

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 Leidcker 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.

Our safeguarding team are here to listen, help and support your family.

Winter Safety

Winter is a great season for outdoor activities, however, cold weather, ice and snow can be fun but also dangerous for children. The following tips will help parents and children enjoy winter activities safely:

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be supervised outside.
- Never send children outside unsupervised in extreme snow and ice weather conditions.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Help children choose play areas with a warm shelter nearby (e.g., near home or a friend's home).
- Apply sunscreen to exposed skin, even when it's cloudy.



Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

The Benefits of Fresh Air

In each newsletter we will share a different benefit of getting outside and some local places you could explore as a family.

According to research, "Time outside has proven to soothe children, lowering their risk of hyperactivity and depression."

- Queen's Park (Caterham)
- Box Hill Stepping Stones
- Happy Valley (Old Coulsdon)
- Epsom Downs



Fireworks Safety

This is a fun time of year with some local firework displays, New Year's Eve and lots of celebrations ahead, however, please remember to stay safe.

The Royal Society for the Prevention of Accidents (ROSPA) advise that only adults should deal with setting up firework displays, the lighting of fireworks and the safe disposal of fireworks once they have been used. Remember, alcohol and fireworks don't mix! Children and young people should be supervised, and watch and enjoy fireworks at a safe distance.



Never go near a lit firework



Put your sparkler straight into a bucket of water once it goes out.



Free online counselling support for young people! Discover everything Kooth has to offer

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Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

FJC

Care and support in Croydon for those experiencing domestic abuse

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

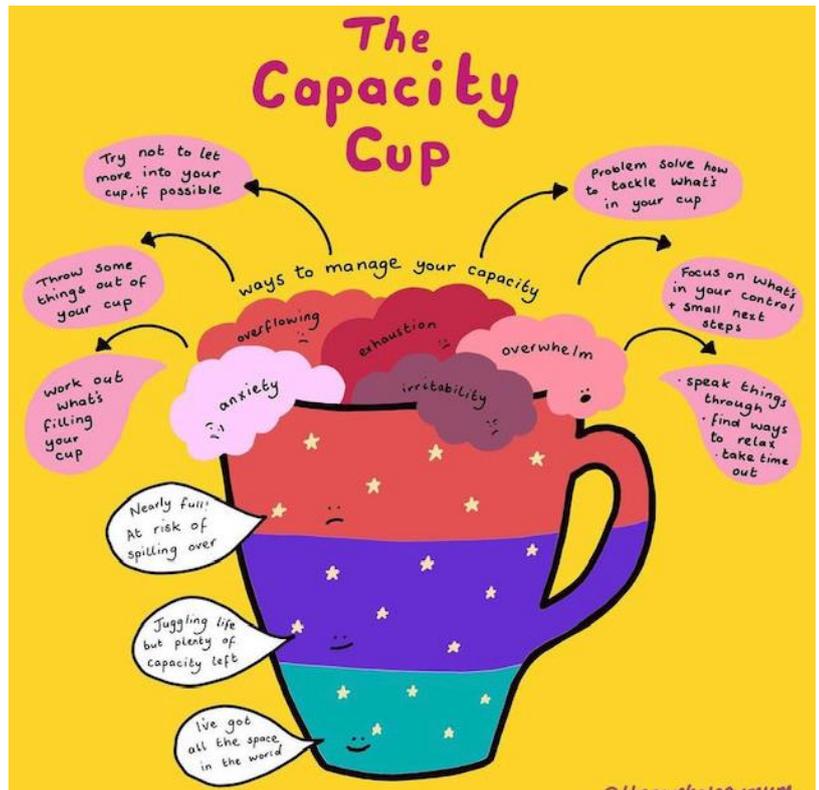
Monday-Friday, 9am-5pm and weekends, 10am-4pm.

CROYDON
www.croydon.gov.uk

Parenting Smart

Place2Be have launched a fantastic new free resource which aims to give parents support and advice with a range of common parenting issues. It is split into various sections (see image on the right) to help to easily navigate to the correct place.

Cultural identity: who am I?	2 min video 4 min read
Playing with my child	2 min video 6 min read
Talking to my child about race and discrimination	2 min video 5 min read
My child has meltdowns	2 min video 8 min read



NSPCC advice on leaving a child at home



- Babies, toddlers and very young children should never be left alone
- Children under the age of 12 are rarely mature enough to cope in an emergency and should not be left at home alone for a long period of time
- Children under the age of 16 should not be left alone overnight
- Parents and carers can be prosecuted for neglect if it is judged that they placed a child at risk by leaving them at home alone
- A child should never be left at home alone if they do not feel comfortable with this, regardless of their age
- If a child has additional needs, these should be considered when leaving them at home alone or with an older sibling

Purley Food Hub

Purley Food Hub have continued to support families in our local community throughout lockdown, providing weekly food deliveries.

If you are in need of this service, please contact Miss Harding in confidence.



Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590