



Weekly Bulletin 21st September 2026

[Spotlight on Safeguarding](#)



September 2026 | Settling in, feeling confident and staying connected

A new school year brings opportunities, but also changes: different teachers, new friendships and greater independence. Please keep us informed about anything affecting your child so we can support them early.

This month's spotlight: the pressure to fit in

Returning to school can bring worries about appearance, friendships and belonging. Social media can add to this pressure by presenting edited images, strict fitness routines and supposedly "perfect" lifestyles.

The beauty and fitness content young people see may look like advice about confidence or self-improvement. However, some posts encourage constant comparison or suggest that someone's value depends on their appearance.

Have you heard of "looksmaxxing"?

This term describes attempts to improve appearance to become more attractive or gain status. Some content involves ordinary grooming or fashion advice; other content promotes extreme dieting, excessive exercise, unverified supplements or harmful attempts to change physical features.

An interest in appearance is not, by itself, a cause for concern. What matters is whether it begins to affect your child's confidence, eating habits, friendships or willingness to take part in everyday life.

Try opening a conversation with:

"Do the accounts you follow leave you feeling good about yourself, or feeling that you need to change?"

Listen with curiosity. Young people may be more willing to talk if they feel you want to understand their online world.

Three practical things to try this month

1. **Review their feed together.** Ask your child to show you accounts they enjoy. Discuss what might be edited, staged or advertising a product. Help them mute or unfollow content that makes them feel worse about themselves, and explore accounts linked to their wider interests.

2. **Make room for a proper check-in.** A walk, car journey or shared activity can make talking easier. Ask about one thing that went well and one thing that felt difficult. Notice and celebrate kindness, effort, humour and skills as well as achievements.
3. **Agree a simple support plan.** Help your child identify a trusted adult in school and decide how they would ask for help. Check that they know what to do if a friendship, group chat or journey home makes them uncomfortable.

When “I don’t want to go” needs a conversation

Stress does not only happen during exams. New routines, friendship changes and worries about fitting in can make the start of term difficult.

If your child becomes unusually withdrawn, struggles with sleep or repeatedly feels unwell before school, take their concerns seriously. These changes can have different causes; start by listening rather than assuming.

Ask:

“Which part of the school day feels hardest?”

“Is there a person or place that helps you feel comfortable?”

“What could we work on together to make tomorrow easier?”

Regular attendance helps students stay connected to learning, friendships and support. If attending becomes difficult, please contact us promptly so we can understand the barriers and agree next steps together. Persistent concerns about physical health, eating or emotional wellbeing should also be discussed with your child’s GP.

Keep us in the picture

Please check that your emergency contact details are current and let us know about significant changes at home. You do not need to wait until you are certain something is wrong before sharing a concern.

School safeguarding team

Designated Safeguarding Lead: **Mrs Natalie Bragoli**

Deputy Safeguarding Leads: **Mrs Sally Sheppard, Mrs Kelly Moore, Mrs Karen Fiddler**

Telephone: **01785 333360** | Email: **enquiries@ruralenterpriseacademy.com**

Help outside school

For concerns about a child in Staffordshire, contact **Staffordshire Families Integrated Front Door: 0300 111 8033**—Monday–Thursday, 8.30am–5pm; Friday, 8.30am–4.30pm.

For urgent concerns outside these hours, call the **Emergency Duty Service: 0345 604 2886**. **If a child is in immediate danger, call 999.**

Headteacher's message

As we reach the end of Week 2, it has been fantastic to see our students continuing to embrace all the opportunities that life at TREA has to offer. On Friday, we held our first enrichment sessions of the year, with students enthusiastically participating in a wide range of activities they had chosen themselves, including Rugby, Football, Drama, Creative Writing, Forest School, Film Club and Science Club.

Our enrichment programme is an important extension of the curriculum, providing valuable opportunities for students to develop new skills, discover interests and broaden their experiences. By running these sessions within the school day, we ensure that all students can access a wide range of wider-curriculum opportunities without missing out due to transport arrangements or bus schedules.

It was wonderful to see such enthusiasm and engagement, and we look forward to watching our students continue to thrive in their chosen activities throughout the year.

Key Dates



Friday 25th September - Macmillan coffee morning

Thursday 1st October - year 6 open evening

Wednesday 7th October - year 7 settling in evening (online meetings)

Friday 23rd October Staff INSET day (school closed to students)

Mental Health Support Team Audit

To help assess and improve the mental health provision in School, the Mental Health Support Team (MHST) have developed this survey and are asking parents/carers to share their views. Please use the QR code to complete, or follow this link;

<https://forms.office.com/e/89Wy4jrBkE>

School photographer 21st September

School Photo Day – Please Pre-Register We're using Parent Link so you get instant access to your child's photos when they're ready—no codes needed. Please pre-register here: <https://aperture-online.flexschools.co.uk/register/oQvPI2LSfF> It takes less than a minute. Thank you!