



# FULFORD SCHOOL SAFEGUARDING & WELLBEING NEWSLETTER

DECEMBER 2025

## Safeguarding Lead's Welcome

**Honesty Empathy Ambition Respect Tolerance**

Welcome to 2nd December edition of the Fulford School Safeguarding and Wellbeing Newsletter.

We are sending this out today wishing you a lovely & safe festive break. As usual the sources of support and advice are contained within this newsletter.

As we enter the festive season, there's a lot of excitement in the air and it is a real opportunity for our young people to really relax and enjoy themselves. All families are different, and some young people may struggle during the Christmas period. This term we have had the Poverty Proofing team in school and we are looking forward to hearing their recommendations to improve the financial school for all families. Our first initiative was the Christmas Jumper recycling which was a huge success—thankyou to anyone who donated.

In this Newsletter, there is information around how to support our young people with their Mental Health if they are struggling. There is also advice and guidance for parents around what can be done to provide support including links to additional support if needed.

We hope that you find the following links useful and informative .

The team would like to wish you all a very happy, healthy festive break and New Year!

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*"For too many children, Christmas isn't magical. It can be the most dangerous time of year."*



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# SAFEGUARDING & WELLBEING

## Autumn Term

### Assemblies:

This term we have had many opportunities to focus on our safety and wellbeing within school.

Mrs Elsworth started the term with an assembly on the “Reasons we have rules and uniform”, and a further assemblies on the Flags in our local area and Safety in the holidays.

Miss Eden delivered an assembly focussing on Respect and Tolerance and Anti-Bullying Week.

The History Department covered Black History Month and Armistice day and Mrs Lowman led the assembly on Disability Awareness.

Other assemblies included World Mental Health Day, Buy Nothing Day and What Matters Most.



### Tutor Time

Yr. 7 - Expectations, Strong Start and Belonging including the Belonging Breakfast and Transition Graduation.

Yr. 8 - Form Identity and Phone Addiction

Yr. 9 - Self Regulation and Keeping Safe

Yr. 10 - Ambition and Work Experience

Yr. 11 - Preparing for Mocks and Post 16 planning.

### Personal Development Lessons

Yr. 7 - Transition into Secondary School, help available and how to seek support, rules, Bullying, Friendships and Peer Pressure.

Yr. 8 - Bullying and Peer Pressure, Drug education, Alcohol & Risk, Healthy Living, Gambling and Careers.

Yr. 9 - Risk taking, Drugs and Alcohol education, Relationships and Family and Careers.

Yr. 10 - Extremism, Refugees and Migration, Crime (including gangs and county lines), Drugs awareness and First Relationships.

Yr. 11 - Careers, Post 16 Options, Personal Finance

Sixth Form—Street Angels visiting to talk about staying safe on nights out, North Yorkshire Road Safety Partnership delivered a talk and craft activities have taken place to support Mental Health and Wellbeing.



# KEEPING SAFE THIS HOLIDAY

## Autumn Term

### WATER SAFETY

We usually give advice around water safety as we approach the summer holidays; however there are risks around water in the winter too.

Water will be incredibly cold, it may be frozen and children may be tempted to walk on it.

More recently some of the becks in the area have flooded and this can be a source of danger.

There is a useful link here to use when discussing winter water safety:

[Winter Water Safety | Royal Life Saving Society UK \( RLSS UK \)](#)



### FESTIVE HOLIDAYS

The festive holidays can be a great chance to spend time with friends and have some time off.

However, it can sometimes feel a bit lonely and there can be a lot of pressure to be happy and can be difficult for lots of reasons. On this page from Childline you can find:



- \* Getting Support
- \* Coping at Christmas
- \* Money problems at Christmas
- \* Not celebrating Christmas

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>

# ONLINE SAFETY

AutumnTerm



## ONLINE SAFETY

Here is some advice on staying safe online at Christmas from the UK Safer Internet Centre  
<https://saferinternet.org.uk/guide-and-resource/top-tips-for-staying-safe-online-at-christmas>

And a free Online Family Digital Toolkit

<https://www.internetmatters.org/digital-family-toolkit/>

## NEW TECHNOLOGY

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

### Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.
- Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:
  - Xbox: <https://www.xbox.com/en-GB/family-hub>
  - PS5: <https://www.playstation.com/en-gb/parental-controls/>
  - Nintendo Switch: <https://www.nintendo.co.uk/Hardware/NintendoSwitch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>
  - Tablets/Smart phones: Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings.
- Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:
  - iPhones/iPad: <https://support.apple.com/en-gb/105121>
  - Android Device: <https://support.google.com/googleplay/answer/1075738>
- Why is it important? Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.
- Further information You can find out more about parental controls here: <https://www.childnet.com/help-and-advice/parental-controls/>

# ONLINE SAFETY

Autumn Term



## WhatsApp

Following our alert this term—please check your child's WhatsApp groups.

### Tips to help you talk about cyberbullying

Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help

<https://www.internetmatters.org/issues/cyberbullying/deal-with-it/>



Life 360 is a popular app used by many families to ensure their child's safety there is a link below with information for parents and carers regarding the app.

However there has been a noticeable increase in this app being used within relationships between young people in order for them to track each other's whereabouts, which in some cases has raised concern regarding controlling and coercive behaviour.

Please do monitor your child/ren's use of the app if they have it.

<https://www.internetmatters.org/advice/apps-and-platforms/monitoring/life360/>

### Getting new devices for Christmas?

Please follow the links below for online safety information.



[Resources for Parents | SWGfL](#)



[Resource Library](#)



[Parents and Carers - UK Safer Internet Centre](#)



# KEEPING SAFE THIS WINTER

## Autumn Term



### Road Safety

We discussed Road Safety during Road Safety Week.

We specifically want to remind our students about the following:

- \* Wear a cycle helmet! We have had reports from members of our community about some of our students cycling without helmets. This is such a simple safety device that saves lives—are you wearing yours!
- \* Headphones/earphones— do you have your listening devices set to ambient sound so you can hear what is going on around you?
- \* Mobile phones—do you walk along looking down at your phone? We have had concerns raised by drivers who have had children step out in front of them because they were not looking where they were going.
- \* Seat Belts—we cannot stress the importance of these enough—please ensure you are wearing them on school buses, in cars etc.

### Finally, parents and carers

- \* **Do you slow down when driving near the school? Please reduce your speed when dropping off and picking up your children.**
- \* **Please do not drive onto school site during the start and end of school—this is for safety reasons.**
- \* **Please be considerate of our neighbours and local community when picking up and dropping off.**

# E-SCOOTERS & E-BIKES

## Autumn Term



**Are you thinking of buying an E-bike or E-scooter for a Christmas present or does your child already have one?**

**Do you know the difference?      Do you know the legal requirements?**

Q) What is the difference between an E-scooter and an E-bike?

A) The main difference is the mechanism. An e-scooter doesn't require the rider to keep moving it further, and e-bike requires the rider to keep pedalling at the same time



### E-Scooters

Are classed as motor vehicles and therefore require a provisional driving licence and insurance to be used on a road or a public place.

Personal users are unlikely to get insurance and therefore are only allowed to use on private land

Consequences: 6 penalty points and £300 fine. Potentially arrest if under the influence of drink/drugs

These rules apply to everyone, including young people.

Police have the power to seize illegally-ridden e-scooters. To claim back it will be a fee of at least £150 to reclaim and proof of insurance will need to be shown.



### E-Bikes

You can ride an E-bike if you're 14 and over, as long as it is classed as an 'Electrically Assisted Pedal Cycle (EAPC). You do not need a licence to ride an EAPC, no tax or insurance required

When is an E-bike an EAPC – must have pedals that can be used to propel it; can have more than 2 wheels e.g. tricycle.

There are also rules around the motor, watts, 15mph and around markings on the bike; manufacturer, voltage, maximum speed etc

If a E-bike is an EAPC then you can ride it on cycle paths and anywhere that pedal cycles are allowed – not pavements

If your E-bike is not an EAPC – then it's classed as a motor cycle/moped and will therefore require to be registered/approved and taxed with the appropriate valid driving licence to ride one, motorcycle helmet and insurance.

For these reasons those considered not to be EAPCs and E-Scooters are not permitted on school site.



# ONLINE SUPPORT

## Autumn Term



### FREE Courses for Young People and Parents/Carers

Togetherness brings together trusted, evidence-based online support in one easy to access place.

Developed by NHS clinical psychologists in collaboration with practitioners and parents, it offers a wide range of online learning pathways to help families better understand and manage emotional health in everyday life.

York residents can access a personalised page at **[togetherness.co.uk/mul/york](https://togetherness.co.uk/mul/york)**, which features a selection of free, flexible courses including:

- *Understanding your child: from toddler to teenager*
- *Understanding your child with additional needs*
- *Understanding your teenager's brain*
- *Understanding your own adolescence (for teenagers and pre-teens)*

There are pathways for all ages – from pregnancy through to 19 years – supporting parents, carers and young people in understanding child development, strengthening family relationships, and improving emotional wellbeing.

**All courses are free for York residents using the access code: RAISE.**



### Support for Parents/Carers, Children and Young People

Raise York offers local & national support which can be accessed without professional referrals.

Please follow this link: [Welcome to Raise York – Raise York](#)

# YOUNG CARERS

## Autumn Term



We want to ensure that every young person in our school feels supported, especially those who help to look after someone at home.

York Carers Centre provides dedicated support for young carers aged 5 to 18, who may be helping a parent, grandparent, brother or sister with an illness, disability, mental health difficulty, or issues with alcohol or drugs.

York Carers Centre offers a range of opportunities and support, including:

### **Youth clubs (split by age)**

These sessions give young carers a chance to spend time with others their own age. They include games, crafts, baking, snacks, and plenty of fun in a relaxed setting.

### **Trips and events**

Usually held during school holidays and sometimes on evenings or weekends), these outings give young carers a break from their responsibilities, the chance to meet others in similar situations, and the opportunity to try out new activities and places.

### **One-to-one support**

If a young carer is going through a particularly difficult time, support workers are available to talk, listen, and help find ways to make things easier at home and at school.

### **Monthly lunchtime drop-ins at school**

Young carers can meet with support workers and catch up with other young carers from their school in a safe, friendly environment.

Once registered, young carers also receive a discount card for selected shops and cafés in York, as well as a carers emergency card.

**To learn more, please visit:**

<https://yorkcarerscentre.co.uk/young-carers/>

**If you believe your child may be a young carer, you can make a referral here:**

<https://yorkcarerscentre.co.uk/young-carers/how-to-make-a-young-carer-referral/>

# SAFEGUARDING



## Information from City of York Safeguarding Lead Spray paint trends

Information has been shared from a UK wide context reporting that there are gangs who are buying cheap spray-paint from places like 'Temu' which costs about £2 and stays on skin for up to 3 days.

The gang will choose a colour that represents them and then "mark" their victims.

It is being shared with schools across the country so they can be aware of potential-coloured marks on their students skin.

At the time of writing this email we are not aware whether this has been noted to have happened in York. If you have concerns related to this, please contact us or the Police.



## ASB update from the Youth Justice Service (YJS)

YJS have been dealing with issues across the city with groups of young people being involved in Anti-Social Behaviour (ASB). The main areas that have been affected are Haxby, Vanguard and Monks Cross.

There has been reports of shoplifting of vodka and some of the shops affected have chosen not to report to the police or challenge. This makes the situation difficult in that these groups of young people are not facing any consequences, which is then fuelling further behaviour.

Young people in the main have been from Year 8 and Year 9. Please do discuss this with your children and let us know if you have any information that should be passed onto our Police Liaison Team.

We have been passed the following information regarding a recent drug alert within the city. Change Grow Live have shared with us that there is a high risk of Ketamine in the area being contaminated with Nitazene, which has been used by some of our young people. This has led to one young person being hospitalised.

Becca Lister from Change Grow Live (Young Person's resilience worker) has created the 2 posters below to be used with young people which raises awareness on Nitazenes and advice on drug related emergencies.

### IMPORTANT REMINDERS DRUG RELATED EMERGENCY



- 1 If someone becomes unconscious call 999 immediately
- 2 Recovery position
- 3 Stay with the person until the ambulance arrives



**Harm reduction:**

- Start LOW go SLOW
- Get your substances tested where possible
- Dont use alone
- Stay with trusted people

### What You Should Know About Fentanyl & Nitazenes

#### ⚠️ Why They're So Dangerous

- People often don't know they're taking them.
- They can be mixed into powders, pills, or vapes that look like other drugs (like Xanax, MDMA, oxycodone, or cocaine).
- You can't see, taste, or smell them.
- Even a tiny amount can stop someone's breathing or cause death.

#### 💬 What Are They?

- Fentanyl and Nitazenes are man-made opioids — drugs that affect the same part of the brain as heroin or morphine.
- They were originally made for severe pain in hospitals, but are now turning up in street drugs.
- They're extremely strong — fentanyl can be 50-100 times stronger than heroin, and some nitazenes are even stronger.

#### ♥️ How to Stay Safe

The safest choice is not to use drugs — but if you're around them, know how to reduce harm.

- Never use alone. Always have someone who can call for help.
- Don't mix drugs (especially with alcohol or other depressants).
- Know what to do in an emergency:
- If someone is unconscious or not breathing, call **999 immediately**.
- Say it could be a drug overdose.
- Naloxone can reverse opioid overdoses — ask local services if you can get trained or carry it.
- Stay with the person until help arrives.



# YORK FOODBANK

## Autumn Term

### Local Foodbank Information

York Foodbank supported by The Trussell Trust are working to combat poverty and hunger across the UK.

The foodbank provides three days of nutritionally balanced emergency food, along with support for individuals and families who are experiencing crisis.

Families can receive up to three vouchers within a six-month period, issued on a discretionary basis. If more help is needed after this, the foodbank team can work with you to look at further support and discuss any plans to address the underlying causes of ongoing hardship.

While there is no strict limit to how many vouchers a person can receive, foodbank support is intended as an emergency, short-term provision.

If someone is unable to collect their food parcel themselves, a partner agency, friend, or family member may collect it on their behalf.

In exceptional circumstances, such as when no one connected to the family is able to leave their home the foodbank may be able to arrange a volunteer delivery on a Thursday morning.

If you or someone you know could benefit from this support, please reach out to Miss Tomlinson via telephone or [TomlinsonJ@fulford.york.sch.uk](mailto:TomlinsonJ@fulford.york.sch.uk).



# PARENT/CARER & PUPIL PADLET

Autumn Term

## Parent/Carer Padlet



We have created a Parent/ Carer Padlet.

This has been created to help parents/carers find trusted information, advice, and resources to support young people with a range of issues.

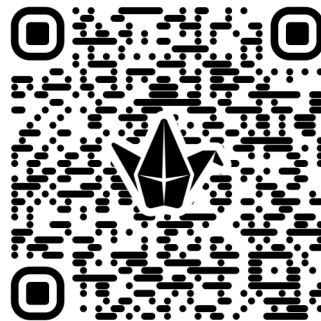
Here you'll find guidance on topics including; mental health, online safety, bullying, exploitation, and more.

Whether you're looking for practical advice or support services, this space is designed to help better understand the challenges young people may face and how to support them effectively.

You can access the Parent/Carer Padlet via the QR code below or by following

this link: [Parent Carer Padlet](#)

Parent / Carer QR Code

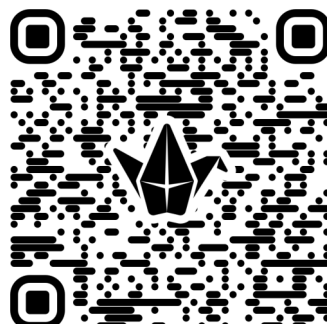


Alongside this there is a Pupil Padlet for young people to access.

You can access the Pupil Padlet via the QR code below or or by following

this link: [Pupil Padlet](#)

Pupil QR Code





# KEEPING SAFE THIS WINTER

## Autumn Term



### Rail Safety

Network Rail have asked us to pass on the following key messages regarding rail safety to students and parents:

- Trains are fast and quiet, travelling up to 125mph and taking 2km (one and a quarter miles) to come to a stop – even with the emergency brakes.
- It is against the law to trespass on the railway and can result in a fine of £1,000 and a criminal record. This isn't just about going onto the tracks, climbing over fences, misusing level crossings etc. is still trespassing even if you don't go on the tracks.
- Always Stop, Look and Listen before using a level crossing. Never start to cross a level crossing when its lights are flashing.
- Make sure you're paying attention whenever you use any kind of level crossing; keep dogs on short leads and don't be distracted by phones, earphones etc. as you cross.
- The electricity is ALWAYS switched on around the railway including equipment boxes and overhead wires, and these use very high voltages and are very dangerous.
- You don't have to be touching the wires to receive an electric shock as electricity can jump (arc) up to 3 metres in any direction – including upwards. Even if you're above the wires (e.g. climbing on a bridge) it doesn't mean you're safe from them when getting too close. The injuries received from such a shock can be life-changing, and unfortunately are often deadly.
- Trains can generate turbulence as they go past, it's strong enough to drag someone onto the tracks or under the train – another good reason to not trespass, and the reason why there are yellow lines on the platforms.
- Should you witness any incidents of unauthorised access or trespass, or any other dangerous behaviour on or near railway land, please contact British Transport Police on 0800 40 50 40, text them on 61016, or in emergencies call 999. You can also call the Network Rail 24-hour helpline on 03457 11 41 41.

For more information on railway safety you can visit the websites:



<https://switchedonrailsafety.co.uk/> which has games, quizzes, and activities aimed at those aged 3 to 16 years old and



<https://www.youvstrain.co.uk/> which has further resources available for those aged 11+.

Please note, the You vs Train website and the 12-16 section of the Switched On website contains content that some people may find upsetting and so is targeted at secondary school-aged children and older. We'd encourage you to visit these sites with your children, if suitable, and discuss with them the dangers of trespassing on the railway.

# KEEPING SAFE THIS WINTER

## Autumn Term

### Reach Out

If students want to ask for support for themselves or a friend, they can use the Reach Out Button on the School Website:

## How to Report Something in School

[CLICK TO REACH OUT](#)

You will need to log in using your school email and password. This means we'll know who to get in touch with to help.




# KEEPING SAFE THIS WINTER

## Autumn Term

### Coping Strategies – What if I'm feeling anxious or stressed?

Breathing techniques can control the physical symptoms of stress or anxiety whilst helping you think more clearly.

*(adapted from Compass BUZZ)*



### Hi Five Breathing

Try holding up your right hand with your palm towards you. Then starting at the bottom edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while you do this take a long breath in. Then breathe out slowly and as you do this bring your finger to the bottom of the next finger, repeating until you reach your thumb. Repeat this for as long as you need to relax.

### Action For Happiness Calendar - December

Action for Happiness create monthly calendars with suggestions to do each day. Why not try them during the summer break? If you like them, [further calendars will be here](#).

December Kindness 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				



ACTION FOR HAPPINESS

Happier · Kinder · Together

# SOURCES OF SUPPORT

## Supporting Wellbeing

A reminder of where you can look for support or guidance:

[The Go To](#) – Provides support and guidance on wellbeing and mental health for young people and parents in North Yorkshire

[Compass Buzz, 'Buzz US' service](#) - Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.

[Young Minds](#) – Their website includes guides for both parents/carers and young people. As a school we successfully raised over £500 through our 'Hello Yellow' non-uniform day back in October.

[York Mind](#) - York Mind exists in order to promote recovery from mental ill-health, emotional well-being and independent living.

[Better Health](#) - The 'Every Mind Matters' campaign from the NHS includes guides on dealing with change, self care and dealing with social media. There are tips for parents/carers to help support children who may be struggling with their mental health.

[NHS England](#) – A clear article with tips and guidance on what to do if you're a young person and you're struggling, including further links to other websites and support.

[Kooth](#) - Kooth is an online mental health service for children, young people and adults. In North Yorkshire, Kooth offers free online counselling and emotional well-being support for children and young people.



# SOURCES OF SUPPORT

## Safeguarding Support and Guidance

A reminder of where parents and carers can look for support or guidance:

[York Safeguarding Children Partnership](#) have some useful support and guidance for parents and carers.

[Child Exploitation](#) – Ivison Trust – support for parents/carers who think a child or young person may be exploited by people outside the family.

[Live Well Bereavement Directory](#)

[Early Help](#) - Early Help, it is the way that everyone works together to support the needs of families.

[York Mental Health and Wellbeing Guide](#)

[Young Carers Support](#) - If your child is caring for you or helping to care for a sibling or family member who lives with you there are Young Carer's services across the county who can provide a wide range of support.

[IDAS](#) - IDAS provides support for victims and survivors of domestic abuse in North Yorkshire [info@idas.org.uk](mailto:info@idas.org.uk) 03000 110 110

[NSPCC](#) - NSPCC have a wide range of information and advice for parents and carers.

[York Foodbank](#)

[Concerned About a Child?](#) Where there are significant immediate concerns about the safety of a child, please contact the police on 999. If you believe the situation is urgent but does not require the police, please call 01904 551900 to make a telephone contact.

If you are worried – you can contact the Safeguarding team at school, by emailing [safeguarding@fulford.york.sch.uk](mailto:safeguarding@fulford.york.sch.uk) – **during the school holiday this is not staffed.**

**If you are unable to reach us and you are worried about any child and think they may be a victim of neglect or abuse please call the York Multi-Agency Safeguarding Hub (MASH) by calling 01904 551900.**

**Should your call be outside of business hours (Monday – Friday / 9am-5pm) please still call 0300 131 2 131 to speak to the Emergency Duty Team.**



# SOURCES OF SUPPORT IN SCHOOL

## Our Safeguarding Team

[safeguarding@fulford.york.sch.uk](mailto:safeguarding@fulford.york.sch.uk)



Mrs T Elsworth— Deputy Headteacher

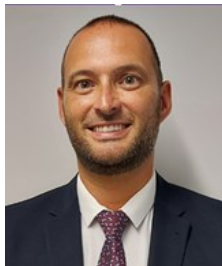
[elswortht@fulford.york.sch.uk](mailto:elswortht@fulford.york.sch.uk)



Ms J Tomlinson— School Social Worker

[tomlinsonj@fulford.york.sch.uk](mailto:tomlinsonj@fulford.york.sch.uk)

### The Deputy Designated Staff are:-



Mr Harris  
Headteacher



Ms Davies  
Head of Sixth Form



Ms Mehta  
SENCO



Ms Craven  
School Nurse



Miss Eden  
Assistant Headteacher



Ms Stuart  
Post 16



Ms Fewster  
Post 16



Ms Irwin-Stilgoe  
Attendance Lead



Mr Hearn  
School Counsellor