

And that's a wrap at least for you folks in schools and other settings. KCSiE was released this week (highlighted changes and on the KAHub) and the statutory guidance in relation to Allergy Safety late last week (new KAHSC model Policy on its way). We are still waiting for the revised version of the newly titled 'Supporting children and young people with medical conditions and allergy' to be published which will further inform some of the KAHSC model documents. So, here at KAHSC we will be beavering away during the summer break to ensure all the model policies and procedures are up to date ready for September and your return. It's gonna be a long one! In the meantime, I hope you all have a wonderful, sunny summer. Take time for yourselves, your families and friends, recharge your batteries for September, I think it is going to be a bumpy ride!

Kym Allan .

Star Performers

Every term, audit results get better and better!

Congratulations to the following schools for their outstanding H&S audit results of over 90%:

- Castle Park Primary School, Kendal
- Branthwaite Academy, Whitehaven
- Stanwix School, Carlisle
- George Hastwell School, Barrow
- Fairfield Primary School, Cockermouth
- Great Corby School & Nursery
- Patterdale CE Primary School
- St Begh's Catholic Primary School, Whitehaven
- Newtown Primary School, Carlisle
- St Mary's Catholic Primary School, Kells



Laws, In-Court and New Guidance

HSE: "Risks to workers from extreme heat must be managed"

- Employers have legal duties to protect workers from extreme heat
- Workers should talk to their employer if the temperature isn't comfortable

Employers need to act now to make sure their workers are protected as a heat health alert has been issued for parts of the country. Employers must assess risks to the health and safety of their workers by law, including risks from extreme weather such as heatwaves. While there is no legal maximum temperature for workplaces, heat is classed as a hazard and should be treated like other hazards.

Simple measures to consider include:

- Making sure workplace windows can be opened or closed to prevent hot air from circulating or building up. In kitchens this will require the fitting of appropriate fly and bug screens.
- Using blinds or reflective film on workplace windows to shade workers from the sun.
- Placing workstations away from direct sunlight and heat sources or relocation to a cooler area.
- Relaxing dress codes if possible.
- Sharing information about the symptoms of heat stress and what to do if someone is affected.

New Policies for September 2026

4 new policies and/or procedures are being developed ready for September 2026.

If you have sent your policies in to Courtney to review over the summer holidays, she will automatically add these 4 to your list when they are sent back.

The four policies are:

- Allergy (Statutory)
- Bereavement (Recommended)
- AI (Recommended)
- Domestic Abuse (Recommended)

Please send in your policies to be reviewed as soon as possible in word format to courtney.allan@kymallanhsc.co.uk so they can be added to her list. If you need a full policy list, please e-mail Courtney and she will send it across.

Action for all settings: Grooming gang inquiry

In March 2026, the Chair of the [Independent Inquiry into Grooming Gangs](#) issued a high-level instruction to retain and preserve any material, digital or physical, that may be relevant to the inquiry.

The inquiry has now issued a [formal notice](#) requiring individuals and organisations who hold potentially relevant information to preserve it and not destroy, conceal, or alter it.

social media spotlight: **THE BAN**

“Social media to be banned for under-16s in landmark government move to give kids their childhood back”

Backed by 9 in 10 parents – expected to be brought to Parliament before **Christmas**, with protections expected to come into force in **Spring 2027**

The ban is expected to apply to platforms such as Instagram, TikTok, Snapchat, Facebook, X and YouTube, as well as stronger legislation surrounding chatbots and livestreaming.

Social media companies will be required to use stronger age verification measures to prevent under-16s from creating or accessing accounts. The onus is on the social media platforms, not the individual, therefore if children are on social media, there would be no personal consequences to parents, carers, schools and users.

Schools are not expected to change safeguarding policies at this stage and existing online safety education, filtering, and reporting procedures remain appropriate. Staff should continue to reinforce safe and responsible online behaviour and ensure pupils know how to report concerns. This remains a developing policy area, and further updates should be monitored via the Department for Education and safeguarding guidance channels.

Launch of Cyber Security Hub



Department
for Education

The DFE have launched a Cyber Security Hub which is a dedicated hub bringing together guidance and resources. The new service provides schools with trusted, practical guidance to help strengthen cyber resilience, reduce cyber risk, and respond to cyber incidents.

<https://cyber-security-hub.education.gov.uk/>

It is highly recommended that all schools have a Cyber Security Plan, there is a free word & PDF version of a cyber security plan on the security hub. KAHSC also have a model Cyber Response Plan which can be downloaded from the KAHub:

<https://cyber-security-hub.education.gov.uk/create-your-cyber-response-plan>



FREE STUFF

YGAM are offering fully funded gaming and gambling harm prevention safeguarding training.

- 100% Free
- Held via Teams
- 2 hours various times/dates
- CPD certified



[More information](#) | [Dates and booking](#)



Suicide Alertness - Online - 3.5hr
29th September

Suicide Alertness Bitesize - Online - 1hr
10th September & 23rd September

Self-harm Alertness - Online - 3.5hr
12th November

Safety Planning - Online - 2.5hr
8th October & 2nd December

[More information or to book click here](#)

AAI changes



AAI devices should be no more than 5 minutes away from wherever they might be needed. This means that most schools will need to obtain two pairs of 'spare' AAls:

School type	AAIs for children under age 6 years (150 micrograms) e.g. EpiPen Junior, Jext 150	AAIs for individuals over 6 years of age (300 micrograms) e.g. EpiPen, Jext 300
State-funded nursery school	One pair of "spare" AAls	n/a
Primary school	One pair of "spare" AAls	One pair of "spare" AAls
Secondary school	n/a	One or two pairs of "spare" AAls *
Special school	One pair of "spare" AAls	One pair of "spare" AAls

* Secondary schools with large sites should consider having two pairs of "spare" AAls, so that a pair of "spare" AAls are available within five minutes of wherever they may be needed.

Please keep an eye out for the new policy on allergy safety and the revised supporting pupils with medical conditions and allergy for September 2026.

The Allergy Team recommend the 'simple online pharmacy'. Pens can be purchased from £89.95.

<https://www.simpleonlinepharmacy.co.uk/medications/epipen-for-schools/>



<https://www.cheshireandmerseyside.nhs.uk/your-health/helping-you-stay-well/asthma/>

Any questions regarding Asthma or supporting pupils with medical conditions please e-mail: penny.gosling@kymallanhsc.co.uk

Action for all settings

Whole school approach to child sexual abuse

The Centre of expertise on child sexual abuse (CSA centre) has launched a free, easy-to-use Whole School Approach framework to help early years settings, schools and colleges strengthen how they prevent, spot and respond to child sexual abuse.

Education staff are in a position to identify concerns early and support children to seek help. The framework helps settings audit practice, identify gaps and drive improvement, backed by practical tools, templates and guidance.

Harmful sexual behaviour training

NSPCC 'Learning'

NSPCC Learning has launched a new e-learning course on understanding, responding to and preventing harmful sexual behaviour (HSB). The training covers a range of problematic sexualised behaviours including online and sibling sexual abuse; recognising contributing factors; tools to identify and respond; managing personal feelings to incidents; and developing safety plans. It is for anyone working or volunteering with children, including those in a named role and professionals in education and healthcare.

Take the course: Harmful sexual behaviour (HSB) training | £35

Every Life Matters: Mental Health First Aid

Mental Health First Aid 2 day face-to-face | £220
Penrith 12th & 14th October

Mental Health First Aid 2 day online | £190
12th & 13th November

Mental Health Awareness in the Workplace | 3.5 hr online | £45
23rd June & 7th October



Changes to Volunteer DBS checks

Previously, a volunteer who was 'supervised' by a member of staff engaged in regulated activity fell outside the 'regulated activity' definition, regardless of how often they volunteered.

From 1 September 2026, that exemption no longer applies.

As a result, some volunteers who teach, train, instruct, care for or supervise children will be considered to be undertaking 'regulated activity' even when they are supervised. This means that some volunteers who previously did not require an enhanced DBS check with children's barred list information will require one from September 2026. This change is significant because the children's barred list is not a criminal record. An individual can be barred from working with children following consideration by the Disclosure and Barring Service, even where there has been no criminal conviction.

Contact Kym@kymallanhsc.co.uk if you have any questions relating to DBS and the new changes.

Doomscrolling: We've all done it

Doomscrolling is the habit of endlessly scrolling through social media, often when you're bored, watching TV or lying in bed. It usually involves consuming large amounts of content without really engaging with it, and because so much online content focuses on bad news, world events or negativity, it can often leave people feeling anxious or unfulfilled.

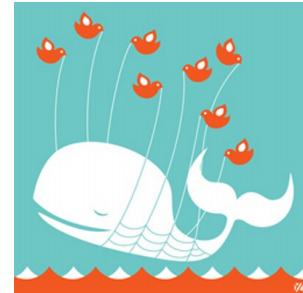
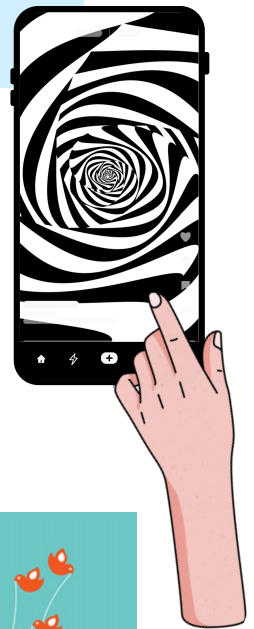
Have you ever tried to scroll back to find a post you thought was only a few posts ago, only to realise you've gone past 10 or more? Or spent time on TikTok or Facebook, then struggled to remember the last five videos or posts you watched? These are common signs of mindless scrolling.

One of the proposals being discussed by the Government alongside social media restrictions is limiting features such as infinite scrolling (also known as auto-scroll). This is where there is no natural end to the content, every time you reach the bottom, more posts automatically appear, making it easy to keep scrolling for far longer than intended.

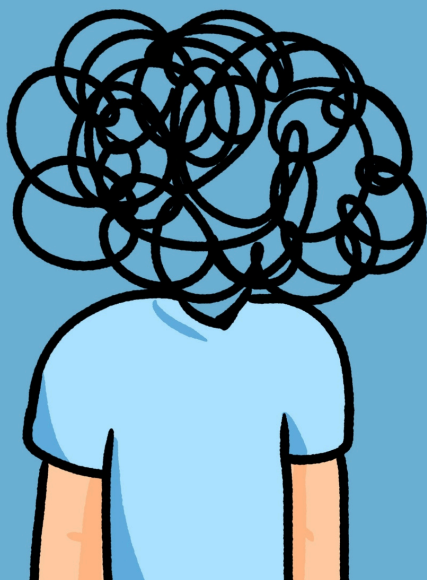
Infinite scrolling is designed to keep users engaged. Much like a slot machine, the brain doesn't know what the next post or video will be, so it keeps "pulling the lever" in anticipation of something interesting or rewarding. This unpredictable reward system triggers the release of dopamine, reinforcing the behaviour and making it harder to stop scrolling, particularly when combined with emotionally charged or negative content.

Reduce doomscrolling

- **Set time limits:** Use in-app features such as screen time limits
- **Tailor your feed:** Unfollow or mute accounts that contribute to negative feelings and engage more with positive or informative content.
- **Enjoy offline moments:** e.g. during meals, before bed, or first thing in the morning, while on walks
- **Be mindful:** Ask yourself why you're reaching for your phone, is it boredom, are you stressed or do you need it for a meaningful reason.
- **Just delete the apps:** you aren't missing anything of significance, if you need to know something, someone will tell you



Original users of Twitter may remember the 'fail whale' back around 08/09 time, when you scrolled too many posts, 'Fail Whale' would appear, telling you that you'd ran out of content to read for a while and to come back later. With over 500 million tweets posted per day in 2026, the fail whale no longer exists and endless scrolling has taken over.



"1 in 3 absences attributed to mental health issues"

Following a survey by Acas in February 2026, almost a third of workplace sickness absence are attributed to mental health issues, including stress, anxiety and depression. Employers were asked what their top 3 absence reasons were from employees.

- 🤧 coughs, colds and flu
- 🤕 Headaches and migraines
- 🧠 Mental health

Source: <https://www.acas.org.uk/a-third-of-workplace-sickness-absence-is-due-to-stress-anxiety-depression-or-other-mental-health>

Stress weakens the immune system and can triggers other illnesses such as headaches So the real figure could be much higher.

There are a whole host of ways you can help colleagues to manage stress and schools should have Wellbeing procedures in place. If you need the model of the Wellbeing procedures please search the KAHub or email courtney.allan@kymallanhsc.co.uk.

Climate Action Plan

The Department for Education has encouraged all education settings to develop a Climate Action Plan. "By 2025, all education settings **will** have nominated a sustainability lead and put in place a climate action plan". A Climate Action Plan helps schools take a structured approach to reducing their environmental impact while preparing pupils for a more sustainable future. Rather than implementing one-off initiatives, it provides a clear roadmap for improving energy efficiency, reducing waste, supporting biodiversity, and embedding sustainability across the curriculum and daily school life.



Energy:

Motion sensor lights
Improving insulation
Monitoring energy usage
Unplug and fully switch off (no standby!)

Transport:

Encourage biking or walking to school by doing walking groups, bike stores
Car shares
EV points for staff cars (look for Electric car/point grants)

Purchases:

Repair and Reuse where possible
Buy second hand (charities like 'The Rebuild Site')
Reduce and reconsider single use plastic items

Food:

Introduce compost for waste and learning
Seasonal items on the lunch menu
Offer more local or plant based items
Educate on healthy eating habits

You can find a full powerpoint presentation from the STEM Climate Ambassadors to get you started here: [Powerpoint Download](#) and more information on [their website](#).

Restrictive interventions, including use of reasonable force, in schools.

The DfE guidance 'Restrictive interventions, including use of reasonable force, in schools' (some of which is statutory) came into force on 1st April and introduced new legal duties and wider clarity on how schools should manage challenging behaviour whilst safeguarding pupils and staff.

Under the new guidance some of the changes include:

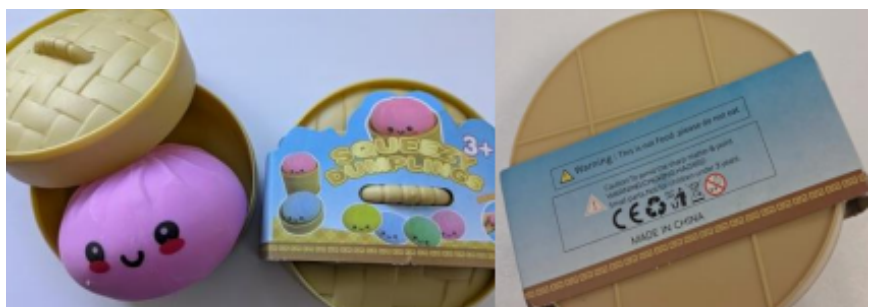
- Statutory recording of 'significant incidents' of restrictive intervention, including reasonable force and seclusion
- **Recording** details promptly, generally on the same day, and keeping accurate written records of each significant event
- **Informing** parents or carers, 'as soon as practicable', same day wherever possible, after an incident involving their child.
- Emphasis on **Prevention, De-escalation** and Behaviour Support
- clearer focus on pupils with **SEND** and other vulnerabilities
- **Seclusion** (isolating a pupil in a space they cannot leave) is now defined.
- strengthens expectations on **leadership and governance**

We have a model Restrictive interventions in schools Policy. For a copy please e-mail courtney.allan@kymallanhsc.co.uk

Recall: Squeezy Dumplings

Distributor: Samsons Cash and Carry Ltd, Cardiff, CF11 8TZ No batch numbers or product identifiers provided on product or packaging.

Hazard: The product presents a serious chemical risk because the outer layer contains an excess concentration of benzene.



The GOV.UK Office for Product Safety and standards produce a full list of toys and other items which have recently been recalled.

KAHSC Audits

As we continue to prioritise your safety and compliance, we also strive to ensure the smooth and efficient operation of our services. With this in mind, we are announcing an important update to our cancellation policy for health and safety audits.

Any cancellations of audits made within **four weeks** of the agreed date will incur a cancellation fee of £150 + VAT. This policy change is a necessary step to manage our resources more effectively and to accommodate the high demand for our services. Our team invests a substantial amount of time in preparation for each audit. As many of you know, we are regularly booked up many months in advance, and this policy will help us maintain the highest standards of service for all.

We understand that circumstances can change unexpectedly. To avoid incurring the cancellation fee, we encourage you to review your schedules carefully and inform us as early as possible if you need to reschedule or cancel your audit. This will allow us to adjust our schedules accordingly and possibly accommodate other clients who are in urgent need of our services.

Finally, it is crucial that schools prepare in advance for their health and safety audit. Information on what is required on the day is sent out well in advance and appropriate preparation will save the auditor and school significant time on the day.

KAHSC Training

Due to awarding body requirements, we ask that all training is attended in full to successfully complete the course. We completely understand that life happens and emergencies can come up, with that in mind, we kindly encourage everyone booking onto training to double-check the timings for each course listed on our [box office page](#).

If you do need to miss part of a session because of an emergency, we can sometimes arrange a recap session either in person or online via Zoom. To make sure we can give you the time you need, any additional recap time scheduled after the main training will be charged at our standard hourly rate.

if you are concerned about anything regarding training booked, please email courtney.allan@kymallanhsc.co.uk as soon as possible.

Changes to IOSH: March 2026



IOSH have made changes to their registration process when booking onto courses and now require each attendee to register BEFORE the course with their name and date and birth.

Previously we were able to register after the course to account for attendee swaps and last minute bookings. Any requests for dates of birth from courtney.allan@kymallanhsc.co.uk or gordon.hastings@kymallanhsc.co.uk are legitimate.

IOSH have also issued an apology video about the delays and miscommunication due to changes to their structure and website, describing it as a 'once in a generation change', we have certificates from over 5 months ago outstanding, if you are waiting for a certificate we appreciate your patience and will have them sent out as soon as they are received from IOSH.

Upcoming training



2 day Bury: 29 September & 6th October
2 day Kendal: 13th & 20th October
2 day Wigton: 24th November & 1st December



1 day refresher Kendal: 8th October
1 day refresher Wigton: 26th November



Full day new EVC Wigton: 20th October
Full day new EVC Kendal: 21st October

Half day Refresher EVC (online): 11th November



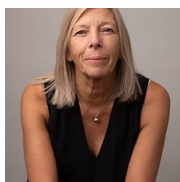
2 hr Single Central Record (Online): 22nd September



Half day Fire Warden Wigton: 3rd November
Half day Fire Warden Kendal: 4th November

Please find all information and to book at our Box office: [click here](#)

Recordings available to purchase

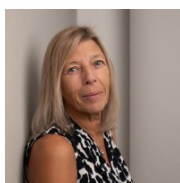


Effective reference seeking

1 hour | Recording to keep forever | £25 + VAT

Managing Contractors and visitor checks

1.15 hour | Recording to keep forever | £25 + VAT



Sharing Child Protection Information: Best Practice Webinar

1.15 hour | Recording to keep forever | £25 + VAT

E-mail courtney.allan@kymallanhsc.co.uk for a copy

Book all open training at our box office:

www.tickettailor.com/events/kahsc



KAHSC additional services

Take advantage of our support

Policies

We understand that you are all under a great deal of pressure and that it is difficult to keep up with changes to policies and procedures. If you are unsure about the status of your policies and procedures and are using our models, then we can update or revise them as **part of your SLA with KAHSC**. Our main policies can be found on the right.

If you would like to take up this service, please send your policies to courtney.allan@kymallanhsc.co.uk in WORD format.

Fire Risk Assessments

If you have not recently had a Fire Risk Assessment or would like a review of your current FRA please feel free to get in touch with courtney.allan@kymallanhsc.co.uk who can arrange for a risk assessment to be undertaken. Prices from £250 + VAT and based on the size of school.

Health and Safety Audits (LA schools)

If you are a Community or Voluntary Controlled School and are due an LA Health & Safety Audit, we can carry out a 'Pre-LA Audit' to help you get prepared. This service is **FREE** to subscribing schools.

Please contact Laura.sharp@kymallanhsc.co.uk for more information.

Safeguarding Audits

Laura can review, audit and comment on your Safeguarding systems in school to ensure you're being compliant with current 'Keeping Children Safe in Education' statutory guidance and Ofsted requirements.

The Safeguarding audit will take the form of a discussion between the Head teacher/DSL covering all the areas which may be required at an Ofsted Inspection. This would include in an in-depth look at the school's safeguarding systems as a whole.

Prices from £200 + VAT and based on the size of school.

Please contact Laura.sharp@kymallanhsc.co.uk for more information.

Single Central Record

We can check and amend your SCR for a small fee of £55 + VAT to make sure you are compliant with the most up to date guidance.

Please contact kym@kymallanhsc.co.uk for more information.



FREE

Anti-fraud

Attendance

Behaviour

Charging and remissions

Child on child abuse

Code of conduct

Complaints procedures

Data Protection

Health and Safety

Intimate care and toileting

Online Safety

Overarching Safeguarding

Positive handling Procedures

Safe Recruitment

Suspension and Exclusion

AND MORE!