

# Chipstead Valley Primary School Safeguarding Newsletter- Spring 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.

### Children's Mental Health Week

As usual, we took part in Children's Mental Health Week and the theme was... "My Voice Matters".

My Voice Matters is about empowering children by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. For Children's Mental Health Week this year, we wanted children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing. We want all children of our children to be able to say – and believe - "My Voice Matters."



**Looking for free practical advice to help you support your child?**

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour.  
[parentingsmart.org.uk](https://parentingsmart.org.uk)

### Early Help

Often when one person in a family has a problem, it can affect other people in the family. Early Help brings together professionals, who will work with the whole family to try to make things improve for everyone. Early Help could include support with parenting, employment, anti-social behaviour and emotional well-being.

Find out about the support available for you and your family and how to get the help you need. Talk to a professional who is in contact with you or your family. This could be through us, a health visitor or any kind of worker that you are in contact with.

For more information about Early Help, visit [www.familyspacecroydon.co.uk](http://www.familyspacecroydon.co.uk) or email: [Earlyhelp@croydon.gov.uk](mailto:Earlyhelp@croydon.gov.uk)

### Safer Internet Day

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively.

By celebrating the positive power of the internet, the Safer Internet Day slogan of "Together for a better internet" encourages everyone to join the movement, to participate, and to make the most of the internet's potential to bring people together. Across the school, children took part in activities and discussions to celebrate this day.



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JOURNAL

SELF-HELP TOOLS

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**SAVE the DATE**

**Safer Internet Day**

2024 | Tuesday  
6 February

[www.saferinternetday.org](http://www.saferinternetday.org)

European Commission

INHOPE

ins@ite

**Don't forget to also download the free National Online Safety App which can help you keep up-to-date with new developments in keeping your child/ren safe.**



Download on the  
**App Store**



GET IT ON  
**Google Play**

2024

### Gaming

We are aware of a number of children in school who are playing these games, which are rated above the age range of primary education. Please be mindful of what children are exposed to on these platforms.

Age-rating reminders:  
Grand Theft Auto – 18  
Call of Duty – 16  
Fortnite – 12



### Advocacy for Croydon

Advocacy for Croydon is made up of 2 organisations that specialise in a variety of advocacy services for the London Borough of Croydon. They are independent from the NHS and the Local Authority.



An Advocate helps someone to talk about their needs and wishes. Advocates listen to people and help them to have their voices heard. Advocates represent people who need support to make sure that decisions are made in their best interests. This advocacy service is free, confidential and independent.

Visit: [www.advocacyforcroydon.org](http://www.advocacyforcroydon.org)

### CEOP

CEOP help children stay safe online and prevent them from harmful abuse. If anybody acts inappropriately towards a child or young person online (such as sexual chat, or being asked to do something that makes them feel uncomfortable); they can report it using the Child Exploitation and Online Protection Command (CEOP) button.



### Parenting resources in Croydon

Parenting and Relationship Hub Croydon



Delivering for Croydon | CROYDON [www.croydon.gov.uk](http://www.croydon.gov.uk)

# 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)

### Operation Encompass

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between Metropolitan Police and schools.



One of the principles of Operation Encompass is that all incidents of domestic abuse are shared with schools, not just those where an offence can be identified. This system has been established to help schools provide in-school support to children who have been present at, exposed to or involved in any domestic abuse incident.

We know that children can be significantly harmed, physically and/or emotionally, during these situations, and that it also negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives a notification the morning after a child has been witness to, or involved in, any reported domestic abuse incident. We are then able to use this information to provide the right support to any child and their family as and when it is needed. It is also important to speak to a member of the safeguarding team if there has been a police incident, so that we are able to offer support to your family.

<p><b>shout</b> 85258</p> <p>Shout offers confidential 24/7 crisis text support for times when immediate assistance is required Text "SHOUT" to 85258 or visit <a href="http://ShoutCrisis.TextLine">ShoutCrisis.TextLine</a></p>	<p><b>SAMARITANS</b></p> <p>Samaritans 24/7 365 days a year - they are here to listen and provide support Call: 116 123 or email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p><b>Crisis Tools</b></p> <p>Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources Sign up for free resources <a href="http://here">here</a></p>	<p><b>PAPYRUS</b></p> <p>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)</p>
<p><b>childline</b></p> <p>Childline: on the phone, any time</p> <p>Childline confidential telephone counselling service for any child with a problem Call: 0800 1111 anytime or online chat with a counsellor</p>	<p><b>Urgent and other support available</b></p>		<p><b>Good Thinking</b></p> <p>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</p>
<p><b>THE MIX</b></p> <p>The Mix provides free, confidential support for young people under 25 Call: 0808 808 4994 (11am - 11pm every day) or Email</p>	<p><b>Beat</b></p> <p>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)</p>	<p><b>Keeth</b></p> <p>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</p>	

### 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.

