



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

School Safeguarding Governors:

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,

May is Mental Health Awareness month, so this half term's issue focuses on mental health and anxiety in children and how we can all support them, particularly as we head towards the end of the academic year with assessments and transition to new classes or schools on our minds.

At Putteridge, we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices.

I was interested to see the news over the past few days regarding the upcoming ban on children having phones in school – I'm sure everyone will watch developments around this closely, particularly relating to whether this has a positive impact on children's anxiety.

Finally, with better weather and lighter evenings, I'm sure many of our children will be out and about on their bikes so I have included some useful information around keeping safe while enjoying riding.

Mrs V Prowle (Designated Safeguarding Lead)

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_O SgZfQ

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CaIN: Child in Need

FPT: Family Partnership Team

TAF: Team Around the Family

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

CHUMS: Mental Health and Wellbeing Service

SEND: Special Educational Needs & Disabilities

Assessment Week



The combined pressures of schoolwork, assessments, social-life, sports or other activities, plus lots of screen time have resulted in much higher levels of stress and anxiety among young people.

We can never completely eliminate stress for our children, in fact shielding them from the difficulties of life won't do them any favours. It's far more powerful to raise a resilient child who can bounce back from challenges and maintain a positive mindset. With the SATs for Y6 before half term and end of year assessments coming up for all other children, it's important to be prepared for any worries your child may express.

Since stress is a natural part of life, your goal is to teach your child healthy strategies for *cop*ing with it. You can start by following the five steps below:

STEP 1 REFRAME STRESS

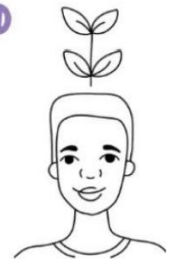
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset.

Some level of stress is beneficial and presents opportunities for growth.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



STEP 3 STOP CATASTROPHIC THINKING

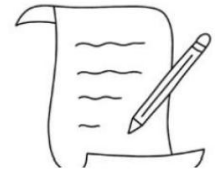
Do the **worst case scenario exercise**. Ask your child, "What's the worst thing that could happen?"

Caution: do not dismiss their worry!



STEP 4 PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



Ten more ideas proven to help anxious children:



Quiet Hugs: Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety so sitting quietly with lots of cuddles and empathising can often work better.

See your calm space: Remember a time when you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.



5x5 Grounding: See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.

Draw your anxiety: Draw a picture of what you are worried about.



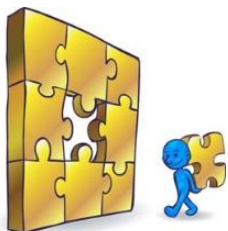
Blow bubbles: Research has shown that taking 10 deep breaths resets the automatic nervous system and helps to calm the amygdala in the brain. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or a straw and balled up paper offer other ways to do the same.

Pet a furry friend: Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10-15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.



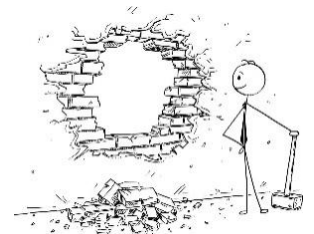
Jumping Jacks: Anxiety often causes shallow breathing. Asking your child to do an exercise forces them to take deep breaths that can reset the anxious feelings.

Remember past success: Encourage your child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it may be hard.



Problem solve the fear: Help your child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst, can help calm the fear.

Destroy the worry: Have your child write their anxiety on a piece of paper, then tear it up and throw it away.



10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like *Bikeability* are extremely useful, and training in general has come a long way since cycling proficiency began; there are *Bikeability* courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signalling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away. Just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you!

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling

#WakeUpWednesday

The National College