



Online Safety, Safeguarding and Wellbeing Bulletin



Safeguarding & Wellbeing contact details

Safeguarding Team 020 8769 3294

Safeguarding Lead: Mrs O'Donovan, Assistant Headteacher

Safeguarding Team: Ms Westlake, Mr Todd, Miss Forde, Ms Odewale, Ms Wellington

Email: safeguarding@btg-secondary.lambeth.sch.uk

Governor responsible for safeguarding in school: Mrs O'Donohue

Mental Health Lead: Ms Forde **Wellbeing Co-Ordinator:** Ms Henry

Email: wellbeing@btg-secondary.lambeth.sch.uk

Special Educational Needs Co-Ordinator: Ms Wellington

Email: jwellington@btg-secondary.lambeth.sch.uk

Racial Justice, Pupil Voice & Reward: Ms Odewale, Assistant Headteacher

Email: lodewale@btg-secondary.lambeth.sch.uk

Designated Ward Officer – Child and Young People - PC Mo Ahmed



BTG Safeguarding during weekends & School holidays:

If you have any concerns, please email us at the following address:

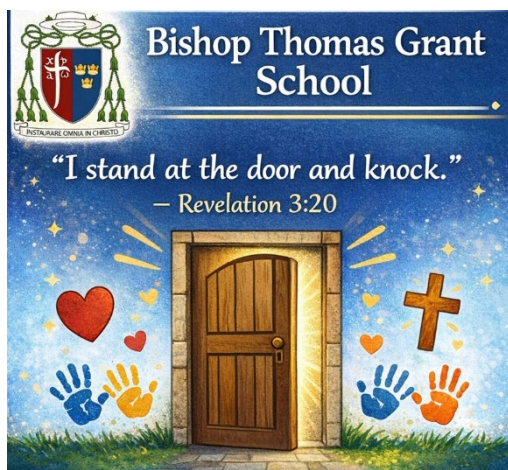
safeguarding@btg-secondary.lambeth.sch.uk but if it is an emergency call **999** or



0800 1111



0808 800 5000



Please visit our safeguarding page on the Bishop Thomas Grant Website for further support and guidance

<https://www.btg.ac/Information/Safe-Guarding/>

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Conversation Starters

It's not always easy to say how you really feel. But talking openly and honestly can be the first step towards better mental health. And the more we talk about mental health, the better life is for everyone

How was your day today?

If you could start today again, what would you do differently?

If you were an animal which one would you be?

What is your idea of a perfect day?

What makes you feel safe?

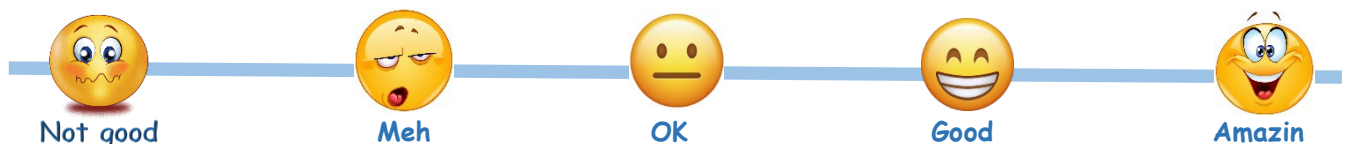
Who would you talk to if you were feeling worried about your mental health?

If you could have any superpower, what would it be?

What was the best bit of your day? Why?

Who do you feel most relaxed with? Why?

How are you feeling today?



Children's Mental Health Week

As part of Children's Mental Health Week, our school community came together to reflect on the theme **"My Place to Be."** Across tutor groups, students explored what helps them feel safe, confident and that they truly belong. For some, this was a physical place. For others, it was a person, a memory, a feeling or even something imagined.

Assemblies, led by **Ms Henry** and our **Wellbeing Ambassadors** across year groups, explored the words from the **Book of Revelation 3:20**:

"Here I am! I stand at the door and knock."

Students reflected on how belonging requires openness such as opening the door to others, welcoming difference, and creating spaces where everyone feels seen and valued.



EXPRESS YOUR PLACE
Creative Competition
Children's Mental Health Week
9-15 February 2026

Theme: My Place to Be

What does your place mean to you?

- A real place
- A feeling
- A person
- A memory
- Something imagined

HOW TO ENTER
Create **ONE** piece of creative work:

- A Drawing or Artwork
- A Poem or Short Writing
- A Poster or Digital Design

THEME PROMPT
"Show us where your place is—or where you wish it could be."

IMPORTANT TO KNOW

- Serious, creative, emotional, funny, or symbolic
- No right or wrong answers.
- It's about self-expression, not perfection.

HOW TO SUBMIT

- ✉ Email: Wellbeing@btg-secondary.lambeth.sch.uk
- 📄 Or Hand in to Ms. Henry

PRIZES TO BE WON!



In our class, this is a place where...

We feel...

- Part of a community
- United
- Undefeated
- Diverse
- Safe

We will...

- Class Commitments
- We will try to cheer people up when they are upset
- We will listen and give positive feedback when people share their opinions
- We will do group activities to help us bond as a form

Our Class Artwork!

'I stand at the door and knock.'
Revelation 3:20

Form Group: 8MC

Students across the school took part in our Welcome Door Panel project, inspired by this year's theme **"This Is My Place"**.

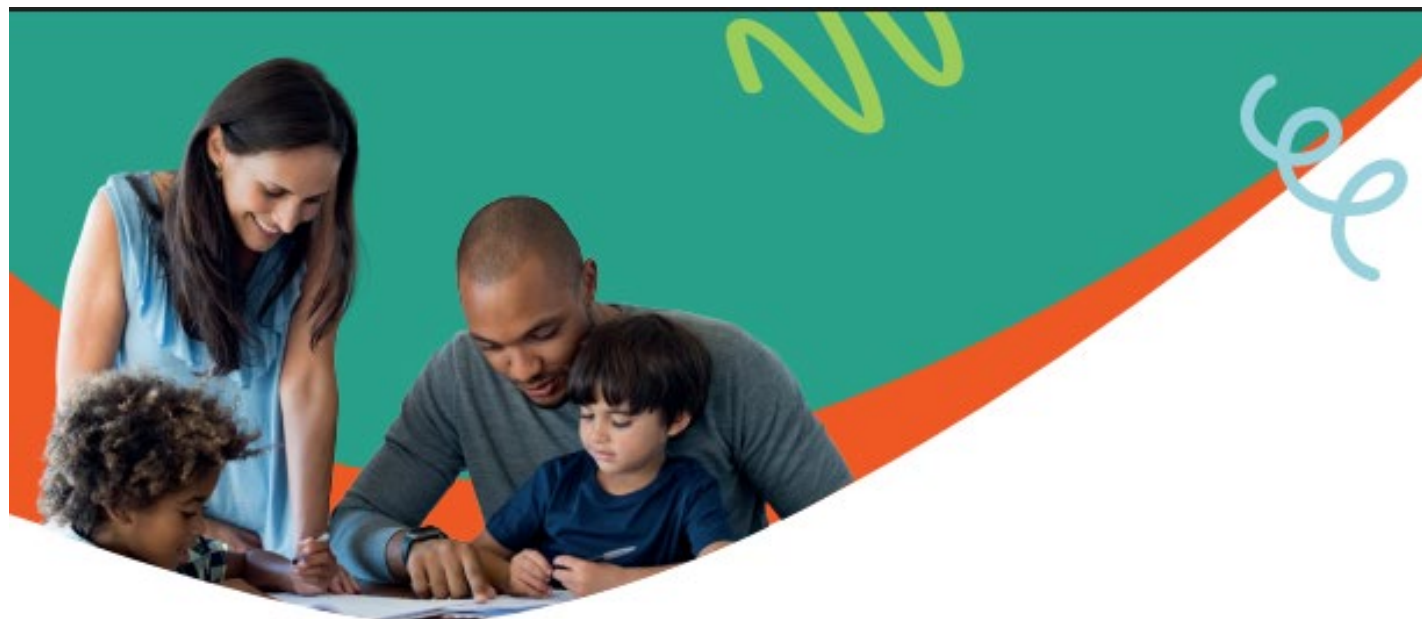
Each form worked collaboratively to design a panel showing what makes their classroom a place of belonging, safety and inclusion, guided by the Bible verse **"I stand at the door and knock"** (Revelation 3:20).

Together, these panels form a powerful reminder that every student has a place where they are welcomed, valued and supported.

We also launched our **"Express Your Place"** creative competition. Students are invited to share their **"place to be"** through artwork, poetry, writing or digital design.

1 **Deadline: Friday 27 February 2026**

✉ **Email entries to: wellbeing@btg-secondary.lambeth.sch.uk**



'THIS IS MY PLACE'

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

This year, Place2Be's Children's Mental Health Week will aim to support the groups and systems surrounding our children. We'll encourage peers, families, schools and community groups to create inclusive and nurturing environments, where children and young people feel they belong and can say **'THIS IS MY PLACE'**

WHAT BELONGING MEANS TO CHILDREN AND YOUNG PEOPLE

We spoke with primary and secondary aged children to ask what they wanted from the week – to help shape the activities we create for them, the tips we give to other children, and the advice we give to parents, carers and families and groups.

What is Belonging?

- Feeling that you have a place where you are always welcome and valued as either place or set of people.
- A place you belong with your family and friends.
- Feeling included, not left out.
- Belonging means feeling a connection with something, feeling like I am meant to be there with no stresses or worries. It's all about feeling safe.
- Feeling a part of something e.g. a group or society.
- People accepting you as you are.



TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

A FEW MORE FROM US:

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

Emphasise positive, trusting relationships. Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

Show them you know and value them.

Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

Establish family rituals. Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.

Encourage open communication.

Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

Embrace and celebrate heritage

to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.



Well-being



World Sleep Day 13/03/2026. What does a good night's rest mean to you?



Sleep is one of the most important foundations for both our mental and physical wellbeing, yet so many of us struggle to get enough of it. In fact, nearly 1 in 5 people in the UK don't get sufficient rest ⁽¹⁾, with the average night's sleep lasting just five hours ⁽²⁾

Enough sleep vs. Healthy sleep

The most common advice for poor sleep is to get enough sleep, but is it really that simple? Sleep health is multidimensional and can vary widely from person to person. Our age, health, and personal circumstances influence much sleep we need, and some people naturally sleep more than others. Instead of only focusing on how much sleep you need, it's important to consider what your night and sleep routine is. It's essential to consider overall sleep health, not just how much sleep. Sleep health can be broken down into six key areas ⁽³⁾:

- **Duration:** How much did you sleep over 24 hours?
- **Efficiency:** How well do you fall asleep and stay asleep?
- **Regularity:** Do you have consistent sleep and wake times?
- **Timing:** When do you sleep?
- **Alertness:** Do you maintain good focus and attention during waking hours?
- **Quality:** Do you feel satisfied with your sleep?

Sleep quality and mental health According to the World Sleep Foundation, "Sleep quality is different from sleep quantity. Sleep quantity measures how much sleep you get each night, while sleep quality measures how well you sleep" ⁽⁴⁾.

Sleep quality is essential as this can impact levels of restorative sleep, which requires smooth progress through the four stages of the sleep cycle.

Factors impacting our sleeping quality can include ⁽⁵⁾:

- **Irregular sleep schedule**
- **Sleeping in a brightly lit environment**
- **Mental health and wellbeing**
- **Caffeine and alcohol intake**

Restorative sleep is fundamental for our mental and emotional health; it allows our minds to recover from the day and prepare us for the next one. Our sleep quality can be an indicator of our mental health. Poor mental health can affect our sleep quality, and poor sleep quality can impact our mental health. Changes or disrupted sleeping patterns can be an indicator of poor mental health. Being able to familiarise ourselves, understand and knowing what can affect our mental health is vital for our long-term wellbeing.

A key facet of our Mental Health First Aid course is understanding our own mental health and how we can support ourselves before being available to support and signpost others. Sleep is part of self-care and vital for our own wellbeing.

Tips for improving sleep quality Consistent poor-quality sleep can keep us stuck in a continuous cycle: disrupted sleep can cause impaired cognitive judgment and emotional dysregulation, increasing the risk of psychological distress and mental health issues ⁽⁶⁾.

Reduce screentime Greater exposure to blue light from digital and electronic devices has been associated with later bedtimes and decreased sleep duration ⁽⁴⁾. Consider minimizing direct use of electronics in your daily habits and enabling the red-light filter on your devices to help disconnect.

Share your worries Sleep problems can occur for a variety of reasons. However, sleeplessness can become an issue if it disrupts your daily life. External factors, such as stress, can contribute to disrupted sleep patterns. Talking to someone you trust about concerns and worries can help reduce anxiety that's keeping you up at night

Optimise your sleep environment People tend to sleep best when their space is as cool, dark, and quiet as possible. This reduces the chance of disrupted sleep cycles and ensures a complete and uninterrupted night's sleep.

Going to bed and waking up at regular times A consistent sleep schedule can help bridge the gap between wakefulness and sleep, allowing us to wind down naturally before bed and increasing the likelihood of restful sleep.

Engage in calming activities Stress-reducing techniques, such as meditation, deep breathing, or yoga exercises, can help induce a calming effect, helping your body and mind unwind and relax.

Sources:

- (1) Mental Health UK, Sleep and mental health, 2024
- (2) Work in Mind, Nuffield Health's 2023 Health Index
- (3) World Sleep Day, Toolkit, 2025
- (4) Sleep Foundation, How to Determine Poor Quality Sleep, 2023
- (5) Sleep Foundation, Improving Sleep Quality
- (6) Sleep Foundation, Mental Health



SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



**Get 7 to 8 hours
of sleep in
a 24-hour
period**



**Exercise. Regular physical
activity promotes
good sleep**



**Get up at the same
time every day.
Develop a regular
sleep-wake
schedule**



**Keep the bedroom
dark, quiet, and
at a comfortable
temperature**



**Limit use
of bedroom
for sleep**



**Expose
yourself
to light
during the
daytime**



Global Council on
Brain Health
A COLLABORATIVE FROM **AARP**

**The Brain Sleep Connection: GCBH Recommendations on
Sleep and Brain Health; www.globalcouncilonbrainhealth.org
Contact: Nick Barracca at nbarracca@aarp.org
For more brain health tips see www.stayingsharp.org**



Supporting your child



As we approach the February half-term break, we would like to take this opportunity to reassure parents and carers that safeguarding remains a key priority at Bishop Thomas Grant School. All staff continue to work closely to ensure our school is a safe, supportive, and nurturing environment in which every young person can thrive.

The latter part of the spring term can be a demanding time for students, with assessments, mock examinations, and increased academic pressure. For some young people, this can contribute to feelings of worry or anxiety, which may impact their wellbeing both in and out of school.

Understanding Anxiety

Anxiety is a natural response to stress, challenge, or perceived threat. In many situations, it helps us to prepare and respond appropriately. However, when anxiety becomes persistent or overwhelming, it can affect a young person's emotional wellbeing, behaviour, sleep, attendance, and ability to engage fully with daily life.

It is important to recognise that anxiety can present differently in each child. While experiencing occasional worry is normal, ongoing or escalating signs over a prolonged period may indicate that additional support is needed.



Supporting Your Child

Young people experiencing anxiety benefit most from a calm, consistent, and understanding support network. This may include:

- Support from parents and carers
- Trusted friends or peers
- School staff, including teachers and pastoral teams
- Wider family members

As parents and carers, you play a vital role in helping your child feel safe and heard. Creating space for open conversation, listening without judgement, and reassuring your child that support is available can make a significant difference.

Additional Support

If concerns persist, further support is available through your GP and through school. Bishop Thomas Grant School works closely with a range of external agencies and support services to provide appropriate social, emotional, and mental health support for students who need it.

For some young people, anxiety can have a significant impact on school attendance. In these cases, we work carefully with families and external professionals to support students through gradual, manageable steps, helping them to rebuild confidence and feel secure within the school environment.

Small, achievable steps, taken together, can lead to meaningful and lasting progress.

Thank you for your continued partnership in supporting the wellbeing and safety of our students. We wish all families a safe, restful, and positive half-term break.

BTG has always been a 'NO Mobile phone' School.



Schools in England have been given new guidance intended to stop the use of mobile phones during the school day. The updated guidance sets the expectation that **all schools in England are to operate as mobile phone-free environments for the entire school day**; prohibiting the use of mobile phones during lessons, the time between lessons, breaktimes and lunchtimes. The policy should also prohibit the use of other smart technology with similar functionality to mobile phones, such as smart watches. It adds that schools have a legal duty to ensure pupils' welfare and that stopping

phone use during the day is "essential" to ensuring teachers can deliver the curriculum.

Parents will be called upon to reinforce the policies at home; being open to appropriate discussions surrounding the risks of social media and the benefits of time spent mobile-free.

Head teachers are also reminded that they are allowed to search pupils for items banned under schools rules and have legal protection from being sued over loss or damage to confiscated items. DfE have advised that appropriate sanctions, including confiscation and detentions, can be used where pupils breach the policy. The government also cited a survey of secondary school pupils in which 29% of respondents reported phones being used when they were not supposed to be in most or all lessons.

Every school has a duty to create an environment that is calm, safe and free from distraction so all pupils, whatever their background, can learn and thrive. One of the greatest challenges facing schools is the presence of mobile phones. Today, by the age of 12, 97% of pupils own a mobile phone.

Mobile phones risk unnecessary distraction, disruption and diversion. One in three secondary school pupils report that mobile phones are used in most lessons without permission. This not only distracts the single pupil using the phone, but disrupts the lesson for a whole class, and diverts teachers' efforts away from learning.

We owe it to our children to do what we can to remove distractions and enable them to be fully present and engaged in the classroom. We also owe it to our pupils to keep them safe at school. One in five pupils have experienced bullying online. By removing mobile phones from the school day, we can create a safe space where pupils are protected from the risks and dangers associated with social media and cyber-bullying, as well as the peer pressure and possible stigma associated with owning what are often expensive devices.

This is why we are determined that all schools should prohibit the use of mobile phones throughout the school day – not only during lessons but break and lunchtimes as well.

Three in ten pupils cite making and maintaining friendships and their mental health as a cause of worry, anxiety or depression.⁴ By removing mobile phones, children and young people can spend more time staying active and socialising face to face with their peers, activities which have a positive impact on wellbeing. Schools can help children and young people develop these habits, which will in turn help them thrive outside of school.

Department of Education: February 2026

The updated mobile phone guidance sits within a much broader push in the UK (and around the world) to strengthen online safety for children and to address the wellbeing impact of screen-time. The government has recently launched a nationwide consultation exploring tougher measures on young people's social media use, including the potential for a full ban on social media for under-16s. The government's wider strategy aims to build on the Online Safety Act by improving guidance for families and ensuring online platforms are taking greater responsibility for keeping children safe online.





Safer Internet Day



At **Bishop Thomas Grant School**, safeguarding our students is at the heart of everything we do. On **Safer Internet Day, 10th February 2026**, we join schools and organisations across the UK in promoting safe, responsible and positive use of the internet.

The online world offers incredible opportunities for learning, creativity and connection. However, it can also present risks. As children spend increasing amounts of time online - whether gaming, socialising or completing schoolwork - it is vital that the school and homework together to keep them safe.

Key Online Safety Messages for Students

On Safer Internet Day, students will be reminded to:

- Think carefully before sharing personal information or images online
- Use privacy settings and strong passwords to protect their accounts
- Be respectful and kind to others when communicating online
- Tell a trusted adult if something online makes them feel worried, upset or unsafe



How Parents and Carers Can Help at Home

You play a crucial role in supporting your child's online safety. We encourage you to:

- Talk regularly with your child about what they do online and who they interact with
- Agree clear boundaries around screen time, apps and games
- Check age ratings and privacy settings on apps, platforms and devices
- Reassure your child that they can always come to you if something goes wrong online

Keeping conversations, open and non-judgemental helps children feel confident to ask for help when they need it.

Useful Online Safety Websites for Parents

Here are some helpful resources to support you in keeping your child safe online:

UK Safer Internet Centre - Parents & Carers

Practical tips, guides and activities to help families navigate online life safely.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Childnet - Parent and Carer Toolkit

Advice on social networking, gaming, devices, privacy settings and talking to children about online behaviour.

<https://www.childnet.com/parents-and-carers/>

National Online Safety (NOS)

Guides and video resources on current apps, games and digital trends created for parents and schools.

<https://nationalonlinesafety.com/en/parents>

Parent Zone

Information on digital wellbeing, family tech agreements, and creating safe online environments.

<https://parentzone.org.uk>

Our Commitment to Safeguarding

Online safety is an ongoing priority at Bishop Thomas Grant School. Through PSHE, computing lessons, assemblies and our wider safeguarding curriculum, students are taught how to navigate the digital world safely and responsibly throughout the year - not just on Safer Internet Day.

If you have any concerns about online safety or would like further guidance, please contact our safeguarding team.

We are always here to support you and your child.

Together, we can help ensure that the internet is a safe, positive and empowering place for all our young people.

Ward Officer for Child & Young Person

Designated Ward Officer – Child & Young person
PC Mo Ahmed



It's better to hand items over than risk your own safety.

If you are ever in immediate danger, or if you see a robbery taking place, call 999 for an emergency response.

Victim of Robbery Although following crime prevention advice can really help reduce your chances of being robbed, it may still happen. It can be a frightening experience and leave you feeling worried. Never confront a thief – it's not worth risking your own safety for possessions that can be replaced.

- Fearless is the youth service of independent charity Crimestoppers. Fearless is 100% anonymous but they are unable to take reports from victims. It is a space for Children to give information anonymously.
- If you have been a victim of robbery, it's really important that you talk to a parent, guardian, an adult you trust, the Safeguarding Team or report it to the police
- If your mobile phone is stolen you must get it blocked by calling your Network Service Provider. If you need help to do this, ask your parent or guardian.
- Robbery or attempted robbery are serious crimes and should **be reported**. It's important you seek help straight away by dialing 999 from a friend's or trusted adults phone. This gives the Police the best chance to catch the suspects, recover any stolen property and ensure your safety. If you have returned home you should still report online www.met.police.uk or call 101.
- Whether you have a phone or not, **memorise** or keep a contact phone number (parent/carer/partner) in a separate place in your bag/zipped pocket in case of emergency.
- Victim Support have trained staff to support 0809168911 or www.victimsupport.org.uk/children-and-young-people

Personal Safety

Look confident *Move with purpose and try to be aware of your surroundings and avoid distractions like phones or loud music when walking *Plan your route and think about what to take with you, especially if you're going somewhere you haven't been before *Keep to busy, well-lit streets, walkways and paths which are more likely to be covered by CCTV and avoid shortcuts through isolated areas.

Know Emergency Contacts *Learn your address and phone number by heart *Memorize or have quick access to important phone numbers, such as parents, guardians, or a trusted adult. *Ensure you know how to contact emergency services (999 for urgent help).

Hide it *Keep your mobile phone and valuables out of sight. If you're using your phone it's more likely to be snatched from your hand as you're not paying attention to your surroundings, so look around you *Never leave a mobile, any device, wallet or purse on the table of an outdoor café or restaurant. Same goes for any jewellery you might be wearing – keep it covered when walking down the street *Share your live location with a family member and/or trusted friend or use apps that have safety check-ins such as 'Findmyfriend'

Travel in groups *Walking or commuting with friends can be safer than traveling alone *If traveling by bus or train, try to sit near other passengers or near the driver

Avoid Talking to Strangers *Do not engage in conversations with strangers or accept rides or gifts from people you don't know *Always tell an adult /parent if someone you don't know approaches or tries to interact with you *If you think someone is following you, cross the road or go to a place with a lot of people around, like a bus stop or shop

Use Trusted Transport *If you take public transport, know your bus or train routes and where to get on and off *If someone is bothering you on public transport, move to another seat and alert the driver or conductor if necessary

Practice Internet Safety *Be cautious about what you share online and who you connect with on social media *Avoid sharing your location or personal details publicly *Talk with parents, teachers, or school staff about any safety concerns you have or if you need advice

Recognize Safe Places *Identify safe places along your route to school where you can seek help, such as shops, cafes, or public libraries. * Some areas in London have designated "safe spaces" where trained staff can offer assistance

Finally – and this is so important to remember – if you're threatened with violence, don't risk your personal safety. Property can be replaced, you can't.

"MY DAD HAS *bipolar disorder.*"
 "My brother has *AUTISM.*"
 "My mom has *CANCER.*"
 "I *translate* for my parents."
 "My sister has *special needs.*"
 "My grandfather has *Alzheimers.*"
 "My mother has an *addiction.*"
 "MY FATHER HAS *Multiple Sclerosis.*"

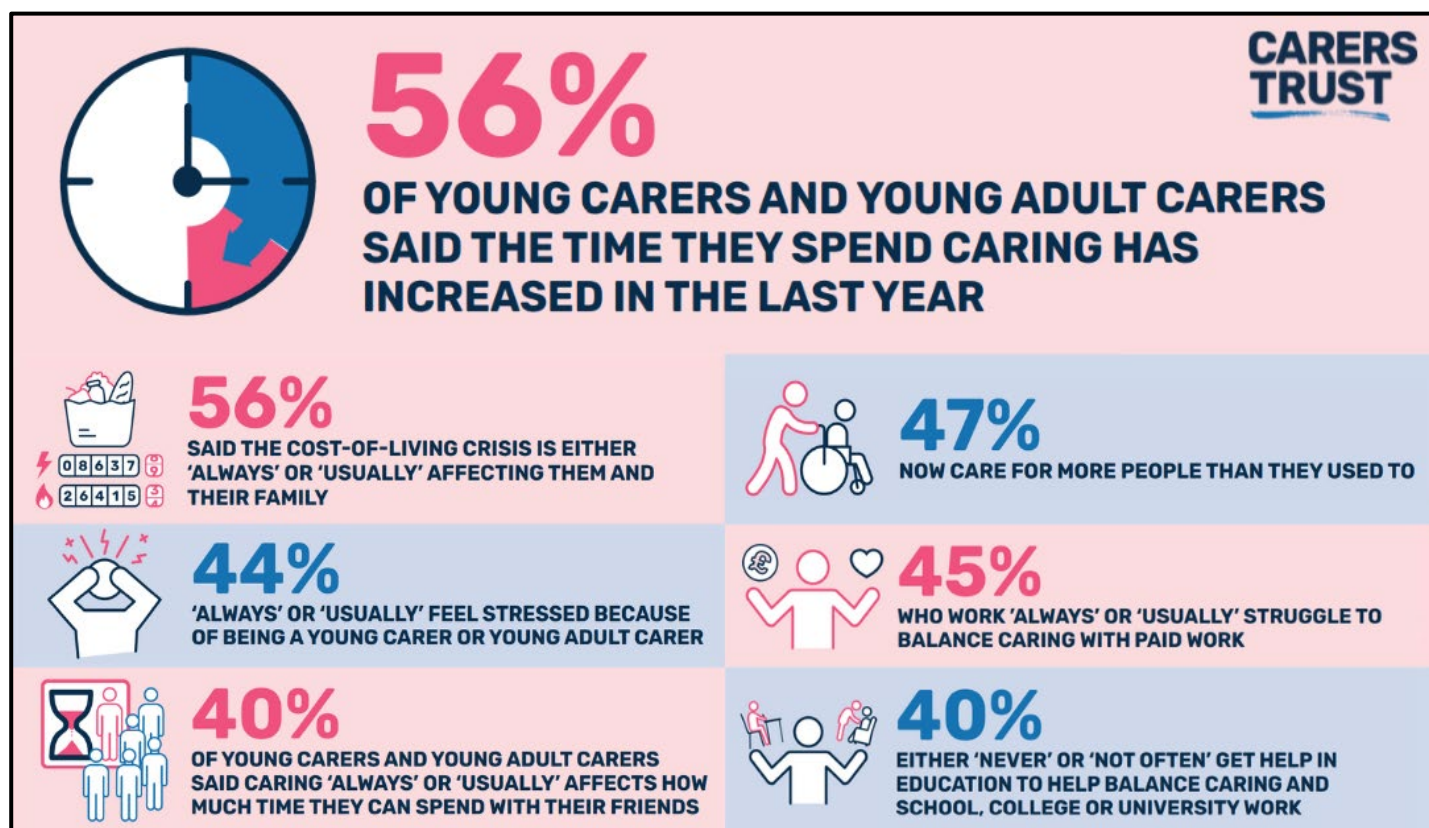


We recognise young carers as children and young people under the age of 18, who provide unpaid care for mums, dads, brothers, sisters, grandparents, and in some cases other family members/ friends because of a disability, illness, mental health condition, or drug and/or alcohol addiction. They often take on practical and /or emotional caring responsibilities that would normally be expected of an adult.

We are aware that the demands of this caring role can sometimes affect a student's emotional, physical and social wellbeing and their prospects in education and life.

All young carers are different their caring roles are different too. If you think you are a young carer or know someone who is a young carer, please let us know.

We would like to thank Sonny Daniels and the Lambeth Young Carer project for the invaluable support they have given and continue to give our Young Carers and their families. We are also welcoming Ellie, who will be continuing the project with us from March. [Carers Hub Lambeth](#) | [Carers Hub](#) | [Greater London](#)



Lambeth: 020 7501 8970
connect@carershub.org.uk

Merton: 0300 303 1555
info@csmerton.org

Bromley: 0808 278 7898
spa@bromleywell.org

Croydon: 07522 046 395
youngcarers@talkofftherecord.org

Lewisham: 0300 111 1110
youngcarers@imago.community

Wandsworth: 020 8877 1200
eleanor@wandsworthcarers.org.uk

Southwark: 0300 111 1110
youngcarers@imago.community

Safeguarding → Attendance

Attendance is a safeguarding issue. The Government requires children to attend school for 190 days a year
<https://educationhub.blog.gov.uk/2024/02/29/fines-for-parents-for-taking-children-out-of-school-what-you-need-to-know/> .

School attendance

Your child should attend school every day unless there is an unavoidable cause, like illness. Good school attendance gives your child the opportunity to success and helps develop skills for life. Missing school damage's a pupil's learning and their grades, disrupts routines and make's pupils vulnerable to crime.

If your child is off school Phone the Attendance Office

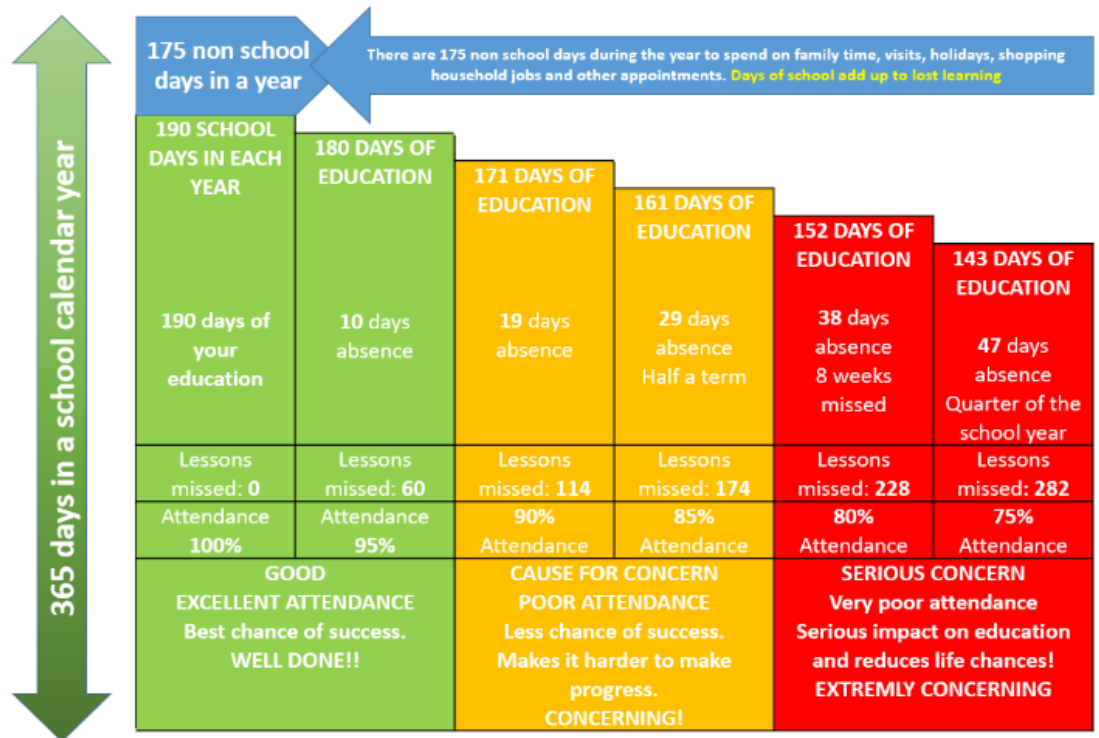
as soon as possible on the morning of absence to give a reason. Make routine dentist and doctor appointments after school or during holidays. If you have to make an appointment during school time, help your child to be at school for most of the day and let the school know about the appointment. You will be asked for a medical certificate or appointment card. Holidays in term time are only authorised in exceptional circumstances.

How can you be sure parent fines are fair? Fines are a last resort, and parents will be offered support to help improve their child's attendance first. The vast majority of fines for unauthorised absence (89%) are issued for term time holidays. If your child is facing barriers to school attendance due to special education needs or disabilities (SEND), schools, local authorities and wider services are required to work together to provide the right support in the first place.

When Penalty Notices are used When the school agrees for your child to miss school in advance, or accepts your explanation, absence is 'authorised'. All other absence is 'unauthorised'. Penalty notices may be used where absence is unauthorised, for example: * A parent has taken their child on holiday during term time without authorisation, especially when this means pupils miss exams or GCSE's. * Pupils are regularly late for school after the register has closed. * A pupil has eight or more unauthorised absences within the previous 10 week period. * Enquires made at school after a truancy sweep show the pupil's absence at that time as unauthorised. * Non-medical or medical meetings which are not related to your child.

If attendance does not improve or there has been no engagement with any support plan, we will issue you a notice to improve your child's attendance. You will be given a fixed period to improve your child's absence. If attendance does not improve and there is an overall absence of 10 sessions (5 school days) over 10 weeks, a fine can be issued.

How much could I be fined if my child misses school? In the majority of cases, schools and local authorities will try and provide support to help you improve your child's attendance first, if this isn't effective or the absence is for unauthorised term time holiday, parents may face paying a fine. Under the new national framework, all schools will be required to consider a fine when a child has missed 10 or more sessions (5 days) for unauthorised reasons. From August 2024, the fine for school absences across the country will be **£80 if paid within 21 days**, or **£160 if paid within 28 days**. If you have already received Fixed Penalty Notice, a second FPN will result in an automatic £160 fine. If you received 2 fines within a 3-year rolling period, your child's school will have to consider a referral to the local authority for legal escalation, which could be a referral to the Magistrates Court under section 444 of the Education Act 1996, which could lead to a fine of up to £2500 and a possible 3-months custodial sentence. Money raised via fines is only used by the local authority to cover the costs of administering the system, and to fund attendance support. Any extra money is returned to the government.





PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2026

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

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

BILLS

Kids eat free Monday 17th - Friday 28th Feb

BREWDOG

Kids eat free this Feb Half Term

BEEFEATER & BREWERS FAYRE

2 under 16s get free breakfast daily with 1 adult!

COCONUT TREE

Kids eat FREE from 10th to the 16th of Feb 2026.

CAFE ROUGE

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

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids eat FREE during all school holidays

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' 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

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 eat for £1 from 6th Jan to 11th February 2026.

PUREZZA

Kids under 10 get free pizza with every adult meal

PIZZA HUT

Kids Eat Free Every Day after 3pm

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

TGI FRIDAYS

Kids Eat Free with any adult meal (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

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 all day Feb 16th - 20th 2026



Further guidance and support

Safeguarding is
Everyone's
Responsibility

How to start a conversation about mental health – Mentally Healthy Schools	Guide for parents of children who have got in trouble online (inappropriate or illegal behaviour)	Text SHOUT to 85258	fearless Part of Crimestoppers https://crimestoppers-uk.org/fearless/more-info/youth-support-services Youth Support	DYSPRAXIA FOUNDATION Incorporating Developmental Coordination Disorder (DCD) https://dyspraxiafoundation.org.uk/	Family Lives – Support with all aspects of family life We listen, support and never judge
YOUNGmINDS fighting for young people's mental health https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGmINDS fighting for young people's mental health Supporting young people with mental health and wellbeing – Parents Survival Guide https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/	YOUNGmINDS fighting for young people's mental health YoungMinds – ADHD and Mental Health https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/	YOUNGmINDS fighting for young people's mental health Young Minds autism and mental health: https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/	YOUNGmINDS fighting for young people's mental health Young Minds – how to look after your mental health during revision and exams https://www.youngminds.org.uk/young-person/blog/how-to-look-after-your-mental-health-during-revision-and-exams/	https://www.operationencompass.org/ OPERATION ENCOMPASS In every force. In every school. For every child.
NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk	NSPCC – Advice for talking about difficult topics https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children	NSPCC – Keeping children safe on-line https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/child-safe-settings-tiktok/	NSPCC – Let children know you are listening Let children know you're listening	www.nspcc.org.uk/keeping-children-safe/online-safety/families-children-with-send/supporting-children-with-send-talking-online/	Refuge For women and children. Against domestic violence.
South East London Mind https://selmind.org.uk/	mind for better mental health https://www.mind.org.uk/for-young-people/feelings-and-experience/exam-stress/#WhatsExamStress	No problem too small 0800 1111 www.childline.org.uk	childline 0800 1111 Childline – coping with anxiety and stress https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/	childline 0800 1111 Online bullying https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media	https://www.samaritans.org/how-we-can-help/schools/deal-deal-resources/coping-strategies/exam-stress-coping-strategies/?gad_source=1&gclid=EAlaQobChM1y4eYh90AhQMVIUjQh19CgFYEAAYASAEGlqG_D_BwE
Parent Zone Local - advice, resources and information: www.pzlocal.org.uk	Recording of previous live streams for parents: https://www.youtube.com/user/theparentszone/videos?view=2	Parent guides - games, apps, platforms and emerging technologies: https://parentzone.org.uk/advice/parent-guides	Setting up games consoles: https://parentzone.org.uk/article/digital-family-basics-games-consoles	Setting up phones and tablets https://parentzone.org.uk/article/digital-family-basics-smartphones-tablets	Setting up smartwatches and fitness trackers: https://parentzone.org.uk/article/digital-family-basics-smartwatches-fitness-trackers
https://www.childrensociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines/what-is-county-lines?gad_source=1&gclid=EAlaQobChM1z5335vedgwMVcpRQBh1c4gSpEAYASAEAtDdF_D_BwE	Free school meals https://www.london.gov.uk/who-we-are/what-mayor-does/priorities-london/free-school-meals/guidance-and-support-families?ac=180594=200498	Attendance https://www.lambeth.gov.uk/schools-and-education/school-attendance-and-exclusions/school-attendance	kooth Kooth is a free online service offering emotional and mental health support for children and young people www.kooth.com	cifas https://www.cifas.org.uk/youngpeople	Setting up smart speakers and connected toys: https://parentzone.org.uk/article/digital-family-basics-smart-speakers-toys
Young Carer Referrals by Borough Bromley https://www.bromley.gov.uk/carers/young-carers Croydon https://www.talkofftherecord.org/croydon/young-carers-service/ Lambeth https://www.carershub.org.uk/young-carers Merton https://www.carersfirst.org.uk/young-carers/ Wandsworth https://carerswandsworth.org.uk/youngcarers/ Southwark https://www.carersfirst.org.uk/young-carers/			MHFA England https://mhfaengland.org/mhfa-centre/blog/What-does-a-good-nights-rest-mean-to-you/	MEEK MENTAL HEALTH IN CHILDREN, 2 BROOKS, 2 https://www.childrensmentalhealthweek.org.uk/schools/#resources	coram better chances for children since 1739 https://www.coram.org.uk/ work with families using creative techniques to explore ways of strengthening family relationships creativetherapyadmin@coram.org.uk

Local Social Service Child Protection Referrals

Bromley	https://www.bromley.gov.uk/children-families
Croydon	https://www.croydon.gov.uk/children-young-people-and-families
Lambeth	https://beta.lambeth.gov.uk/children-young-people-families
Lewisham	https://lewisham.gov.uk/myservices/children-and-families
Merton	https://www.merton.gov.uk/social-care
Southwark	https://www.southwark.gov.uk/allservices
Wandsworth	https://www.wandsworth.gov.uk/community-safety/

<https://www.btg.ac/Information/Policies/> The school operates several policies which acts on statutory guidance and uses procedures that have been agreed by the local authority and are fully supported by the governing body and the staff

<https://www.btg.ac/Information/UK-GDPR/> UK GDPR legislation focuses on the way we gather, handle, store and dispose of data on our pupils, parents, staff and alumni. We have robust and secure systems for both our electronic and paper records

Safeguarding and Well-Being Bulletin can be found on the school website: www.btg.ac
The school website contains lots of useful information

