



Keston Primary School Safeguarding Newsletter



Keston Primary School
Keston Avenue, Coudatdon, CR8 1HP Tel: 01737 969103

OUR
Safeguarding
Team

Designated Safeguarding Leads

 Mrs Stevens Assistant Headteacher	 Mrs Green Headteacher	 Mrs Storey Assistant Headteacher	 Mrs Eason Assistant Headteacher
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Deputy Designated Safeguarding Leads

 Miss Clarkson Class Teacher	 Mrs Tribe Phase Leader	 Mr Newman Phase Leader	 Miss Slater Class Teacher
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Speak to a member of our safeguarding team if you are worried about a child.

Keeping Safe Week.

On week of the 1st July, as part of our Wellbeing Curriculum, we will be celebrating Keeping Safe week. During this week, children will be discussing important safety skills, how we can keep safe in different situations and who can keep us safe. They will also be discussing how to stay safe by learning the PANTS rules, which the NSPCC have developed.

PANTS stands for:

Privates are private.

Always remember your body belongs to you.

No means no.

Talk about secrets that upset you.

Speak up, someone can help.

If you would further information on this please visit: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

What is safeguarding?

Safeguarding can be defined as:

- Protecting children from maltreatment from inside or outside the home, including online.
- Preventing impairment of children's health or development.
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care.
- Taking action to enable all children to have the best outcomes.
- Providing help and support to meet the needs of children.



Safeguarding In Our Curriculum

Throughout our Wellbeing curriculum, we provide many teaching opportunities for children to understand how to keep themselves safe. Children are taught who keeps them safe in and outside of school, the role of trusted adults, how they can keep themselves self-safe in various situations and the importance of keeping safe online. Children are supported with the language they should use to ask for help and support. Our curriculum is progressive and adapted to the age of the children. Look at our website to see how our Wellbeing curriculum is covered across the school:

<https://www.kestonprimary.org.uk/wellbeing/>

Key Dates

National Walking Month – May
Mental Health Awareness Week - 13th May
Carers Week – 10th June
Keeping Safe Week – 1st July
Grief Awareness Day – 30th August

Attendance

We are sure that like us, you as parents and carers realise the importance of attendance and punctuality. At Keston, we continue to work hard to try to raise attendance levels and to reduce instances of lateness.

There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential.

We also know that poor attendance can lead to other problems for children.

How can you help your child attend school regularly?

- Talk to your child about school. Take a positive interest in your child's work, including homework;
- Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
- If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call;
- Children can attend school if they are taking medicines - speak to the school office. We can give children certain medications with your permission.

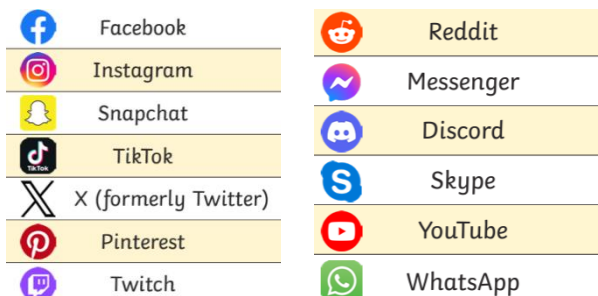
A new school year

Starting a new school year can be daunting for children, here are some ways to support your child:

- Acknowledge their feelings and communicate with them about these.
- Engage with the school if you notice your child is having difficulties.
- Set daily routines.
- Prioritise sleep.
- Talk about the new school year and what they will be learning.
- Set small, realistic daily goals.
- Create fun, calming activities when they feel overwhelmed.
- Speak to their class teacher if you have any concerns.

Social Media

An increasing number of children are using social media apps on devices. We urge you to check your children's phones and accounts. Please be reminded of the guidance information below, which shows account holders on these social media sites and apps to be a minimum of 13 years old.



WhatsApp Group Warning

Whilst WhatsApp has an age rating of 13, a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings, as default, group privacy settings are set to 'everyone,' which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval.

Please see below external services to support children and families.

Support for children

NSPCC
Young Minds
Centre Point
Croydon Talk Bus
Croydon Drop in

Support for Families

Barnardo's Family Space
Gingerbread
Family ACTION
Action for Children