

Safer Children for a Safer Future

Alexandra School Safeguarding Newsletter for parents and families
Summer Term 2026

Dear Parents and families,

Welcome to the third of our Safeguarding Newsletters this academic year, a way in which we can let you know about recent initiatives, interesting information or important facts which all contribute to the wellbeing and safety of your children.



The school is registered to make Foodbank requests for families via the Trussell Trust. If you find yourself in need, please do not hesitate to contact us. Food parcels can be collected across the borough and in emergencies, deliveries can be arranged. The service is able to cater for different dietary requirements. Please ask Simone or Charlotte for more information: Office@alexandra-school.co.uk

You can also request your own voucher and find your nearest location using this link: <https://www.trussell.org.uk/emergency-food/get-a-food-voucher>

KEEP COOL THIS SUMMER

Just as Harrow offer warm hubs for the colder months, Harrow Carers (Pinner Road, North Harrow, HA2 6DE) has been designated a 'Cool space'. This is somewhere people with disabilities, young children, pregnant women and older people can seek some respite from excessive heat. More information: <https://apps.london.gov.uk/cool-spaces/>



What if you have any safeguarding concerns?



Every school has a 'Designated Safeguarding Lead'. At Alexandra School, this person is Simone. Simone is also the lead for the Prevent Duty. The 'Deputy Designated Safeguarding Leads' are Catherine, Amy and Perdy.

Mari Ladu is our trustee who has a particular responsibility for safeguarding.

If you ever have any concerns, please do not hesitate to contact us in school. We will always contact you should we ever have any concerns about your children.

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Domestic abuse soars by 38% when England lose. This World Cup, we need change!

Although football doesn't cause domestic abuse, where it is already present, big events can make existing abuse more frequent and severe. Domestic abuse increased by 38% when England lost a match and 26% when they won or drew.

You can contact Women's Aid for support: www.womensaid.org.uk



I want to find local support

<https://womensaid.org.uk/information-support/womens-aid-directory/>



I want to connect with other survivors

<https://survivorsforum.womensaid.org.uk/>



I'm worried about a friend

<https://womensaid.org.uk/information-support/friends-and-family/>



I need help

<https://womensaid.org.uk/information-support/>

Being online poses risks at many layers with your child at the centre.

Remember:

Network first – Switch on **broadband** or mobile network **controls** to add a basic layer of protection across all devices.

Devices next – Use device controls to **manage screen time**, downloads and **spending** on the devices children use most.

Finish with apps – Turn on **safety settings** in the **apps, games** and **platforms** children use every day.

[Parental controls and privacy settings guides | Internet Matters](#) - Click here for detailed guides on most devices and apps commonly used.



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Female Genital Mutilation (FGM)

Staff were recently trained on female genital mutilation. We wanted to ensure that our families are also provided with information on this practice.

FGM is a procedure that deliberately alters or removes parts of the female genitalia for non-medical reasons. It is **illegal** in the UK and is recognised as a form of **child abuse**. FGM can have serious short-term and long-term physical and emotional consequences for girls and women.

Warning signs may include:

- A girl talking about a special ceremony or event before travelling abroad.
- Extended absences from school after a holiday.
- Difficulty walking, sitting or standing comfortably.
- Spending longer than usual in the bathroom.
- Changes in behaviour, anxiety or withdrawal.

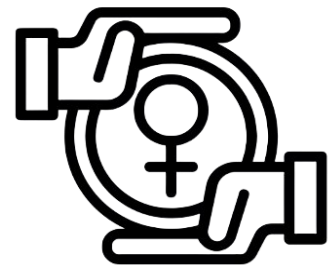
How families can help

- Talk openly with family members about the risks and illegality of FGM.
- Seek support if you feel pressure from relatives or community members.
- Know that safeguarding professionals are available to help and advise.

Need support or advice?

If you are worried that a child may be at risk of FGM, please contact the school safeguarding team or seek advice from:

- NSPCC FGM Helpline: **0800 028 3550**
- Email: fgmhelp@nspcc.org.uk



Every girl has the right to grow up safe, healthy and free from harm

Need urgent safeguarding support during the summer break?

The 'Golden Number' for
Harrow Children's Services is:

020 8901 2690

Between 9am - 5pm, Monday to Friday

On weekends, bank holidays and between 5pm - 9am during the week, the Emergency Duty Team (EDT) social worker is available for emergency assistance on: 020 8424 0999

Support also available at Harrow Family Hubs: **Cedars:** Whittlesea Road, Harrow, HA3 6LS, **Pinner:** Chapel Lane, Pinner, HA5 1AT, **Whitefriars:** Whitefriars Avenue, Harrow, HA3 5RQ, **Wealdstone:** 38-42 High St, Wealdstone, Harrow, HA3 7AE, **Elmgrove:** Kenmore Avenue, Kenton, HA3 8LU, **Chandos:** Chandos Crescent, Edgware, HA8 6HL, **Gange:** 68 Canning Road, Wealdstone, HA3 7SN