



# Safeguarding News Spring 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 the Designated Safeguarding Lead.

Below are the names of staff who are part of the safeguarding team at Sebright Primary School.

### Designated Safeguarding Lead: Mrs Collins



### Designated Safeguarding Team:

MS Corpe

Ms Roberts

Mr Power

Mr Warren

Ms Beck (Governor)

They can be contacted via the school office, or by telephone on 020 7396531

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

[FEDERATION CHILD PROTECTION SAFEGUARDING POLICY 2023 - 2024.docx](#)  
([sebright.hackney.sch.uk](http://sebright.hackney.sch.uk))

Keeping children safe is everyone's responsibility



Dear Parents and Carers ,

This term we have been learning about how to safeguard our mental health online and in real life! During Children's mental health week in February the focus was 'My voice matters'. The children learnt about many issues including how to speak up if there is a problem with friends and when they feel uncomfortable and to share and express their opinions. The older children had discussions around the meaning of consent and skills to share their opinions without expecting everyone else to agree! Please ask your children about what they know about mental health, so they know they can talk to you about this.

## What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. Everyday most people experience different emotions. These can sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

### How can I help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level, rather than leaning over them.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you, but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

**Take a look at the links below for more information on mental health.**

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Parents and Carers | Advice and Guidance | Anna Freud Centre](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



## Dreams & Goals and Healthy Me

This term's Jigsaw sessions will cover two main areas: our dreams and goals for the future and; emotional & mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within these units. All lessons are delivered in an age and stage appropriate way, so that they meet children's needs.

To find out more about our Jigsaw curriculum click here: [PSHE - Jigsaw - Sebright Primary School](#)

Here is a great link for ideas about staying healthy. <https://www.nhs.uk/healthier-families/>

## Sebright's Safeguarding Spring term focus: Domestic Abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended. Both men and women can be abused or abusers.

### Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as: kicking, hitting, punching or cutting, rape (including in a relationship), controlling someone's finances by withholding money or stopping someone earning, controlling behaviour, like telling someone where they can go and what they can wear, not letting someone leave the house, reading emails, text messages or letters, threatening to kill someone or harm another family member or pet.

### Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

### Support for parents

If you're an adult experiencing domestic abuse, there are organisations that can help.

[Relate 0300 003 0396](#) You can talk to Relate about your relationship, including issues around domestic abuse.

[National Domestic Violence Helpline: 0808 2000 247](#) A 24 hour free helpline run in partnership between Women's Aid and Refuge.

[Men's Advice Line: 0808 801 0327](#) Advice and support for men experiencing domestic violence and abuse.

Emotional and practical support for LGBT+ people experiencing domestic abuse.

[National LGBT+ Domestic Abuse Helpline: 0800 999 5428](#) Emotional and practical support for LGBT+ people experiencing domestic abuse.

### How Childline can help

We understand how difficult it is for children to talk about domestic abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to [0800 1111](#) are free and confidential. Children can also contact [Childline online](#). Childline has information and advice for children and young people about [domestic abuse](#), including why it happens and what they can do. <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

## What to do if you suspect a child is being abused or in danger:

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. If you live in Hackney, you can contact the Multi Agency Safeguarding Hub (MASH) on: 020 8356 5500 . If you live in Tower Hamlets, you can contact children's services advice line on: 020 7364 5601. **If a child is in immediate danger, call the Police immediately on 999.**