



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

Designated Safeguarding Lead:

Mrs V Prowle



Deputy Designated Safeguarding Leads:

Mr C Pickard
Miss N Chinnery
Mrs L Bright

School Safeguarding Governors:

Mr S Leary
Mr H Uddin

All can be contacted via the office or by telephone on:
01582 728262

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):

Dear Mums, Dads and Carers,

Welcome to the second Safeguarding newsletter of the year.

We are fast approaching the Christmas holidays and the children and staff have all been busy preparing for the festivities. It was lovely to see so many parents, grandparents and other family members at the EYFS and KS1 performances last week and parties are in full swing this week against the festive backdrop of snow outside.

Whilst Christmas can be an exciting time, we know that for some it can be difficult for many reasons, especially given the current economic situation. We are here to support any families who may find the Christmas period difficult so please do get in touch if you are worried. We can signpost to local services who may be able to help.

This edition of our newsletter focuses on mental health and wellbeing, Operation Encompass and keeping safe on the roads when it's dark.

I hope you all have a happy and safe Christmas break

Mrs V Prowle (Designated Safeguarding Lead)

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CiN: Child in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

Report any concerns if you suspect a child is being abused or is in danger of being abused.

Please contact the Designated Safeguarding Lead, one of the deputies or any member of staff. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

☎: 01582 547653

Out of Hours service: 0300 300 8123

✉ MASH@luton.gov.uk

Or make an online referral via the website:
https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=aJZE_OSgZfQ

Types of Child Abuse

Physical

Sexual

Emotional

Neglect



Why we ask that photos and videos of our performances are not posted online... (taken from a website post)

"It is likely that a child in the school is at risk of abuse or has been removed from a dangerous and chaotic life and been placed into foster care with adoptive parents. If you then publicly post a picture or video with the child in the background...a friend shares it, the abuser sees it and then they know the child's school.

Potentially, this child then has to pack up their belongings, move to a new home, new school, new carers, new life; all to protect them from dangerous people in their lives coming after them. All because someone felt the need to share something online."

We don't ask you not to share images to be miserable, we are trying to protect vulnerable children.



Half Term Focus - What is a mental health?

We all have mental health. Mental health is our feelings, our thought processes, our emotions, our moods. Looking after our mental health is as important as looking after our physical health.

We all have 'small' feelings every day. These sometimes feel strong and overwhelming, whether they're happy or sad, but they go away before too long. Sometimes however, we experience 'big' feelings which feel strong and overwhelming for a more extended period of time; they stop us functioning as we would like in our everyday lives.

How can I support my child's mental health?

1. **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk: in the car, walking the dog or cooking together. Model everyday talk about feelings such as by discussing a TV character's emotions related to what they're experiencing.
2. **Give your full attention:** We all know it's horrible when you feel that someone is only 'half-listening'. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level
4. **Take it seriously:** Don't downplay what the child is saying or tell them they're 'just being silly'. Resist the urge to reassure them that 'everything is fine'.
5. **Ask open questions:** Such as 'How did your day go today?' This will help to extend a conversation.
6. **Calmly stay with the feelings that arise:** It can be an automatic reaction to steer away from difficult emotions but children need to be supported with and taught how to respond to these.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different from yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. **Some ways to start a conversation about feelings might be:** 'How are you feeling at the moment?', 'You don't seem your usual self, do you want to talk about it?' 'I'm happy to listen if you need a chat.'

How can we support at school?

Mrs Bright, Mrs Rowanoak and Mrs Bennett are all here to support the children in school and you as families.

Mrs Bright is our Family Worker and Deputy Designated Safeguarding Lead: she works across the school supporting children and families and helping to reinforce and extend the links between home and school. Mrs Bright's work ranges from running social and nurture groups with children to supporting parents with court cases and other legalities, to making referrals to the food bank or other support agencies and, perhaps most importantly, she makes a great cup of tea if you just need to talk to someone!

Mrs Rowanoak and Mrs Bennett - Learning Mentors: working across the school Mrs Rowanoak and Mrs Bennett support children with their social and emotional needs where these are becoming a barrier to their learning. This work may take the form of group or individual sessions all of which are tailored towards the children's needs.

Please contact us at: pastoral@putteridgeprimaryschool.org.uk

CAMHS

Child and Adolescent
Mental Health Services

The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. They aim to provide help to children and the wider family, including those living in foster care, those who are adopted and young people living in children's homes. The service may see children on their own, with their parents or wider family and they may also see parents on their own.

Children and their families referred to the service may be experiencing a variety of problems which may include:

- Eating difficulties
- Emotional feelings such as loneliness
- Fears and anxieties
- Parents having problems managing their children or concerned that their own difficulties are affecting their children
- Relationship problems
- Traumatic experiences

The service is also available to help children, adolescents and their families with mental health issues relating to physical or learning disabilities.

Please see their website for further information including the referral process: <https://www.elft.nhs.uk/camhs>



Tokko is a charity based in Luton town centre which "supports young people aged 13-19 (up to 24 if they have SEN or a disability) to advance in life, feel safe and bring a reality to their imaginative ideas."

Taken from the charity's website

For more information speak to Mrs Prowle, Mrs Bright or visit the website: <https://tokko.co.uk/>

Be Bright, Be Seen!

We are always mindful for the safety of our children near roads and conscious of how vulnerable they can be.

At this time of year, with reduced visibility for drivers your child is even more vulnerable near roads. With new bikes and scooters arriving at Christmas for some, the temptation to go out in the evening will be even stronger so I have included on the next page some safety tips so that you can discuss with your child/ren how important it is to be visible when near roads.

These tips emphasise how wearing brightly coloured clothing shows up well in daylight but, as it gets dark, reflective clothing and accessories are far more effective in signalling pedestrians or cyclists to drives.

For more information and activities to do with your child/ren please visit:

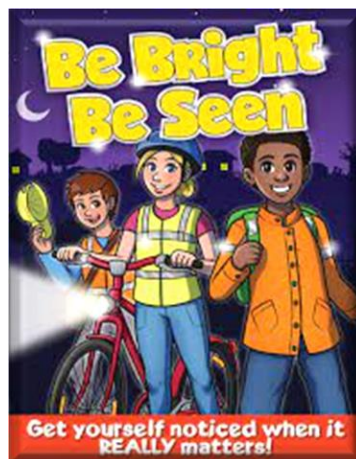
<https://www.think.gov.uk/resource/be-bright-be-seen-game/>

Operation Encompass

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between Bedfordshire Police and schools. One of the principles of Operation Encompass is that **all** incidents of domestic abuse are shared with schools, not just those where an offence can be identified.

This system has been established to help schools provide in-house support to children who have been present at, exposed to or involved in any domestic abuse incident. We know that children can be significantly harmed physically and/or emotionally during these situations and that it negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives and email the morning after a child has been witness to or involved in any reported domestic abuse incident.

We are then able to use this information to provide the right support to any child and their family as and when it is needed.



5 top tips on how to **BE BRIGHT & BE SEEN**

- 1** Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2** If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3** Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4** If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5** Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.

For more road safety tips, games and videos, visit the Tales of the Road website at www.direct.gov.uk/talesoftheroad

**Be Bright,
Be Seen**

THINK