



If you have any questions around safeguarding please speak with either our DSL— Mrs Griffin, or our DDSLs— Mrs Hipwell, Mrs Donaldson or Mrs Dale.

MASH: 0300 126 7000

NSPCC: 0808 800 5000

Welcome to our first Safeguarding News letter for parents and carers. The aim is to share information relating to safeguarding in school and in the community as well as national messages. We hope you will find it useful and informative. Should you have any concerns or worries, please contact the school and speak to the DSL or a DDSL who will be able to help or advise.

What does DSL stand for? Designated Safeguarding Lead. **What does DDSL stand for?** Deputy Designated Safeguarding Lead. Both roles involve overseeing and signposting any reported safeguarding incidents in school or in the community.

Domestic Abuse—what are the signs?

Domestic abuse is when someone is being controlling of another. It may take the form of isolating them from friends and family, taking control of finances, limit use of technology, physical/sexual abuse or bullying and threatening.

Domestic abuse is not always physical. It can also include; coercive control, 'gaslighting', economic abuse, online abuse, threats and intimidation, emotional and sexual abuse.

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

If you believe that you are a victim of domestic abuse or someone else you know, there are signs to look out for; being withdrawn, bruises, burns or bite marks, not having enough money for bills or food, rarely going out or not attending work, low self-esteem from being belittled, being pressured into sex or sexual contact or being told that abuse is your fault.

All forms of domestic abuse are not acceptable.

[Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](https://nationaldahelpline.org.uk) 0808 2000 247

The [Men's Advice Line](https://mensadvice.org.uk) run by Respect is a confidential helpline specifically for male victims. 0808 801 0327 info@mensadvice.org.uk

Tailgating

Safeguarding in our Car Park

We all want our children, siblings and families to be safe when on school site. The Kiss and Drop layby is used in the mornings for dropping off pupils. The car park is only used by staff members and those families with permission due to a disability need. The car park should not be used by any other families.

The reason for minimising traffic is to minimise risk to those walking in the car park area at the beginning and end of school. We do not want anyone to be hit by a car due to overcrowding and/or poor visibility.

The school gate was fixed at the end of last summer term which has reduced the number of cars using the car park. However there are still some parents that sit and wait behind the school buses and tailgate them in order to gain entry to the car park. This can be seen on the new video system in school.

Please could parents respect the use of the car park to ensure our school is as safe as it can be.

Thank you.

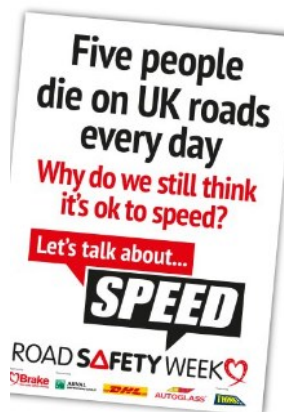
Pupil Survey—Safety in and out of School

In the 'Happiness Survey' in June, children shared the places where they felt unsafe in school and in Oundle. A recurring theme was 'the toilets'. Therefore the school is working hard to ensure locks are working and spaces are quiet and respectful. Teachers are speaking to classes about how to use this private space. As we know, children often find toileting an issue as home is often the place where they feel most comfortable to 'go'. We are listening to what the children are saying and doing our best to make positive changes that might help.

Continued on the next page... where I feel unsafe in Oundle.

5 Trusted Adults

We talk to the children in school about who their 'trusted adults' are. They identify 5 using the fingers on their hand. Perhaps check with your child who they would go to in the event of them being worried or upset.



Education About Road Safety Our School Council will be leading a Collective Worship on Monday 27th about Road Safety and reminding children how to keep themselves safe, including being seen in the dark.

Helping children and young people stay safe on and offline

The National Crime Agency's CEOP Command have launched 2 important programmes that are designed to help professionals keep pace with and protect children from the changing landscape of risk. They are both free to use and will be valuable in helping schools and social care providers keep children safe.

THINKUKNOW Thinkuknow is an award-winning on and offline safety programme for children and young people, professionals and parents that has been developed by the National Crime Agency's CEOP Command. Delivered through a network of 100,000 qualified professionals across the UK, **Thinkuknow** provides accurate and informative, age appropriate advice and guidance about relationships, sex and internet safety to help prevent children and young people from becoming victims of abuse or exploitation. The programme's innovative and engaging films, cartoons, websites and lesson plans aim to help teachers, youth workers, police officers and health professionals to explore difficult and sensitive issues safely with children and young people. Over 3.5 million children a year in the UK already benefit from **Thinkuknow**. We would like to make sure that every child or young person does so by asking you to promote the resources to the professionals and parents you work with.

Resources for professionals can be downloaded

at: www.thinkuknow.co.uk/teachers

Resources for parents and carers can be downloaded at:

www.thinkuknow.co.uk/parents.

Breathe

In school, we have a bank of breathing activities that we use with children to help them calm or regulate themselves. These might be useful at home.

Box Breathe

Breathe in for 1..2..3..4..

Hold the breath for 1..2..3..4..

Breathe out for 1..2..3..4..

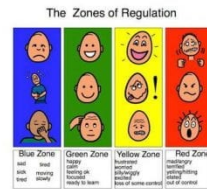
Octopus Breathe



Relax the face and jaw - soft like an Octopus. Place both hands on your belly and when you breathe in through the nose, encourage the belly to rise. As you breathe out, make an "O" shape with your mouth and exhale slowly. Make the breath audible so you can hear the ocean like sounds of your exhale.

Repeat a few more times, or until you feel calmer.

Zones of Regulation



Zones of Regulation is a valuable tool for us all to use, particularly with our younger children, who find it hard to describe and articulate how they are feeling. Please keep modelling and using the language at home.

Attendance

High school attendance leads to higher and better outcomes for children. Parents have been informed where their child's attendance is if it falls below 96%. As a school we are obliged to keep you informed of your child's attendance. Whilst illness and some medical appointments can not be avoided, we talk to the children about how to keep healthy and the responsibility they have in looking after themselves and sometimes giving the day a go. Research by the DfE shows 'Data from 2019 shows that 84% of Key Stage 2 pupils who had 100% attendance achieved the expected standard, compared to 40% of pupils who were persistently absent across the key stage.' For more information about the impact of absence please go to: [Why is school attendance so important and what are the risks of missing a day? - The Education Hub \(blog.gov.uk\)](https://www.gov.uk/government/news/why-is-school-attendance-so-important-and-what-are-the-risks-of-missing-a-day)

Abuse is more common than you may think

Around...

1 in 20 children in the UK have been sexually abused

1 in 14 children in the UK have been physically abused

1 in 10 children in the UK have experienced neglect

A third of child sexual abuse cases involve a child or teen perpetrator

Pupil Survey continued.

Outside of school, many children refer to feeling unsafe when:

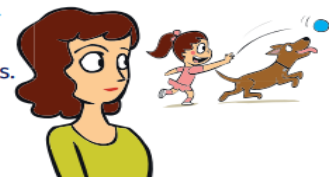
- ◆ In busy shops (they mentioned having a fear of being taken or kidnapped)
- ◆ They are in a pub and people are being 'silly'
- ◆ Teenagers
- ◆ Near the Co-op
- ◆ Being left alone

It is always interesting to hear what their fears are and, as adults, for us to not underestimate their anxieties that we don't necessarily see or understand. Teachers have been made aware of the results and will be talking to the children in an age-appropriate way of strategies they can use if they are feeling unsafe both in and out of school.

Dog Safety Code

Be Alert

Always keep an eye on your children around dogs. Never leave them alone together.



Be Aware



Dogs use signals to tell us how they feel. What is your dog telling you?

Be Safe

Any dog can bite. Accidents happen fast.



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Are you dog safe?

Find out at cfsg.org.uk/dog-safety