



Keston Primary School



Safeguarding and Wellbeing Newsletter : Autumn 2021

Welcome back to a new school year at Keston. In this newsletter we have some tips for settling your child back into the school routines, as well as links to services which you may find useful. Please do not hesitate to contact Mrs Stevens via the school office should you feel that you would like to find out more about available support.

Returning to school



Going back to school can be exciting or daunting for children whatever their age, and it can also be an anxious time for parents.

However, consider the following :

- Children are adaptable! They adapted to being home-schooled and they will fit back in at school.
- Your children may have questions- be ready to give answer to them but in a child appropriate and reassuring manner.
- It may take a bit of time to adjust . Children like routine and it will take time to get back into how things worked before.
- Make sure your children are getting enough sleep- they may have gone to bed later and woken up later during school closure. Remember that on average, children should be getting up to 10 hours sleep a night.
- Ensure you are all eating well. A balanced diet for your growing child is vital.

What 3 Words

Street addresses weren't designed for 2021. They sometimes aren't accurate enough to specify precise locations, such as building entrances, and don't exist for parks and many rural areas. This can make it hard to find places and prevents people from describing exactly where help is needed in an emergency.

"what3words" divided the world into 3 metre squares and gave each square a unique combination of three words. It's the easiest way to find and share exact locations. For example, for Keston Primary School our what3words location is "**Bucks.Galaxy.Value**"

As our upper KS2 children and older siblings become more independent, this service may be useful as children are out and about.



Safeguarding : Everyone's responsibility.

The NSPCC defines safeguarding as

' The action that is taken to promote the welfare of children and protect them from harm.'"

At Keston we have a dedicated Safeguarding team and all staff undertake annual safeguarding training. If you have a safeguarding concern please contact the school safeguarding team on

safeguarding@keston.croydon.sch.uk

Further information can be found on the school website.

Worried about a child ?

Call the NSPCC free helpline or contact them online .



Children may contact **childline** any time for support.

Controlling Screen Time

Now that we are back at school and settling into routines it may be time to reduce your child's screen time.

6 Top Tips For Parents



- 1: Rules : Agree on a clear set of rules in your home about screen time
2. Lead by example : Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour.
3. Phone free zone: Restrict the use of TV's, mobile phones and computers in the bedroom.
4. Charging phones : Buy an alarm clock for your child's room and charge mobile phones in your room.
5. Digital detox: One evening a week have a family digital detox and plan a family activity.
6. Join in : Play your child's favourite computer games and discover the online world together.

Are you a victim/survivor of domestic abuse or are you worried about someone experiencing domestic abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.



Support services FJC:

The centre is run by a skilled, experienced team that works to provide you and your family access to support services. Our aim is to listen and respond to your needs in a safe way.

Drop-in and phone lines

Opening times

Monday, Wednesday, Friday – 9am to 5pm

Tuesday and Thursday – 8am to 7pm

Telephone: 020 8688 0100

Email: fjc@croydon.gov.uk

The 24 hour National domestic helpline:

The helpline can give support, help and information over the telephone, wherever the caller might be in the country.

Telephone: 0808 2000 247

Some local walks

We all benefit from being outdoors and enjoying fresh air and exercise.

Here are some suggestions for local trails and walks.

- Banstead Woods Narnia Trail
- Priory Farm- Discovery Walk (Nutfield)
- Muddy Mindfulness (Bletchingley)
- Gatton Park (Reigate)



NHS Recommended apps to improve

mental health

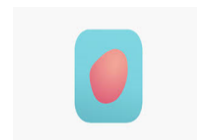


Chill Panda (Free):

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Cove (Free):

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



Purley Food Hub

Purley Food Hub have continued to support families in our local community throughout lockdown, providing weekly food deliveries. If you are in need of this service, please contact Mrs Stevens in confidence.



Parents in Partnership (PiP)

A registered charity in Croydon, PiP supports parents and carers of children and young people (aged 0 to 25) with additional needs and disabilities in Croydon.

Its aim is to improve lives of families by providing specialist support, expert training and up to date local knowledge and information.

Website: pipcroydon.com

Tel: 020 684 5890

