

# Chipstead Valley Primary School Safeguarding Newsletter- Autumn 2




## OUR SAFEGUARDING TEAM

 Clare Rackham Designated Safeguarding Lead	 Hannah Harding Designated Safeguarding Lead	 Laura Broad Deputy Safeguarding Lead	 Samara Gray Deputy Safeguarding Lead
 Lucy Leidecker Deputy Safeguarding Lead	 Lara Westcott Deputy Safeguarding Lead	 Agneta Rosewell Deputy Safeguarding Lead	 Rebecca Herrera Deputy Safeguarding Lead

Speak to a member of our safeguarding team  
if you are worried about a child.

Our safeguarding team liaise with children's social care  
and other external agencies to support families.

Staff can contact children's social care directly in an emergency  
where no member of the safeguarding team can be contacted.

### Seeking Help

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. With the second lockdown in place, things are different again for everyone. If you're struggling, it's okay to reach out for support from friends and families. There are also plenty of organisations that are here to help.

If you need support, at Chipstead Valley, we are here for you and can often point you in the right direction of a service who can help you out.

Please do not hesitate to contact Miss Harding or any of the safeguarding team if you need support or advice. You can email at: [hharding4.306@lgflmail.org](mailto:hharding4.306@lgflmail.org)

### Lockdown Part 2 Words of Advice

- 1) You got through it once, you can get through it again. Take each day as it comes and focus on the positives- no matter how small they might be.
- 2) Look out for others- that one phone call to check in on a loved one might just make their day.
- 3) Remember this is temporary- there will be an end although it may not seem like it.
- 4) Be kind- other people may be struggling during this time and those small acts of kindness may help someone else through it.
- 5) Seek help- if you are struggling talk to someone. It could be a friend, family member, school or a service e.g. The Samaritans.

### FSM Eligibility

If you have experienced a change in financial circumstances, find out whether your child qualifies for free school meals, and hence whether we would receive additional funding, please fill in the details requested on this site:

<https://www.croydon.gov.uk/education/schools-new/free-school-meals>

### Domestic Abuse Support

The Croydon Family Justice Centre (FJC) will be open at the times below to offer support to those experiencing domestic abuse. If you are suffering, please get in contact with them.

## FJC

Care and support in Croydon for those experiencing domestic abuse

**You can make an appointment by contacting us on: 020 8688 0100**

We are open Monday, Wednesday, and Friday, 9am-5pm and Tuesday, Thursday 8am-7pm.

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[www.croydon.gov.uk](http://www.croydon.gov.uk)

