



# WELCOME TO OUR PARENT SAFEGUARDING NEWSLETTER

## MEET THE SAFEGUARDING TEAM

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**Oliver Teasel**  
Head of School



**Chris Raine**  
Personal Development,  
Behaviour, Welfare Lead and  
Designated Safeguarding  
Lead



**Catherine Tomson**  
Student Support Advisor

## CONTACTS

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### Harington Designated Safeguarding Lead

Chris Raine - [craine@haringtonschool.com](mailto:craine@haringtonschool.com)

### Safeguarding Officers

Oliver Teasel – [oteasel@haringtonschool.com](mailto:oteasel@haringtonschool.com)

Catherine Tomson – [ctomson@haringtonschool.com](mailto:ctomson@haringtonschool.com)

- If you have any concerns about your child or another student at Harington you can email [safeguarding@haringtonschool.com](mailto:safeguarding@haringtonschool.com) and a member of the team will be in touch.
- If a you (or a friend) require support with your (their) mental health at Harington School you can email [wellbeing@haringtonschool.com](mailto:wellbeing@haringtonschool.com)

## Safeguarding links

- **Harington School Child Protection Policy** - <https://www.haringtonschool.com/wp-content/uploads/2023/09/Harington-Student-Child-Protection-Policy-2023-1.pdf>
- **Rutland and District Schools' Federation Safeguarding Policy** - <http://www.rutlandfederation.com/wp-content/uploads/2023/09/Federation-Student-Safeguarding-Policy-September-2023-1.pdf>

## UPCOMING EVENTS

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- Good mental health is important and a decline in mental health could lead to a student becoming vulnerable and therefore displaying safeguarding concerns. A representative from Kooth <https://www.kooth.com> will be visiting the School to talk to students about mental health.

Year 12 will also be exploring mental health topics in detail during PSHE over the next few weeks.

- As part of the Safeguarding provision at the school both year groups have recently had their annual safeguarding assembly. Year 12 also completed a safeguarding booklet as part of their enrichment activities.



## TRANSITION FROM YEAR 11 TO YEAR 12

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Some students will find joining Harington brings a new set of challenges; having to make new friends and starting their A level journey. Some students starting Year 13 students may also be a little nervous.

Here are some ideas for you to talk through with your child so they can get started on the right foot at Harington, and Year 13 students can think of these as reminders on how to feel at ease at school.

### 1. Hit the ground running

Taking it easy during first month of School is the biggest mistake Year 12's can make. The sooner they start to get to grips with the coursework and start revising the less stressed they'll be later. Although it seems a long way off their exams at the end of Year 12 will help the teachers predict their grades; predictions they will need when applying to universities. So make sure they spread their effort equally across the study programme, and don't leave it too late.

### 2. Get organised

They should make a study timetable in their first week. This should cover the subjects they did that day as that's when the information they learned in class will be at its freshest. Revising just-learned material will kick the learning process into high gear.

The timetable should be realistic otherwise it will be meaningless. As a rule of thumb they should be spending about 4 hours on prep in each subject per week. They should try to get 2 to 3 hours of study/revision on a weekday, and about five hours at a weekend.



### **3. Using private study lessons wisely**

Students have study periods so they can get on with their private study. At Harington the students are treated like adults and are required to take responsibility for their learning.

They should make a to-do list for their study periods so they can refer to it during the day. They will then know what needs to be done and how long it will take. However they need to make sure their goals are realistic.

They should also get into the habit of allowing themselves to take a five or ten-minute break after the first hour or they won't take in as much information. If they are having a bad day they should feel able to take a time out. If they don't feel like they can commit to any revision, it's best to not try to force things. If they are struggling they should find someone to talk to as this is the best way to stay on top of their studies. This person could be one of the teachers, a friend or Mrs Tomson. Another alternative is to email [wellbeing@haringtonschool.com](mailto:wellbeing@haringtonschool.com) where the message will be picked up by Mr Teasel, Mr Raine or Mrs Tomson.

### **4. Be kind**

Your child's kindness could change someone's whole experience of Harington. Some Harington students are the only person, or one of only a couple of students from their school. They may not know many of their fellow students so, rather than turn a blind eye, they will hopefully make the effort to talk to those sitting alone.

They may not want to be friends but they will probably appreciate the gesture. It takes nothing to show a little kindness - a small gesture can have a big impact. Plus, by surrounding themselves with positive vibes this could rub off on to their own studies too as they won't have stress or distractions on their mind.

### **5. Get work experience**

A level courses are the main priority at School but work experience can be useful (and vital for certain subjects at University). They will find that even with a degree under their belt, they will still have to compete for jobs with others who are as qualified as they are. Any extra experience they can get in could benefit them going forward. Universities may also like the show of initiative.

### **6. Thinking about the future**

They may be just starting their A levels but they do have to think seriously about the future now. It is not something that can be avoided forever but that doesn't mean any decisions now need to be set in stone. The School will provide plenty of opportunities to explore this further so make use of them.

### **7. Enjoy it**

Sixth Form is a great opportunity to learn more about subjects you like. The best advice is to make the most of it, as soon enough the A level exams will be over and it will be off to the world of work or University when everything changes again. They should cherish the time they get to spend with their family and childhood friends. All too soon, they and their closest friends will be scattered across the country and growing apart in different ways with everyone at work, university or travelling. Try to make use of all the opportunities available at Harington as Sixth Form should not just be about final A level outcomes. Appreciate that you don't have to pay your bills. Enjoy having your clothes washed and being fed a nice roast dinner on Sundays. These are things you will miss once you move out.