



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 Governor:

Mr L Donohoe

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,

As another school year draws to a close, it's a perfect opportunity to reflect on how much has been achieved since September of last year:

- Staff and children alike have worked hard incredibly hard on a variety of topics from our new, improved curriculum.
- Lots of extra-curricular opportunities have been provided and Mr Horton has introduced a number of exciting activities including the Christmas treasure hunt!
- A highly successful Ofsted inspection which highlighted so many positive features of our school and the wider community.
- Of course, across the school we have seen lots of high-quality work from the children of which they and you should be proud!

None of what we do would be possible without you as parents and carers so, as 19th July and a six week break approaches, I would like to say thank-you: for the time you devote to helping your children at home; for encouraging them when things get tough; for getting them to school each day ready to learn and, of course, for your support of the team of dedicated professionals here at Putteridge.

I hope you have a wonderful summer and look forward to the challenges that lie ahead as we work together in the next academic year!

Mrs V Prowle (Designated Safeguarding Lead)

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CaIN: 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 a Designated Safeguarding Lead, 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

Keeping children safe is everyone's responsibility



Supporting your child with Transition?

Just like adults, children cope with changes and transitions in different ways. Some people breeze through with excitement and others feel anxious and need more support. At Putteridge, we are very mindful of these differing needs so we plan our transitions to high schools and new classes carefully and with a great deal of thought. However, you as parents/carers play a vital role in making sure this is a positive experience for your children. Here are some tips for supporting us with this:

1. **Be positive!** – How you react to change will strongly influence your child and if you feel anxious, so will they. Talk about the positive elements of change – new experiences, new opportunities, new topics and meeting new people.
2. **Focus on the constants for your child**, the things that will be the same. Those in EYFS through to Y5 will be moving class with their peers so their friends will still be with them, they will still see familiar adults and many routines will be the same. For those in Y6 moving to High School, they too will have constants in terms of life at home and, for some, they too will still be with their peers in their new school.
3. **Look at our curriculum information** on the school website to check out the topics they will be covering in their new year group to help them feel excited about the year ahead.
4. **Listen to any concerns** that are forthcoming but don't go looking for them – remember that most children will be excited about the move and are more than ready for it.
5. If your child is moving from KS1 to KS2, **talk about what this will look** like at drop-off and pick-up times – you could even do some practice runs!
6. **Keep in touch with friends during the holidays** so that those connections stay strong.



Mrs Prowle's recommended reads...



As we approach the end of the school year, here are some books that might help support your child with transitions:

- **The Koala Who Could**, by Rachel Bright, "a funny tale for anyone who finds change a little bit worrisome"
- **The Lion Inside**, by Rachel Bright, "a story about confidence, self-esteem and a shy little mouse who sets out to find his roar"
- **Giraffes Can't Dance**, by Giles Andreae, "a story about confidence, self-esteem and developing a positive mindset about trying new things"

The Power of 'Thank-you'

It's been said that since we are given the gift of 84,000 seconds every day, we should use at least one of them to say 'thank you'. That's not bad advice and a simple thank you does more than you might think, for you as well as for those on the receiving end. Research shows that being grateful can make us happier, healthier and more optimistic. Gratitude reduces anxiety and generates positivity; it helps us build healthy relationships with others as well as handle adversity more effectively.

Feeling grateful towards others benefits you and them simultaneously. If you say 'thank-you' it's good for your own wellbeing as well as theirs and, if all it takes is a few seconds out of your day to do that, it's got to be worth it.

Who would you like to say 'thank you' to?

Thank you!

School Summer Holidays

Whilst it is lovely for families to spend quality time together during the summer holidays, it can also be a time that causes stress due to clashes with work or financial pressures. This is a link to a useful article from 2021 which includes tips and ideas for parents /carers to make the long break easier:

<https://www.guidetolife.co.uk/summer-break-wellbeing/>



Thank you and goodbye

As you know, at the end of this term we say goodbye to Mrs Bright as she leaves us to enjoy her well-earned retirement after many years as a Family Worker here at Putteridge. During her time with us, Mrs Bright has supported many, many families through challenging times with a friendly face, a shoulder to cry on and a steady supply of tea and biscuits. Hundreds of children in school have also benefitted from her care and I know she will be greatly missed by all; I will certainly miss her advice, support and encyclopaedic knowledge!

Thank you, Mrs Bright, for all you have done and for the difference you have made to so many children and their families. I hope you now have the time to look after yourself for a change and to take full advantage of your retirement!

I'm sure everyone will join me in welcoming Mrs Kilbey to our team. She has already met many of you and has made a great start working alongside Mrs Bright so that, in September, we will be ready for whatever challenges come our way!



Summer water safety

Summer is an amazing time to enjoy Britain's waterways but we should be mindful that according to the Royal Life Saving Society's National Drowning Report 2023, warmer weather is directly linked to an increase in fatal drowning incidents. Every year we hear of children who get into difficulties in our rivers, lakes and seas, often with tragic consequences.

- 46% of drownings occur in the summer months and this rises to 75% amongst 13-17yr olds
- Rivers and lakes/lochs pose the greatest risk as there are often unseen hazards and conditions that the average person is not equipped to handle and there is a lack of professional supervision such as a lifeguard

Dangers of playing in or near open water:

- ✓ **Unknown depth** - some rivers and canals may only be 1 to 2 metres deep. If you jump in from a height, you may hit the bottom much sooner than you think and cause yourself an injury
- ✓ **Currents** – currents are not always visible. These can pull you under the water and can be hard to swim out of
- ✓ **Invisible submerged objects** – items like trolleys, bricks and sharp objects can be found on riverbeds and in open water. If this isn't visible you may hurt yourself. Equally, the reeds and plants in open water can be hazardous if they get tangled around legs or arms preventing you from being able to swim.
- ✓ **Uneven and / or slippery banks** - it's easy to lose your footing and then it can be hard to get yourself back on the bank
- ✓ **Cold temperature of the water** – in summer, even though the temperature outside is hot, the temperature of water in rivers, the ocean, lakes etc. is still colder than you think.

For more information and advice about keeping your children safe around water, including what the different coloured flags on our beaches mean, go to the [RLSS UK website](#) where you will find lots of parent resources.



Support for families throughout the summer

According to a new survey, more than one in five parents are worried about how they will feed their family during the summer holidays amid sky-high food costs. During term time, free school meals are a vital form of support however, when it comes to the holidays, many children who usually receive free meals run the risk of going hungry – sometimes for prolonged periods.

Resources to help

With the cost of food and childcare continuing to have an impact on many families, the upcoming summer holidays are likely to be a worrying time for those parents who are struggling. Thankfully there are many resources available to help during this period and I have compiled some of these below:

1. Supermarket schemes across the UK

Some supermarkets allow children to eat for free or for £1 during the school holidays. To access these schemes, children **DO NOT** have to be eligible for free school meals – they are available to anyone.

During the summer holidays:

- **ASDA** will be offering £1 meals for children in its cafés.
- **Morrisons** will be offering a free children's meal with any purchased adult meal that costs more than £4.49.
- **Tesco** will be offering a free meal worth up to £3.50 to children, with each item bought by an adult that costs 60p or more. Options available include items in the kids' breakfast, hot meal deal and cold pick and mix deal. Adults will need a free Tesco Clubcard to access this deal.
- **Sainsbury's** are offering a kids' meal for just £1 with the purchase of an adult meal priced from £5.20. The offer is available every day after 11:30am until the café closes and you can choose from one main and three side options, or from the kids' lunch bags which includes a sandwich, crisps, fruit and drink.
- M&S has also run similar deals previously, so it is worthwhile advising families to check their local supermarkets throughout summer to see what options are available in their local areas.

2. Holiday Activity and Food Programme (HAF)

[The Holiday Activity and Food Programme](#) is a holiday scheme which offers in-person enrichment support for school-aged children from Reception to Year 11 and will be available over the summer holidays for children in England who are eligible to receive free school meals.

The programme aims to provide:

- Enrichment activities for children aged 4+
- At least one free healthy meal a day
- At least 4 weeks' face-to-face provisions during the six-week holidays

It is important to note that anyone wishing to access support from the HAF programme must submit an application for **each** holiday. More information about the programme and how to apply, can be found on the [Government website](#).

3. Vouchers and food parcels from local councils

Some councils across the UK currently offer weekly food vouchers such as [Healthy Start food vouchers](#) or parcels to families in need. Other initiatives offered by councils that can help to ensure that children have continued access to nutritious food throughout the summer holidays, include:

- A £15 weekly food voucher (from selected councils in England)
- Food parcels or vouchers for children who access free school meals (in Scotland)
- A food pantry service (such as [Westbourne Park food pantry](#)) which, for a £5 weekly subscription, provides access to fresh fruit, veg and store cupboard essentials to the value of £15 to £20.

The support available varies between councils and authorities, so [check with the local council](#) to see what help is on offer.

4. Food Banks

Families can also access emergency support from food banks. There are over [1,400 Trussell Trust food banks across the UK](#), and many independent food banks, offer vouchers and food packages along with essential toiletries. Families needing support can get a referral from Citizen's advice, GPs, social workers, or their local council. More information about Trussell Trust Food Banks can be found [here](#).