

Thursday, 15 May 2025

Dear Parents and Guardians,

We are writing to bring to your attention a concerning trend that has been observed among some students both during school times and reported to us as happening out of school hours. It involves play fighting and a game known as "Tap Out."

While these activities may appear harmless or playful to some children, they pose serious risks to student safety and wellbeing. The "Tap Out" game typically involves one student applying pressure or restraint to another—often through a headlock, chokehold, or similar grip—until the second student signals submission by tapping out. Although intended to mimic competitive wrestling or mixed martial arts, this behaviour is extremely dangerous in a school setting and can result in:

- **Unintended injury**, including bruises, sprains, or even more serious trauma to the neck or head.
- **Restricted breathing**, which can lead to unconsciousness or long-term health complications.
- **Emotional harm** to students who may feel threatened, coerced, or unsafe.
- **Disciplinary consequences**, as such behaviour violates school safety policies.

We want to be clear: this type of behaviour is not acceptable at Heath Lane Academy and students engaging in it will face appropriate disciplinary action. Our primary responsibility is to ensure a safe and respectful environment for all pupils.

We ask for your support in speaking with your child about the dangers of play fighting and games like "Tap Out." Please reinforce that even if these actions are done in jest or without malicious intent, they can have very serious consequences.

If you have any concerns, or if your child reports incidents of this nature, we encourage you to contact the school directly. Working together, we can help ensure a safe, supportive, and respectful atmosphere for all students.

Thank you for your attention and ongoing support.

Warm regards,



Philippa Curtis

Designated Safeguarding Lead



Principal: Mr M Trimmingham

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