

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 1



CVPS

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.

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

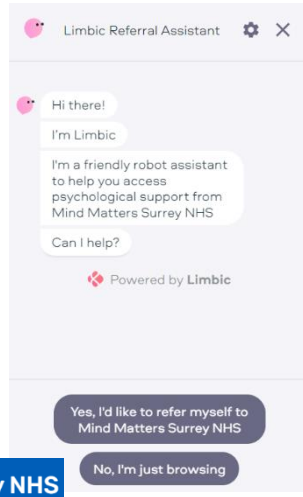


Need help with your mental health?

Mind Matters (Surrey) is an easy way to self-refer for mental health support. If speaking to someone is too much, you can use the online chat to refer yourself into the service. You will then receive a telephone assessment and will be sign-posted to receive the relevant help.

<https://www.mindmattersnhs.co.uk/>

Mind Matters Surrey NHS




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

FREE COUNSELLING
KOOH MAGAZINE
HELP ARTICLES
JOURNAL
SELF-HELP TOOLS
DISCUSSION BOARDS

Sign up for free at Kooth.com

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 cost of living increasing, 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.

Throughout our Wellbeing Curriculum at school, children have the opportunity to talk about their emotions and share any worries or concerns with their teachers.

If you need emotional or financial 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 contact a member of the safeguarding team, who will be more than happy to listen and help.

How to speak to children about the death of the Queen

On behalf of everyone at CVPS, we are deeply saddened to hear of the passing of Her Majesty Queen Elizabeth II and offer our heartfelt condolences to the whole royal family at this extremely sad time.

The death of a prominent figure can raise questions from young people that you might find difficult to answer. Coverage of the death of the Queen will be everywhere, and for bereaved children and young people this can bring up their grief.

There are lots of websites where you can find advice about explaining death to a child and talking to them about the Queen's death. There is advice available about also looking after yourself when a public figure dies and remembering someone.

Winston's Wish: [Supporting children following the death of the Queen | Winston's Wish \(winstonswish.org\)](https://www.winstonswish.org/)

Place2Be: [Supporting your child when someone well-known dies | Place2Be](https://www.place2be.org.uk/)



Attendance

We are sure that like us, you as parents and carers realise the importance of attendance and punctuality. At CVPS, we continue to work hard to try to raise attendance levels and to reduce instances of lateness.

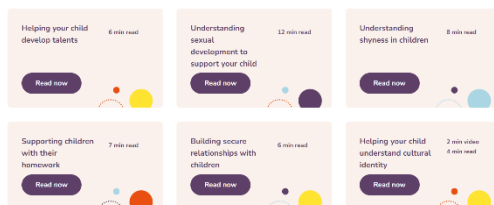
There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children.

How can you help your child attend school regularly?

- Talk to your child about school. Take a positive interest in your child's work, including homework;
- Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
- If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call;
- Children can attend school if they are taking medicines - speak to the school office. We can give children certain medications with your permission.

Place2Be- Parenting Smart

Place2Be have a fantastic resource on their website with a variety of different videos and resources to practically support parents with a wide range of issues their children may face. Topics range from using praise and reward to understanding about positive gender identity. Visit [Place2Be: Parenting Smart: Articles](#).



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.



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.



Equality and Diversity

Croydon BAME Domestic Abuse Service

The Croydon BAME Domestic Abuse Service is a new support service dedicated to helping female BAME victims of domestic abuse in Croydon. Croydon remains one of 3 London boroughs with the highest reported levels of domestic abuse, with 35% of female domestic abuse victims being from the BAME community.

Over the next 3 years, the Croydon BAME Domestic Abuse service aims to provide women with safe and easy access to domestic abuse information, advice and specialist services that are relevant to a BAME woman's domestic abuse recovery journey.



Eligibility Criteria:

- Woman aged 18+
- Croydon resident
- Currently experiencing domestic abuse (i.e most recent incident within last 6 months)
- Or a survivor of domestic abuse (most recent incident within last 2 years)

Please note: all clients will be risk assessed and high-risk clients referred to IDSPA support services.

Referrals:

They are currently accepting both professional and self-referrals for:

- 1:1 support (6-12 1hr sessions weekly or bi weekly depending on clients availability)
- Outreach Advice and Support (short term – up to 3 engagements)
- Access to coffee mornings/social network

To make a referral please complete a [referral form](#) and email it to info@bcwa.org.uk or contact us on 020 8313 9303.

