

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 1




OUR SAFEGUARDING TEAM



Clare Rackham
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Deputy Safeguarding Lead



Rebecca Herrera
Deputy Safeguarding Lead



Samara Gray
Deputy Safeguarding Lead



Lara Newman
Deputy Safeguarding Lead



Harvey Chapman
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.

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.

Whizz App
Local police have received a number of offences of blackmail of children and teenagers, who have downloaded the WHIZZ app on their phone. In these cases, the child or young person has begun chatting on the app and built up a rapport, where they have continued the conversation on WhatsApp. The child or young person has then been coerced into sending an inappropriate photo. Furthermore, the suspect then demands £100 otherwise the picture will be sent virally to friends, family and wider groups.

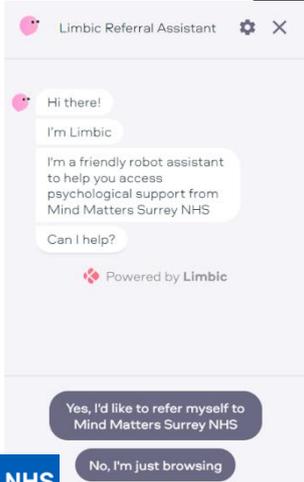
It has come to our attention that many children at Chipstead Valley continue to use social media accounts at home, such as Snapchat, TikTok, WhatsApp and Instagram, whilst being under age.

Several parents and children have reported inappropriate use of these apps and this is causing some concern and upset for them. It is important to note that content on social media is not always regulated and inappropriate material is often not removed immediately.

These apps have an age limit for a reason and very often primary school aged children have not yet developed the emotional maturity to be able to deal with issues that arise. **It is your responsibility as a parent/guardian to ensure your child/ren is/are safe.**

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

DISCUSSION BOARDS

KOOTH MAGAZINE

HELP ARTICLES

SELF-HELP TOOLS

Journal

Sign up for free at [Kooth.com](https://www.kooth.com)

Benefits Support
Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible:
<https://www.gov.uk/check-benefits-financial-support/>

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.

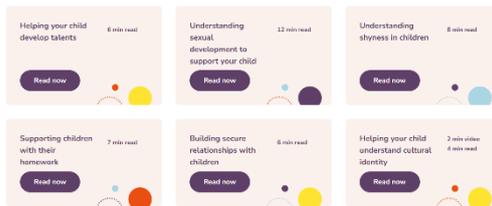
There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children.

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](https://www.place2be.org.uk/articles).



Macmillan Coffee Morning

A big thank you for your delicious baked donations towards our Macmillan Coffee morning and to all of those who attended. We raised nearly £200 for this amazing cause- thank you!



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

Free Uniform

This half term, we hosted another free uniform exchange, to help support families- it is also a great way to be sustainable. If you are in need of school uniform, please let us know. We have a stock of jumpers, cardigans and dresses available for families. Throughout the year, we will run more uniform exchanges, so keep an eye out for future dates.



Urgent and other support available

- shout 85258**: Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](https://www.shoutuk.org.uk)
- SAMARITANS**: Samaritans 24/7 365 days a year - they are here to listen and provide support. Call: 116 123 or email: jo@samaritans.org
- Crisis Tools**: Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources. Sign up for free resources [here](https://www.crisistools.org.uk)
- PAPYRUS**: Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)
- childline**: Childline confidential telephone counselling service for any child with a problem. Call: 0800 1111 anytime or online chat with a counsellor
- Good Thinking**: 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 MIX**: The Mix provides free, confidential support for young people under 25. Call: 0808 808 4994 (11am - 11pm every day) or Email
- Beat**: 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)
- koeth**: Koeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

Harvest Festival Donations- Purley Food Hub

Purley Food Hub are a fantastic charity and they have continued to support families in our local community, even providing weekly food deliveries throughout lockdown.

As part of our Harvest Festival celebrations, we asked our school community for donations towards Purley Food Hub. We were absolutely overwhelmed by the support and generosity- thank you.

If you are in need of support from Purley Food Hub, please contact Mrs White.

