

# St James CE Primary School

## Safeguarding Update Spring 2 2023-2024

### 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 any of the Designated Safeguarding Team straight away.

The following members of staff are part of the Safeguarding Team at St James CE:

- Mrs Briers (DSL)
- Mrs Young (DDSL)
- Mrs Conant (DDSL)
- Mr Hardy (DDSL)

They can be contacted via the school office, or by telephone on 01744 678545

Safeguarding Governor: Mr William Wiswell

\*\*\*\*\*

\*For a copy of our school's Child Protection and Safeguarding 2023 Policy, please visit the 'Safeguarding' page on our school website.

<https://www.stjamesceprimary.co.uk/page/safeguarding-and-early-help/129471>

You can also contact the Multi Agency Safeguarding Hub (MASH) on 01744 676767



Dear Parents,

We are delighted to present the third edition of our Parent Safeguarding Newsletter. These newsletters are to assist you in developing a deeper understanding of safeguarding issues that may impact your child, yourself, or members of our local community.

Safeguarding children is more than just a commitment; it is the active and collective effort we take to promote the welfare of every child under our care and protect them from harm. We firmly believe that every person who interacts with children and families has a crucial role to play in creating a safe and nurturing environment. It's essential to know that all our staff members are extensively trained in safeguarding.

Whether you wish to discuss concerns, seek guidance, or simply have a conversation about your child's well-being, our staff are here for you. Don't hesitate to reach out. If you have any questions or require clarification on any safeguarding matters, please do not hesitate to ask.

This is Maddie and she is our school dog.



Maddie has completed her puppy training, Kennel Club Good Citizen Bronze, Silver, and Gold Award!

When Maddie visits school, she spends most of her time with Mrs Roberts (the Health and Wellbeing Champion at our Partner School - Parish CE) in the intervention room. Here she loves to spend time with children who may be receiving 'Health and Wellbeing' support, listening to children read and enjoying cuddles and company.

## Mental Health and Well-being

As one of our 7 Journey Drivers, we take promoting and supporting Mental Health and Wellbeing as a vital part of our safeguarding offer. We have a Metal Health Lead and Wellbeing Champions in school who help to ensure that all members of the school community are well supported. See our Mental Health and Wellbeing page for more information.

<https://www.stjamesceprimary.co.uk/page/mental-health-wellbeing/129597>

As parents and carers, there are ways you can support your children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

### Ways to support a child or young person



#### **Be there to listen**

Regularly ask your child how they're doing, to help them get used to talking about their feelings and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



#### **Support them through difficulties**

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



#### **Stay involved in their life**

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



#### **Encourage their interests**

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



#### **Take what they say seriously**

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



#### **Build positive routines**

Try to have structure around regular routines, especially around healthy eating, and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

*Remember! You can always speak to your child's class teacher if you have any safeguarding concerns.*

*Remember! You can always speak to your child's class teacher if you have any safeguarding concerns.*