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Friday 13th February 2026

Dear Parents/Carers,

Our Safeguarding team have been made aware of an online safety concern and would like to raise awareness to our parents/carers.

We have been informed that a proportion of students within Year 7 are generating status updates, which are suggestive of suicidal ideation. These include statements such as 'This is the last sunset I will see' and 'I wonder if the sunset will be just as beautiful when I am no longer here'.

We ask that you continue to be vigilant around your child's social media usage and to spend a few minutes checking through your child's phone. If you become concerned about the emotional or mental health and wellbeing of your child, please contact us via our dedicated Safeguarding email address: safeguarding@newmillsschool.co.uk. In addition, please familiarise yourselves with the following external agencies, who may be able to offer further support:

Internet Matters – this website provides step-by-step advice to ensure that security settings are in place. It also provides information regarding different platforms and age restrictions.

Snapp-it – a 24-hour helpline which offers advice for people aged 13-25. Young people can access support via the following QR-code.



Kooth – an online mental wellbeing community for children and young people. There is an electronic journal feature to track feelings and emotions, and there are options to join conversations with the Kooth community.

Stem4 – a charity that promotes positive mental health in young people. There is support for parents and young people, and there are a number of free apps available to support with anxiety, depression, self-harm and low self-worth.

Childline – a 24-hour service for young people up to the age of 19. No matter the concern, there are counsellors on hand to offer support.

Many thanks for your continued support.

Emma Adrio
Deputy Headteacher