

**Leigh Church of England Academy**  
**Safeguarding Newsletter**  
**September 2025**

**Back to school** – building positive routines for a strong start.

As the new school year gets underway, many families find it helpful to re-establish routines around sleep, screen time, curfews and home life. While the summer holidays are a chance to relax, the return to structure can be a welcome reset – not just for learning, but for your child's overall wellbeing and safety.



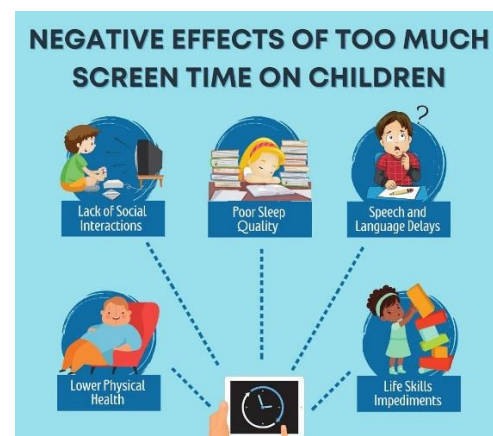
**Why routines matter for well-being**

Routines offer children a sense of stability, predictability and control, all of which are important for good mental health.

Having regular daily habits can help reduce anxiety, improve focus and create a stronger sense of security. When children know what to expect – such as when they'll eat, sleep, study and unwind – it can help reduce stress and that feeling of being overwhelmed. Consistent routines also support better sleep, which is closely linked to emotional regulation, mood and the ability to cope with challenges. In uncertain or emotionally demanding times, even small routines – like packing a bag the night before, eating breakfast together or turning devices off at the same time each night – can act as 'anchors' that promote calm and emotional resilience.

**Sleep, screens and curfews**

Children need between 10-13 hours of sleep to focus and manage emotions. If bedtimes have slipped over the summer, gradually return to earlier routines. Encourage screen-free time before bed and keep devices out of bedrooms to avoid disrupted sleep. Re-establishing curfews and clear expectations can also support safety and balance as school starts, that can be maintained throughout the academic year.



## Age-appropriate content:

As parents/carers you are responsible for ensuring your child/ren are only accessing age-appropriate content on electronic devices and whilst watching television. Please ensure you have the appropriate parental filters set upon devices and that you are checking browsing history regularly. There are new apps appearing all the time and the area of social media is constantly evolving.

Inappropriate content witnessed by children at home and shared in school impacts on the whole school community. It often leads to lost learning time and other children being exposed to things they should not be. This will not be tolerated. Please see below the age restrictions for some common app's and 15 app's every parent should be aware of.



**KEEPING CHILDREN SAFE IS EVERYONE'S RESPONSIBILITY!**