

## Chipstead Valley Primary School Safeguarding Newsletter- Summer 1



CVPS

### 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.

### NSPCC PANTS

During Keeping Safe Week, the children discussed the PANTS Rule. During these discussions, there was teaching around important safety skills without giving explicit information or telling 'scary' stories. We discussed with our children how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a Green Cross Code for staying safe from abuse. PANTS stands for:



**Privates are private**

**Always remember your body belongs to you**

**No means no**

**Talk about secrets that upset you**

**Speak up, someone can help**

Below is the link if you would like to have a look at the video we will be showing the children:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>



### Keeping Safe Week

During the week commencing 18<sup>th</sup> March, we hosted 'Keeping Safe' week as part of our Wellbeing curriculum. The week focussed on these key topics:



-NSPCC PANTS

-Peer Pressure (and consent for Year 5/6)

-The role of the police

-Speaking out and staying safe

### Peer Pressure

Children across the school learnt about peer pressure within friendship groups and thought about how they could deal with it. They were presented with various scenarios and discussed resolutions. The children thought about who they could speak to, both in and out of school, if they are worried about a situation. Children in Year 5 and 6 sensitively discussed the importance of giving permission and consent around their body.

### The Role of the Police:

Children were taught about the important job that the police do in our wider and local community. They found out about how they keep us safe and how to contact them in an emergency. Children in the school had the opportunity to ask real police officers their own questions and also visited a police car on our school field!



### NSPCC Speak Out Stay Safe

Children in Years 5 and 2 received workshops from the NSPCC about speaking out in unsafe situations. Year 6 also took part in an assembly delivered by the NSPCC.

### What is safeguarding?

Safeguarding and promoting the welfare of children - defined for the purposes of this guidance as:

- providing help and support to meet the needs of children as soon as problems emerge
- protecting children from maltreatment, whether that is within or outside the home, including online
- preventing impairment of children's mental and physical health or development
- ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- promoting the upbringing of children with their parents, or otherwise their family network, whenever possible and where this is in the best interests of the children
- taking action to enable all children to have the best outcomes in line with the outcomes set out in the Children's Social Care National Framework.

2024

**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](#)

**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 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)

**Urgent and other support available**

**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: 0800 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) 0800 801 0711 or Studentline 0800 801 0611 (9am - 5pm 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

# 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

**Butterfly Knives**

As part of our ongoing commitment to maintaining a safe and nurturing environment, we are writing to make you aware of butterfly knives.

Butterfly knives, also known as "balisong knives," are small and concealable, which have a folding rounded blade that can be easily manipulated with a flipping motion. The knives are not sharp; however, they are cheap and easy to buy online. They are often bought for flipping and martial art training, as opposed to harming others. While these knives might seem innocuous to some, they can pose risks and dangers, especially within a school setting.

As always, the safety and well-being of our children remains our top priority and as such, we are requesting that butterfly knives are not brought into school. We kindly request your cooperation in reinforcing this message with your child.

**E-Safety**

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 staff members have become aware that there are Year 6 children with Instagram accounts, which has a 13-year age restriction. It has come to light, these Year 6 Instagram accounts have no privacy settings, with photos posted in our school uniform, posing a huge safeguarding risk. 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.

We urge you to check your children's accounts and computer histories. Please be reminded of the guidance information below, which shows the minimum age for account holders on these social media sites and apps:

What are the age limits for social media apps?

13 years	14 years	16 years	17 years
<ul style="list-style-type: none"> <li>• Twitter</li> <li>• Facebook</li> <li>• Instagram</li> <li>• Snapchat</li> <li>• Pinterest</li> <li>• YouTube</li> <li>• parental consent</li> <li>• Google+</li> <li>• Tumblr</li> <li>• Reddit</li> <li>• Ask FM</li> <li>• Mixlr</li> </ul>	<ul style="list-style-type: none"> <li>• LinkedIn</li> </ul>	<ul style="list-style-type: none"> <li>• Whatsapp</li> </ul>	<ul style="list-style-type: none"> <li>• Vine</li> </ul>

The children are taught about E-safety within Computing and Wellbeing lessons at school and how to keep themselves safe, however it is also vital that these messages are reiterated again at home. If you have any concerns around the online safety of your child, please contact a member of the safeguarding team or your child's class teacher.

**Emotional Support in School**

At CVPS, we offer a range of pastoral and wellbeing support. If you feel your child is in need of someone to speak to, please contact your child's class teacher to discuss this. If you need further support, please contact Mrs White. <https://www.chipsteadvalley.com/safeguarding/support/>

**Chipstead Valley Primary School Pastoral and Wellbeing Provision**

**Curriculum**

Our Wellbeing curriculum is linked to the needs of our children. Children are proactively supported through lessons and assemblies about a range of topics, including identifying emotions and how to manage their emotions. Our pastoral care team are available to support children with everything they do with designated areas and in the reading garden.

**Our Wellbeing Vision:** "We show respect, care and consideration for all. We value and appreciate our diverse community where everyone feels confident, safe and heard."

At CVPS, we deliver "Children's Mental Health Week" each year through the chapter books. We also have a Senior Mental Health Lead and a staff champion for the topic. Mental Health is a flexible curriculum and delivers lessons to children, which support new learning for safeguarding purposes.

**elsa**

At Chipstead Valley, we have two qualified Emotional Literacy Support Assistants (ELSA) who have been trained by Educational Psychology to plan and deliver programmes of lessons to support pupils who are experiencing difficulties with emotional needs. The majority of ELSA work is delivered on an individual basis, but we also have small group work to meet specific needs in the areas of social and friendship skills.

**Parenting resources in Croydon**

Parenting and Relationship Hub Croydon



**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.

