive letters to convince their pens and pencils to return. Their writing was thoughtful, creative, and highly convincing—and thankfully, their efforts were successful! The classroom tools returned, and learning could continue.



Lower Key Stage 2

Year 4 have loved exploring nature through art. They used clay work to make nests and included some natural materials in their pieces.



Year 4 went on our geography field trip to investigate rivers. We looked at the natural impact and the human impact on the river, and learnt lots about floodplains, and flooding mechanisms. We even enjoyed a quick visit to the playpark before coming back!



Lower Key Stage 2 (continued)

Year 4 had an exciting and memorable visit to Lunt Roman Fort in Coventry as part of their learning about the Romans. The trip gave the children a fantastic opportunity to extend their classroom knowledge through hands-on, real-life experiences.

As the children arrived, they were greeted at the fort gates by a Roman soldier, who challenged them for the password. To be allowed entry, all of the children had to shout the password together, making for a very dramatic and immersive start to the day!

Once inside the fort, the children explored the museum and listened to an engaging talk about Roman life. They were particularly fascinated by the chance to touch and hold Roman artefacts, helping them to better understand the past.

The children were then taught how to march like Roman soldiers, shouting "Sin!" for left and "Dex!" for right as they marched along the paths to each destination. This led perfectly into the highlight of the visit — becoming Roman soldiers themselves. Holding shields and wooden swords, the children took part in Roman-style training, banging shields against their opponents and practising attack and defence techniques. They quickly discovered the importance of discipline, teamwork, and strength in Roman military life.

Everyone had a fantastic time and unanimously agreed it was a brilliant trip. The visit truly brought their Roman learning to life and will be remembered by Year 4 for a long time to come.



Lower Key Stage 2 (continued)



As a part of our States of Matter topic in Science, Year 4 have been investigating changing states. The particles inside a material are tightly packed together when they are a solid, but when they start to heat up, the particles vibrate more and more and start to slide over each other – melting! We explored melting chocolate (delicious!) and melting ice cubes.



Upper Key Stage 2



In Year 5, we have been learning about The Explorer by Katherine Rundell. As part of our writing, we have been writing instructions on how to build a raft. We ventured out into the forest to build rafts of our own and tested whether they would help us to survive the Amazon River.



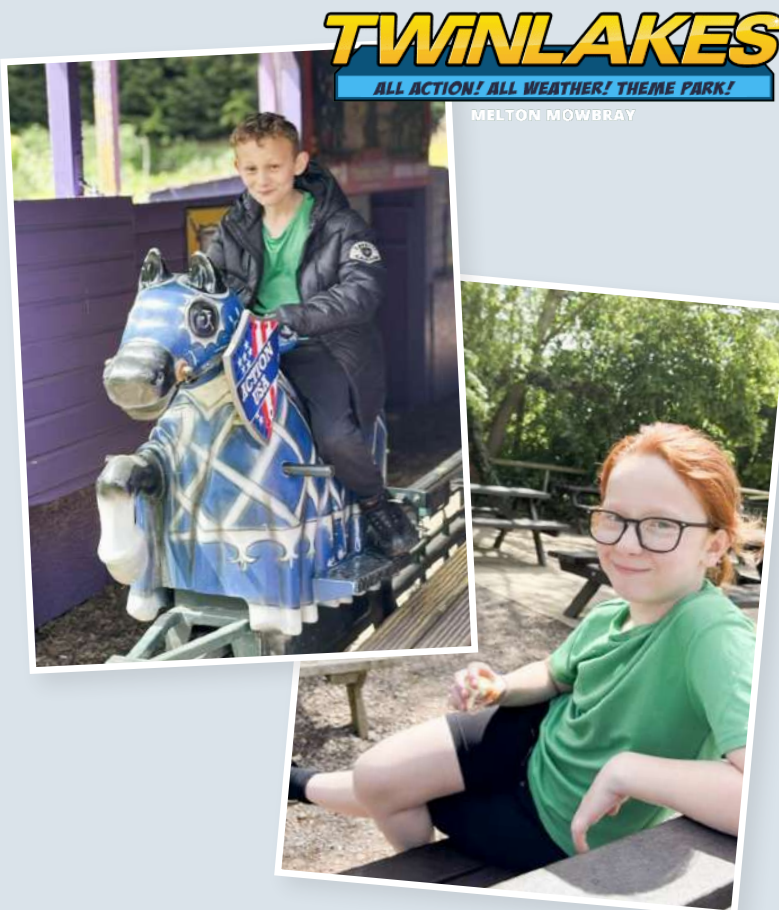
Upper Key Stage 2 (continued)

Following the completion of their SATs, our Year 6 pupils enjoyed a well-deserved visit to Twinlakes as a reward for their sustained hard work and commitment throughout the year.

The day was a great success, with pupils making the most of the wide range of rides and attractions on offer. Their enthusiasm and positive attitudes were evident throughout, and it was wonderful to see them enjoying time together after such a focused period of learning.

We were particularly proud of the way in which Year 6 represented the school. They were polite, responsible and respectful at all times, and were excellent ambassadors for our community.

The visit provided a fitting opportunity to celebrate their achievements and recognise the effort they have shown in preparing for their SATs. Well done, Year 6.



School Council Visit to Cooper House Care Home



Our KS2 School Councillors had a wonderful visit to the residents at Cooper House Care Home this week. The pupils spent time reading with the residents and chatting with them about recent school events, as well as some exciting activities coming up.

It was a truly special experience, with the residents delighted to see the children and thoroughly enjoying the conversations and shared stories. Our councillors represented the school brilliantly, showing kindness, confidence and respect throughout their visit—and they had a fantastic time too!

We are very proud of the positive connections being made within our local community and are already looking forward to returning in September to continue building these meaningful links with Cooper House.

Culture Day

Our Culture Day was a truly wonderful celebration of the rich diversity that makes our school such a special community. Pupils and staff embraced the occasion with enthusiasm, proudly sharing and celebrating their cultures through a vibrant programme of song, poetry and dance. The atmosphere was filled with joy, creativity and mutual respect as we learned from one another and recognised the unique backgrounds, traditions and experiences that enrich our school. It was inspiring to see so many members of our community participating, showcasing their talents and demonstrating our shared commitment to inclusion, belonging and appreciation of diversity. Culture Day was a memorable event that highlighted the strength, unity and vibrancy of our school family.



County Athletics

Despite a wet and rainy day at County Athletics in Loughborough, staff and students kept spirits high while sheltering under a tree between events. We took 18 students to compete against the best athletes from across the county, proudly representing West Leicestershire. Every student showed tremendous effort, determination and resilience throughout the day, never giving up despite the challenging weather conditions.

Our first medals of the day came in the final event, making the wait worthwhile. Congratulations to Tyrese, who won a gold medal in the Year 7 Boys' Shot Put, and Mychaela, who secured a silver medal in the Year 7 Girls' Shot Put. A fantastic achievement for all involved and a day the team can be proud of.



Celebrating Our Wonderful Colour Dash Champions

What a joy it is to share the success of our pupils' recent **Colour Dash**, a vibrant celebration of their **excellent attendance, positive behaviour**, and their commitment to supporting others. On a beautiful summer afternoon, our school field transformed into a rainbow of energy, laughter, and community spirit.

The pupils didn't just run, dance, and dash their way through clouds of colour — they also raised **over £600 for charity**, an incredible achievement that reflects their generosity and determination. This event wasn't only about fun (though there was plenty of that); it was a moment to recognise the children who consistently show up, work hard, and contribute positively to school life.

The atmosphere was electric: bright colours in the air, smiling faces everywhere, and a shared sense of pride that carried us all the way into the May half term break. It was the perfect way to end the term — joyful, meaningful, and full of sunshine.

We are immensely proud of every pupil who took part. Their enthusiasm made the day unforgettable, and their kindness will make a difference far beyond our school gates.



Duke of Edinburgh Bronze Award Expedition

This term we ran our second Duke of Edinburgh Bronze Award expedition. The weather was not ideal, with heavy rain throughout the first day, followed by drizzle on the second day. However, the students showed incredible resilience as they did not let the rain stop them. Despite a wet night in some damp sleeping bags, they all got up bright and early the next day and completed the day's walk. I'm sure this will be an expedition to remember!



Big Bang Trip



On Wednesday 10th June 61 year 8 pupils visited the Big Bang Science Fair at the NEC in Birmingham. Here pupils were able to interact with a variety of different stall holders and have a go at all manner of things including a flight simulator, constructing underground gas pipes, attempting keyhole surgery and far more besides. We all learnt about a huge variety of opportunities and careers that involve science, technology, engineering and maths.



Barcelona Trip 2026

In May, a group of Year 9 and Year 10 students set off on a trip to Barcelona, filled with sunshine (and one memorable storm!), culture, art and plenty of unforgettable moments.

From exploring the iconic Camp Nou and the breathtaking Sagrada Familia to discovering Gaudí's stunning Casa Batlló and visiting the Picasso museum and the Miró foundation students had the opportunity to experience some of Barcelona's most famous landmarks. They also walked along the beach, wandered through the historic Gothic Quarter, strolled along La Rambla and explored La Boqueria Market, one of Europe's most famous markets – we do, however, have to admit that the Starbucks and McDonald's menu received a remarkable amount of attention.

Along the way, students developed their independence, navigated a new city with friends, embraced new experiences and created memories that will last long after the trip itself.

But rather than hearing about it from us, we'll let the students do the talking. Here are some of their reflections on a fantastic few days in Barcelona...

"I think Barcelona was such a fun and beautiful trip. All the things I saw were so impressive especially the museums we went to. This trip also showed me how important it is to learn Spanish because it will help with communication!" – Athena

"I really enjoyed the trip we took to Spain, because we visited lots of amazing, interesting places that showed me many cool things. Also, it was really fun in general since I got to spend lots of time with my friends. Overall, I really liked the trip. Wish I could do it again." – Cian

"The trip was very fun. Beaches were close to the hotel and the hotel itself wasn't bad. The places that we visited were very interesting and made me learn more about Barcelona culture." – Patryk

"I really loved the trip. I loved ordering ice cream in Spanish and expanding my vocabulary. I also really loved visiting the different art museums and monuments, it's really fun to learn some things about Spain and explore Barcelona. It's a great experience, totally should do it again." – Holly-Grace

"I enjoyed the Barcelona trip a lot. My favourite part was the beach. We did loads of activities in the day like museums and shopping. I took lots of photos and made lots of memories." – Sophie



Students trying some new dance moves. ▶



◀ As close to swimming as regulations would allow – genius!



◀ Wandering through the Gothic Quarter.

History on the move. ▶



◀ Concentration levels reached unexpected heights.

Miró Foundation. ▶



◀ Capturing art through a different lens.

We've Achieved the Eco-Schools Green Flag Award!





EMCYP

Making our
community
smile since 196

EMCYP SUMMER CLUB

Day	Session	Time	Age Group	Cost
Monday	Breakfast Club	10:00am – 12:00pm	All Ages	FREE
Monday	EMAIP (Adult Inclusion Group)	1:00pm – 3:00pm	Adults (Members only)	£5 Entry
Monday	Seniors	5pm – 7pm	12-18 year olds	£1 Entry
Tuesday	Juniors Club	5:00pm – 7:00pm	8–12 Year Olds	£1 Entry
Wednesday	Inclusion Group	4:00pm – 5:30pm	8-18 year olds	£2.50 Entry
Thursday	Little Hands stay & play	9:30am – 11:30pm	All Ages	£1 Entry
Friday	Breakfast Club	10:00am – 12:00pm	All Ages	FREE

**13TH JULY-
13TH AUGUST**

FREE

Trips

Activities

- ✓ Multi sports
- ✓ Try new activities
- ✓ Drawing & painting
- ✓ Make new friends
- ✓ Cooking workshops

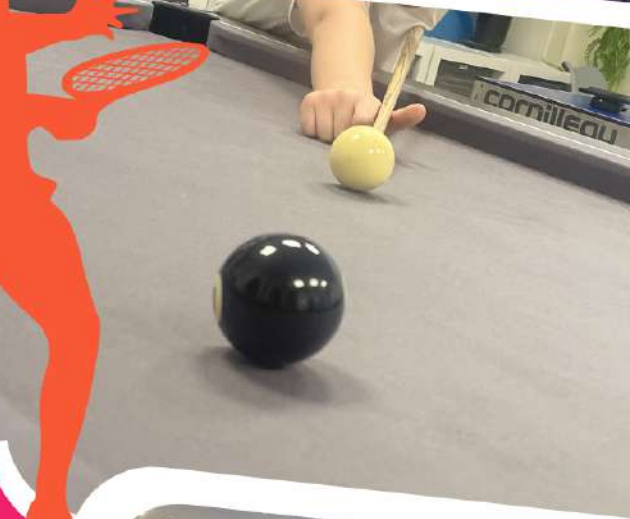
Eyres Monsell Club For Young People

170 whitteney drive south
 Eyres monsell
 Leicester
 LE2 9AQ

More Information

TEL: 0116 2779190

Email: Paul.carlton@eyresmonsellcyp.co.uk



Holiday Activities & Food Programme Summer 2026

Children and young people who receive benefits-related free school meals can take part in our free holiday activities and food (HAF) programme over the summer holiday. The programme sessions will include a variety of activities, such as art, sport and music and a healthy meal will be provided each day your child attends.

This summer, eligible children can register for **maximum of four programmes, the equivalent to 16 days of free activities and food.**

Before registering, please consider the:

- Location of the programme and how your child will get there
- Days and the time of the programme
- Age range of the programme

Avoid registering for:

- More than one programme provider for the same week
- More than four weeks of programmes

How to register for a place

Registration is made using the online booking system – [EEQU](#). Places are limited and offered on a first come, first served basis to eligible children, early booking is recommended. Closing dates for registration are found on the providers' booking information. The full HAF programme information, criteria and details of how to apply can be found at families.leicester.gov.uk/haf

HAF Providers List

[Click here to view the full list of HAF providers.](#)

The list shows the name of the provider, age range, the week commencing (w/c) their programmes take place, delivery address and a link to the provider's EEQU booking page. The booking page provides full details of the programme including dates, times, full location and any other criteria that the provider has set.

Programme details are correct at time of publishing, visit families.leicester.gov.uk/haf for the latest information. If you have any queries relating to the HAF programme, email haf@leicester.gov.uk

Not receiving benefit-related free school meals?

If you think that your child should be receiving benefits-related free school meals and you have not applied, make an application online at freeschoolmeals.leicester.gov.uk

PARENTS/CARERS SESSIONS

LIVE SAFE

KEEPING YOUNG PEOPLE SAFE FROM KNIFE-RELATED HARM

THIS VIRTUAL WORKSHOP PROVIDES PARENTS AND CARERS WITH AWARENESS AROUND KNIFE-RELATED HARM AND HOW TO KEEP CHILDREN AND YOUNG PEOPLE SAFE.

FREE ONLINE SESSION DATES

THURSDAY 18TH JUNE 2026	6:30PM – 8:00PM
THURSDAY 16TH JULY 2026	6:30PM – 8:00PM
THURSDAY 20TH AUGUST 2026	6:30PM – 8:00PM
TUESDAY 22ND SEPTEMBER 2026	12:15PM – 1:15PM
THURSDAY 15TH OCTOBER 2026	6:30PM – 8:00PM
SATURDAY 14TH NOVEMBER 2026	10:00AM – 11:30AM
THURSDAY 10TH DECEMBER 2026	6:30PM – 8:00PM
THURSDAY 21ST JANUARY 2027	6:30PM – 8:00PM
TUESDAY 23RD FEBRUARY 2027	12:15PM – 1:15PM
THURSDAY 18TH MARCH 2027	6:30PM – 8:00PM

THE WORKSHOPS ARE DELIVERED BY THE VIOLENCE REDUCTION NETWORK AND COVERS THE BELOW TOPICS:

UNDERSTANDING KNIFE-RELATED HARM IN LEICESTER, LEICESTERSHIRE, AND RUTLAND

APPROACHES TO PREVENTING KNIFE-RELATED HARM

THE REASONS WHY YOUNG PEOPLE ARE VULNERABLE TO KNIFE-RELATED HARM

HOW PARENTS AND CARERS CAN KEEP THEIR CHILDREN SAFE

THE IMPACT OF KNIFE-RELATED HARM ON INDIVIDUALS, FAMILIES, AND COMMUNITIES

THERE WILL BE AN OPPORTUNITY FOR QUESTIONS AND ANSWERS DURING THE WORKSHOP AS WELL AS HELP AND SUPPORT GUIDANCE.

PARENTS AND CARERS CAN REMAIN ANONYMOUS IF PREFERRED. THERE IS NO REQUIREMENT TO USE YOUR CAMERAS OR MICROPHONES UNLESS DESIRED.

THE VRN ALSO DELIVERS BESPOKE, FACE-TO-FACE WORKSHOPS FOR PARENTS AND CARERS. IF YOUR ORGANISATION WOULD LIKE TO HOST A SESSION FOR YOUR PARENTS/CARERS, PLEASE CONTACT VRN@LEICS.PCC.PNN.GOV.UK TO ARRANGE.



SIGN UP HERE

Online Safety & Tips for Staying Safe Over Summer

What Parents & Carers Need to Know About: **Social Media & Mental Health**

[VIEW GUIDE](#)



10 Top Tips for Helping Children: **Stay Safe Online This Summer**

[VIEW GUIDE](#)

10 Top Tips for Parents & Educators: **Staying Safe Around Water**

[VIEW GUIDE](#)



10 Top Tips for Parents & Educators: **Staying Safe In Hot Weather**

[VIEW GUIDE](#)

10 Top Tips for Parents & Educators: **Safety On The Road**

[VIEW GUIDE](#)



Online Fair Play The Dos and Don'ts of Online Conduct

[VIEW GUIDE](#)

Online Safety & Tips for Staying Safe Over Summer

Enrol on the National Online College for Online Safety Resources

The
National
College®

Dear Parents/Carers,

We are committed to ensuring that our students stay safe online, and we believe that supporting parents with the right tools and knowledge is essential.

We are pleased to share that our school has partnered with the **National Online College**, which provides a wide range of resources and training for parents on online safety. These resources will help you understand how to keep your child safe while using the internet and digital devices.

To access these resources, please enrol on the National Online College website by following this link:
<https://nationalcollege.com/enrol/tudor-grange-samworth-academy>

Enrolment: Complete your details to enrol and when asked about your role please select Parent/Carer.

Once enrolled, you will have access to expert-led courses, guides, and practical tips to help protect your child online.

Thank you for working with us to keep our children safe.

Kind regards,
TGSA

Social media and young people: Practical steps for parents

internet
matters.org



What you can do now to support young people on social media platforms

[VIEW GUIDE](#)

Layer up for online safety

A simple way to use safety settings to support children online.

[VIEW GUIDE](#)



internet
matters.org

To keep children safe over the summer holidays, prioritize active supervision and establish clear boundaries around water, sun, and home hazards.

Water and Beach Safety

- **Supervision:** Never leave your children unattended near open water, this includes lakes, rivers, or pools. Accidents can happen in silence.
- **Stay Out of Open Water:** During hot spells, the temptation to cool off in local reservoirs, lakes, or rivers is high, but it remains extremely dangerous. Do not let children swim in open waters regardless of the weather, Water temperatures are persistently cold enough to cause shock. Always Use lifeguarded, local indoor swimming pools.
- **Cold Water Shock:** Rivers and lakes can be dangerously cold even in summer; always enter gradually and be cautious of hidden rocks or currents.
- **Designated Areas:** Only let children swim at lifeguarded beaches (between the red and yellow flags) or public pools.
- **Inflatables:** Be highly mindful of winds and offshore currents when using inflatables in the sea.
- **Float to Live:** If you or someone else gets into trouble in the water, lie on your back to float and call 999 immediately.

Extreme Weather Advice

- **Beat the Heat:** Stay indoors during the hottest hours usually 11 am to 3 pm. Apply a broad-spectrum of water resistant sunscreen every two hours. Ensure children drink ample water and treat heat exhaustion quickly.
- **Pram Safety:** Never cover prams or buggies with blankets or muslin cloths, as this restricts airflow and dramatically increases the temperature inside.

If you require support during the summer holidays, please access any of the services below:

If you are in immediate danger or need an emergency service, please call 999.

Pupils:

NHS:

If you or a loved one is experiencing a mental health crisis and needs urgent help, dialling NHS 111 and selecting Option 2 is a fast way to connect with trained mental health professionals. This option is designed to provide immediate advice, support, and guidance to anyone struggling with mental health issues. You can use this service if you are in distress, feeling overwhelmed, or need urgent help to manage your mental health.

Health for Teens: a health promotion website, covering subjects that promote a healthy body and mind. www.healthforteens.co.uk

ChatHealth: young people's text service to access a public health nurse (school nurse) for confidential advice and support. **Leicester City text: 07520 615386**

Tellmi: is a digital mental health service for anyone over the age of 11 that is available across Leicester, Leicestershire and Rutland free of charge. You can visit the Tellmi website or download the app from your phone's app store. Website: www.tellmi.help/hello

Able To: Programs are based on cognitive behavioural therapy (CBT). CBT focuses on how thoughts, feelings, and actions are connected. You'll learn actionable skills based on these connections. 8-week programs, you'll work 1-on-1 with a therapist, coach, or both. Our digital self-care program is self-guided. Website: www.ableto.com

Calm: The free Calm app allows you to relax and fall asleep with meditations, music, and more. There are meditations for stress management, deep sleep, anxiety reduction, and increased concentration. Website: www.calm.com/app

My Self-Referral: Referral point for young people under 18 seeking guidance about Mental Health. Website: <https://www.myselfreferral-llr.nhs.uk/>

Parents:

Police: 999 for all emergencies

Police:101 for non-urgent concerns

Parents in Leicester can contact social care services for support and guidance.

- **Contact Number: Parents can reach out to Leicester City Council's Duty and Advice Service at 0116 454 1004 for immediate assistance.**

Parents can access support from their family GP or via NHS 111 option 2 for mental health

Parents Text a member of the public health nursing team via the parent/carer confidential text messaging service (CHAT Health) as follows:

Leicester City text: 07520 615381

Family Lives: Contact Number: 0808 800 2222

Family Lives is here for you 24 hours a day, seven days a week through our free Parentline. You can call us about any family issue, big or small. If you'd prefer to send your question by email you can do that, or you can chat online with one of our parent support workers.