

Safeguarding newsletter

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 C Morton



Deputy Designated Safeguarding Leads:

Miss D Challenger



Mrs C Miah



Mrs A Mutarah



Mrs A Doorbar



In this newsletter

Be water aware

Supporting your child's mental health

Local support and activities

Spotlight on supporting boys to become the best version of themselves.

Nationwide, boys and young male adults are becoming more likely than girls to have a mental health disorder, get involved with crime, be a victim of knife crime and sadly, are 3.5 times more likely to self-harm or take their own lives than girls. For decades there has been a focus on supporting the mental health of girls with the spotlight now and last being turned to boys.

We at St Mary's, will be attempting to make a difference to these statistics by encouraging our boys to talk openly, share their thoughts and feelings, follow their dreams and be brave enough to be true to themselves. We ask that all parents and carers take time to talk with their children. Listen to their concerns, pay attention to their interests and encourage their individuality.

Mrs Morton (Designated Safeguarding Lead)

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact the school's safeguarding team or any member of staff.

You can also contact the Integrated Front Door Service 01782 235100
8.30 am – 5pm Mon- Fri or 234234 out of hours

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

DDSL: Deputy Designated Safeguarding lead

IFD: Integrated Front Door Service

CP: Child Protection

CiN: Child in Need

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

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Community Safety Flash



BE WATER AWARE

Drowning prevention and water safety

Don't be tempted to cool off in Rivers, Canals, Lakes or Reservoirs as swimming in open water can result in drowning

If you see someone in the water

- Call 999 and ask for fire and ambulance. Ask for the Coastguard if by the sea.
- Location – give as much information on your location, look for landmarks, signs or bridges or use WHAT THREE WORDS service to find your location.
- <https://what3words.com/news/emergency/three-words-for-a-faster-emergency-response>
- Stay on the telephone to the emergency services.
- Tell the person in the water to float on their back, extend arms & legs & to move hands and feet to stay afloat.
- Use lifesaving equipment such as lifebuoy or throw line if close by.
- NEVER ENTER THE WATER TO SAVE SOMEONE ELSE or an ANIMAL

<https://youtu.be/wqGVS2UuxiY>

<https://www.youtube.com/watch?v=flGMdnD0cSs>



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Community Safety Flash



During the school holidays, and in particular in hot weather, increasing numbers of children are drowning. On average, there are 50 of these tragedies each year in the U.K. Keep reading to see our top tips on how to stay safe around open water.



Water is often far deeper than people think. Only swim where there is supervision or a lifeguard. Water that looks calm on the surface may have a fast current underneath.



It's very cold and can quickly cause cramp and breathing difficulties. Cold water shock can paralyse your ability to move and kill within a minute



There may be hidden dangers

The depth of water can be deceptive and may contain hidden rubbish and debris such as shopping trolleys or broken glass which can cause injuries and drowning.



Waters could be polluted

Sometimes it can be polluted and make you ill. There is a serious risk of waterborne diseases

Think!
Stay safe and keep out of open water



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10 TIPS TO HELP YOU MANAGE YOUR CHILD'S ANXIETY



**Support
your child to
face their
fears**



**Talk to
your child
about their
worries**



**Teach your
child some
coping skills
like
relaxation**



**Help your
child to
problem
solve**



**Role model
helpful
coping
behaviours**



**Create a
worry time
each day for
your child to
deal with
worries**



**Listen to
what your
child has
to say**



**Be calm and
patient
when
helping your
child**



**Make sure
they are
eating healthy
and getting
enough sleep**



**Don't be
afraid to
seek out
specialist
help**



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10 THINGS PARENTS CAN DO TO NOURISH THEIR CHILD'S MENTAL HEALTH

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Provide them with autonomy. Allow them to make their own decisions



Emphasise the importance of good sleep, eating healthily and exercise



Listen, listen, listen. Be patient and present when talking to your child



Support your child to develop positive relationships with family and friends



Talk your child. Help them to express their thoughts and feelings



Make sure your child feels loved, valued and safe



Provide your child with opportunities to play and be creative



Role model positive mental health. Highlight the importance of self care and looking after yourself



Learn some simple coping skills such as relaxation and deep breathing. Practice them with your child



Involve yourself with your child's hobbies. Support and praise them



If you are concerned or want support with your child's mental health, self esteem or emotional wellbeing, you can speak to your child's class teacher or make a call to Miss Challenger who can signpost to support agencies.



Scan the barcode to find information on local family HUBS which will signpost you to support and free/non profit activities in our area.



Our Family Hub team are now running sessions at TUNSTALL FAMILY HUB

We now have 3 of our FREE groups for under 5's for you to enjoy!
No need to book, just come along!
Term Time Only

SENSORY STARS ★★
A gentle, fun session with lights, music and learning through sensory experiences.
SUITABLE FROM BIRTH TO 4 MONTHS OLD
Wednesday's
Between 10:00 and 11:00am

STAY AND PLAY ★★
A group with messy play, crafts, toys, roleplay and singing to help your child's development and social skills.
SUITABLE FROM BIRTH TO 5 YEARS OLD
Wednesday's
Between 1:00 and 2:30pm

READ, CHAT, PLAY ★★
A story time group with crafts, toys, roleplay, singing and more to help your child's development and social skills.
SUITABLE FROM BIRTH TO 3 YEARS OLD
Friday's
Between 1:00 and 2:00pm



Are you expecting a baby or have a child under two years?
Are you worried about your pregnancy, birth or your baby?
Do you want to meet other new parents?

Would you like someone to talk to?
Come along to one of our friendly Well-being Groups for a coffee, chat and get support with your mental health from Sally our Peer Supporter.

Updated timetable from Monday 28 April

Monday	Shelton Family Hub College Road, ST4 2DQ	10:00am - 12:00noon
Tuesday	Potteries Centre Pop Up Potters Shopping Centre, Tunstall, ST4 2AP	10:00am - 12:00noon
Wednesday	Tunstall Family Hub Tunstall Town Hall, High Street, ST4 2AP	1:00pm - 3:00pm
Thursday	Chell Heath Family Hub Bucknall Road, ST6 1LW	10:00am - 12:00noon
Friday	Normacot Family Hub Bucknall Road, ST4 2AP	9:30am - 10:30am
Friday	Bescara Family Hub Port Vale FC, Hale Road, Burslem, ST8 1AD	1:00pm - 2:30pm





Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



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Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



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