

## Chipstead Valley Primary School Safeguarding Newsletter- Autumn 2



### OUR SAFEGUARDING TEAM



Clare Rackham Designated Safeguarding Lead  
Hannah White Designated Safeguarding Lead  
Louise Bacon 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.

### 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.

### 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.



### Worried About The News?

Talking to our children about distressing news events can be challenging. We want them to be knowledgeable about the world, but sometimes the news can be very upsetting for our children (and for us as well).

Here are some top tips:

- 1) Pick the right moment
- 2) Ask them what they've heard
- 3) Be age appropriate
- 4) Name their emotions
- 5) Don't dismiss your child's fears
- 6) Give them hugs
- 7) It's okay not to have all the answers



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### Safeguarding In Our Curriculum

We believe that one of the best ways to safeguard children is to equip them with the knowledge and skills to be able to keep themselves safe. Safeguarding themes are interwoven throughout our Wellbeing curriculum and the opportunities we offer in school. Look at our website to see how our Wellbeing curriculum is covered across the school:

<https://www.chipsteadvalley.com/our-curriculum/curriculum-information/wider-curriculum/>

2023

### Is This OK?

Is This Ok? is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service. You don't need to provide your real name (a nickname is fine for us!), and we don't need to know your address.

Find information on their website ([www.isthisok.org.uk](http://www.isthisok.org.uk)), ask their chatbot, or chat anonymously to someone who cares every day from 16:00-23:00 - whatever you're ready for.

THAT THING YOU CAN'T TELL ANYONE ABOUT... YOU CAN ASK US ANONYMOUSLY. IS THIS OK?

### Home-Start Croydon

Home-Start Croydon is a voluntary organisation committed to promoting the welfare of families with at least one child under five years of age. They are there for parents when they need them the most, because childhood can't wait.

They offer a unique service to families by recruiting and training volunteers, who are usually parents themselves, to visit families at home, offering them informal, confidential and friendly support. Family life is important for all children but especially in their early years.

For more information:

Telephone: 020 8667 0207

Email: [contact@croydon-homestart.co.uk](mailto:contact@croydon-homestart.co.uk)

Website: <https://croydon-homestart.co.uk/>



### 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. If you are in need of this service or additional financial wellbeing support, please contact Mrs White 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.

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

### What is 'county lines'?

County lines is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas (within the UK), using dedicated mobile phone lines or other form of 'deal line'. They are likely to exploit children and vulnerable adults to move (and store) the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) or weapons.

### Who are the victims and how are they recruited?

Criminal gangs are taking advantage of younger children but both boys and girls of all ages are at risk. The number of 10-17-year-olds arrested for intent to supply drugs – a significant indicator of county lines trafficking – have gone up by a staggering 49% outside London with the number rising from 338 in 2015/16 to 505 in 2017/18.



### What to do if you have concerns

The best advice is to trust your instincts. Even if someone isn't involved in county lines drug dealing, they may be being exploited in some other way, so it's always worth speaking out.

You can speak to your local police by dialling 101, or in an emergency 999.

**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 [ShoutCrisis.TextLine](http://ShoutCrisis.TextLine)
- SAMARITANS**: Samaritans 24/7 365 days a year - they are here to listen and provide support. Call: 116 123 or email: [jo@samaritans.org](mailto: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](#)
- 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
- Beet**: Beet 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)
- Keeth**: Keeth 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



**CROYDON NEEDS FOSTER CARERS**