

TBS SAFEGUARDING

Newsletter 1 (AY 25-26)

Welcome Back From the Safeguarding Team!

me, you, us
safeguarding is everyone's responsibility

As the Designated Safeguarding Lead (DSL), here at TBS, I am delighted to introduce our committed Safeguarding team. Whilst all of our school community have a responsibility for Safeguarding, our dedicated team are passionate about ensuring the school's continued adherence to Safeguarding policies and procedures.

We are always available for any questions from staff, students or families regarding Safeguarding. Thank you, Rachel Hardwick (DSL)



Safeguarding Team: Ms. Jo Ridler, Ms. Dalia Saadallah, Ms. Eloise Morgan, Ms. Nihal Ibrahim, Mr. Tamer ElSayed, Ms. Jane Knight, Ms. Laura Dominguez, Ms. Rachel Hardwick, Ms Hoda Said, Ms. May Kafour

Safeguarding Spotlight: The Alarming Trend of Branding

In recent months, schools and safeguarding professionals worldwide have reported a worrying trend known as branding. This involves young people deliberately burning their skin with heated objects—such as lighters, coins, or even straighteners—often to leave a permanent mark or “brand.” Branding is sometimes linked to peer pressure, online challenges, or a desire to show loyalty to a group of friends. What may seem to young people like a harmless dare or a sign of belonging can in fact cause serious long-term harm. The burns are painful, can become infected, and may leave permanent scars both physically and emotionally.

As parents, it is important to:

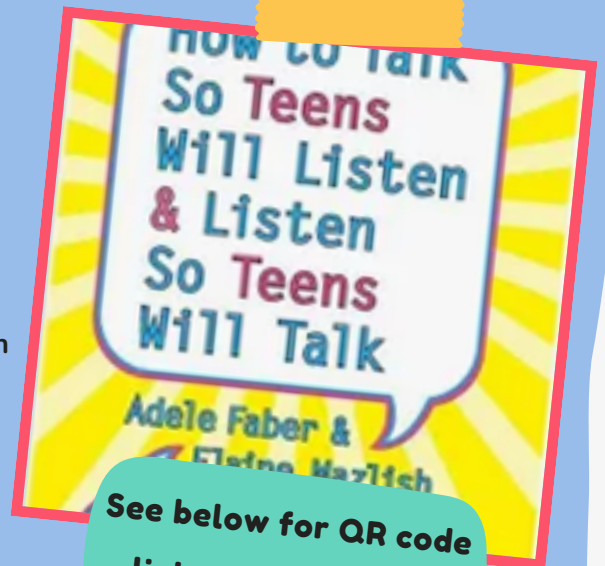
- Stay informed – be aware of the trend and how it may appear.
- Look out for signs – unexplained burns, reluctance to show arms or legs, or changes in friendship groups.
- Keep conversations open – talk to your child about the dangers of branding and reassure them that it is okay to say no to peer pressure.
- Seek support – if you are worried your child may be at risk, please contact the school's safeguarding team.

Together, we can raise awareness and protect children from harmful behaviours that can have lasting consequences.



Supporting your teen with Exam Pressure

Exam season brings pressure from every direction — deadlines, peer comparisons, social media, and family expectations. For many teenagers, it can feel overwhelming. As parents, it is natural to want the best outcomes for your child, but too much pressure, even when it comes from a place of love, can increase anxiety and reduce motivation at a time when they need calm and confidence. Teenagers are not only dealing with the pressure of the exam itself but also the weight of peer competition, the constant stream of social media, and the expectations they feel from home. A simple reminder or comment about effort or results can easily be heard as criticism, especially if your child is already worried. This is where positive discipline strategies can make all the difference.



See below for QR code
link to free e-book

Instead of focusing only on outcomes, it helps to acknowledge your child's feelings and separate the grade from the effort. Saying things like, "I can see you're stressed right now – that's understandable," or "I noticed how steadily you studied this week, and that kind of focus makes a real difference," shows recognition and encouragement without adding more weight. It is also powerful to model calm coping yourself, showing them how you manage disappointment or pressure in your own life.

When disappointment does come, it can be reframed as a learning opportunity. Phrases such as "I can see you're upset about this grade" followed by "Everyone experiences setbacks – it's part of learning" and "This shows us where to focus next" help teens process their emotions while building resilience. Positioning yourself alongside them with language like, "We're in this together, let's plan the next step," turns the situation from a battle into a team effort.

Language matters. Instead of, "You're wasting too much time on your phone," try, "I've noticed your phone is taking up a lot of study time – what's your plan to balance it?" Rather than, "If you don't get good grades, you won't succeed," shift to, "Grades aren't the only measure of success – let's focus on strategies that help you learn better." And instead of, "You must revise every night," offer, "Which evenings would you like me to quiz you, and which ones will you study independently?" These kinds of conversations, taken from *How to Talk So Teens Will Listen & Listen So Teens Will Talk*, move away from conflict and towards cooperation.

Exam pressure is real, but it does not have to damage confidence. By acknowledging feelings, using positive discipline, and approaching challenges as a team, parents can help their teenagers achieve academically while also developing the resilience and confidence they need to handle life's inevitable ups and downs.

Parent Tips:

Set realistic routines: Agree on study times and breaks together to avoid late-night cramming.
Keep perspective: Remind your teen that one grade does not define their future.

Limit comparisons: Avoid saying "Your friend scored higher" – focus on your child's own progress.

Encourage healthy habits: Good sleep, balanced meals, and downtime improve memory and focus.

Stay connected: Show interest in their life outside exams – friends, hobbies, and feelings matter too.

Takeaway: Exams are temporary. The confidence and resilience your child builds now will last far beyond results day.



Attendance Matters!

As we begin a new academic year, we want to take a moment to highlight the critical role that regular school attendance plays in your child's success—both now and in the future.

Academic Impact

Every lesson missed is a learning opportunity lost. Research consistently shows that students with high attendance perform better in exams and coursework. Even missing just one day every two weeks can add up to nearly a month of lost learning over the school year, making it harder for students to keep up and reach their full potential. The statistical evidence from the Department of Education in the UK shows that students who drop below 90% attendance will likely perform one grade lower than their potential. Students whose attendance drops below 85% will likely be two grades below their potential.

Social Development

School is not just about academics—it's also where students build friendships, develop teamwork skills, and grow in confidence. Regular attendance helps students feel connected to their peers and the school community, reducing feelings of isolation and anxiety.

Future Opportunities

Poor attendance can have long-term consequences. Employers, colleges, and apprenticeship providers often ask for attendance records. A strong attendance history shows commitment, reliability, and resilience—qualities that are highly valued in the workplace and beyond.

Attendance Matters



Every Day Counts....

How You Can Help

- Encourage your child to attend every day and on time unless they are genuinely unwell.
- Schedule appointments outside of school hours whenever possible.
- Talk to us if your child is struggling—we're here to support you.

Together, we can ensure every student has the best chance to thrive academically, socially, and personally.



Meet OTIS: On Time in School

Social Media Awareness

Although most social media platforms have an age restriction of 13+, we know that some younger children may still be exposed to these apps and websites through older siblings, friends, or shared devices. It is important for us as parents and educators to stay aware of the latest social media trends so we can guide our children in using technology safely and responsibly. Our wonderful Secondary students, trained by Safe Egypt, delivered an inspiring parent workshop on the subject

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Do you know the App age restrictions?

Current Trends to Be Aware Of:

- **Short Video Platforms:** Apps such as TikTok, YouTube Shorts and Instagram Reels are very popular. Children are drawn to the quick, entertaining clips but may also come across inappropriate content or unhealthy challenges.
- **Online Challenges:** Some challenges are fun and creative, but others can be risky. For example:
 - Eating or drinking unusual items that may cause harm.
 - Dangerous dares such as climbing onto high places or jumping from unsafe heights.
 - Challenges that encourage children to waste food or damage property.
 - “Prank” videos that can upset others or cause embarrassment.
- **Messaging Apps:** Even simple group chats (e.g., on WhatsApp or Messenger Kids) can lead to issues such as unkind comments, exclusion, or too much screen time.

How Parents Can Support:

- Keep communication open – encourage your child to share what they are watching or doing online.
- Remind children that not everything they see online is true or safe.
- Talk about examples of unsafe challenges and why it is important to say “no” to pressure.
- Set clear family rules about screen time and which apps are appropriate.
- Model positive digital behaviour yourself – children copy what they see.
- Use parental controls and privacy settings to limit exposure where possible.

By staying informed and connected, we can help our children enjoy the benefits of technology while protecting them from its risks.

Personal Safety in EYFS

- At TBS, we begin teaching personal safety from a very young age. We know how important it is to build children's awareness and to help them understand that their bodies belong to them. Whilst we recognise that it is completely natural for young children to show curiosity about their own bodies and the differences they notice in others, teachers guide them with sensitivity, helping them learn what is appropriate and safe, and making sure they feel comfortable asking questions. These conversations are introduced in gentle, age-appropriate ways so that children feel secure and confident.
- One way we do this is through stories that children enjoy and can easily relate to. These help us explain in a fun and simple way that their private parts belong only to them and that no strangers or other children should see or touch them. We then reinforce these messages in assemblies and everyday routines. This repetition helps children build a strong understanding of personal boundaries without feeling worried or uncomfortable.
- Our staff are also fully trained in intimate care and carefully follow our school's policy. This means that when a child needs help, they are supported in a way that is safe, respectful and kind. We always encourage independence wherever possible, but we are equally mindful that children develop at different rates, so we provide the right support for each child.
- We believe safeguarding is most effective when home and school work together. Therefore, we encourage you to continue these conversations at home in a positive way, so children hear the same messages from the adults they trust most.
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safe 

Parent/children interactions



ركن الأسرة: كيف نحمي أطفالنا؟

في إطار برنامج حماية الطفل نقدم لأولياء الأمور بعض التوجيهات الهامة:

♦ استمع لطفلك

أعطه مساحة للتعبير عن نفسه دون خوف أو مقاطعة.

♦ عزز ثقته بنفسه

شجعه على القرارات البسيطة، وامدحه على جهده لا على النتيجة فقط.

♦ قل لا للعنف

ابتعد عن العقاب البدني واللفظي، واستخدم أساليب تربوية قائمة على الحوار والاحتواء.

♦ عرفه بحقوقه

علمه أنه من حقه التعلم واللعب والحماية، وأن يقول "لا" عند تعرضه لموقف غير مريح.

♦ راقب بوعي

تابع أصدقائه واستخدامه للتكنولوجيا دون مبالغة أو تقييد شديد.

♦ قوّي الروابط الأسرية

شارك طفلك وقتك بالحديث واللعب والأنشطة المشتركة.

♦ احترم اختلافه

لكل طفل شخصية وميول، فلا تقارنه بغيره.

♦ اطلب المساعدة عند الحاجة

استعن بالمتخصصين أو تواصل مع المدرسة عند ظهور سلوكيات مقلقة.

♦ لننتذكر دائماً: الطفل يحتاج إلى الأمان والحب بقدر حاجته إلى الطعام والشراب.

✦ ركن الأسرة: كيف ندعم أبنائنا تعليمياً؟

في إطار برنامج حماية الطفل، يتأكد لنا أن البيت هو الأساس في حماية العملية التعليمية لأبنائنا. فالمدرسة تفتح الأبواب، لكن دور الأسرة هو من يضمن للطفل الاستمرار بخطوات ثابتة نحو النجاح.

تهيئة بيئة تعليمية آمنة داخل المنزل، ومتابعة مستوى التحصيل الدراسي، يمنح الطفل شعوراً بالاهتمام والدعم. كما أن تجنب المقارنة أو العقاب القاسي يزرع الثقة بالنفس ويعزز حب التعلم.

إلى جانب المذاكرة، يحتاج الطفل إلى وقت للراحة واللعب ليستعيد نشاطه، مما يزيد من تركيزه واستيعابه. أما التكنولوجيا، فهي أداة عظيمة إذا وُجهت نحو التعلم والبحث بدلاً من الاستخدام السلبي.

لننتذكر دائماً: التعليم ليس مجرد درجات، بل هو وسيلة لحماية مستقبل الطفل وتنمية شخصيته.

✦ أعزائي أولياء الأمور: كل كلمة تشجيع منكم، وكل دقيقة اهتمام، هي بذرة أمان ونجاح في رحلة أبنائنا التعليمية.

Thank you for taking the
time to read this
newsletter. Look out for the
next one!

