



# Chipstead Valley Primary School

## Safeguarding Newsletter

Autumn Term 2

### Meet Our Safeguarding Team



**Clare Rackham**  
Designated  
Safeguarding  
Lead



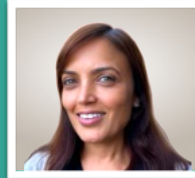
**Hannah White**  
Designated  
Safeguarding  
Lead  
*(Maternity Leave)*



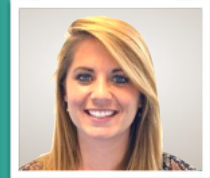
**Louise Bacon**  
Deputy  
Safeguarding  
Lead



**Rebecca Herrera**  
Deputy  
Safeguarding  
Lead



**Sabine Ward**  
Deputy  
Safeguarding  
Lead



**Lara Newman**  
Deputy  
Safeguarding  
Lead  
*(Maternity Leave)*

## Welcome to Autumn Term 2 at CVPS !

### Contents

- Welcome
- Thank you!
- Coping with anxiety
- Wear Red Day
- Winter Safety Tips
- Young Carers
- More Help

### Contact Us

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.

### A massive thank you to our CVPS parents helping to support local charities!

We had a very busy and successful first half term of the academic year. Thank you to everyone who attended the Macmillan coffee morning/uniform exchange. We managed to raise £153 for Macmillan Cancer, which is wonderful. We are also very grateful to everyone who donated goods to Purley Food Hub, as part of our Harvest festival, they were extremely grateful for our support.

We also managed to squeeze in one last coffee morning for Percy's Homeless Hub/Uniform and costume exchange. Thank you again to everyone who came along, donated clothes, picked up some lovely fancy dress costumes or uniform and/or donated money to this worthy cause.

We have an amazing school community and if ever you have any ideas or suggestions re. How we can further support our community, please let us know.



# Coping with anxiety!

Anxiety in primary school-age children is really common. It may show itself as behaviour problems, separation anxiety, anger, school refusal, sleep problems or even tics and rituals. For many children, these are just normal phases to go through, but for some, it can get so bad, it affects what they can and cannot do, and may impact the whole family. Please see below some Apps and games for children to access. There are a number of books available for parents, we have listed a couple below for parents to read, with some practical ideas on how you can help your child cope with anxiety.

## Apps and Games

- ★ [Childline](#) has a fantastic section of fun games for relaxation and distraction for all ages including breathing exercises like box breathing. There is also a page for drawing and some ideas for managing anxiety.
- ★ [Clearfear](#) beautifully designed App for children and young people with ideas to help you react to worries better, manage your emotions, and manage physical responses to anxiety.
- ★ [Smiling Mind](#) Free Mindfulness App with specific sections for 7-9 years, 10-12 years and older.
- ★ [Headspace](#) A hugely popular mindfulness and meditation App for adults, this also has a section for children. The adult section is free for ten sessions and is also suitable for older children. The children's meditations are shorter but that section is not free although you can subscribe for a month at a time.
- ★ [SAM](#) Suitable for older children this has an anxiety tracker and several options to help if you're feeling panicky including calm breathing and a nice distraction feature.

## BOOKS FOR PARENTS:

[Helping Your Anxious Child: A Step-by-step Guide for Parents](#)  
[Overcoming Your Child's Fears and Worries](#)



## 'Show Racism the Red Card'

On Thursday 17th October all children and staff stood up against racism by wearing something red to school, as well as taking part in class discussions. It is important that our children are educated in the right way in order to understand what is meant by racism and to make the right choices. If you want to speak to your children about racism but aren't sure of how to start the conversation, please click on the following NSPCC link for lots of helpful advice.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>

# NSPCC

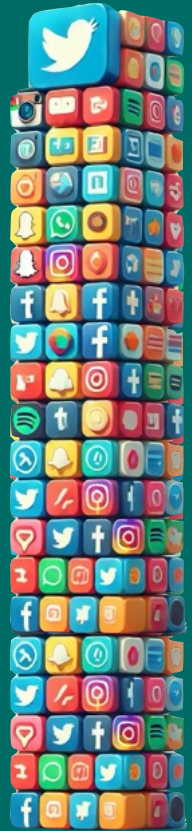
## Minimum Age Social Media Apps

### 13 years

Facebook  
Instagram  
Snapchat  
TikTok  
X (Twitter)  
YouTube  
Pinterest  
Reddit  
Discord  
Twitch  
Tumblr  
Kik  
WeChat  
Viber  
Signal  
Houseparty

### 16 years

WhatsApp  
LinkedIn  
Telegram



## ❄️ Winter Safety Tips ❄️

❄️ Be seen - more than half of serious injuries happen between 3-7pm, coinciding with after-school hours. If possible dress your children in something reflective, so that they can be seen when car headlights are shining towards them.

**STOP**

**LOOK**

**LISTEN**

Stop, look, listen - Children will copy what you do, so try to avoid stepping into the road without making it obvious that you are checking it is safe to cross first.

❄️ Poisons - Keep car anti-freeze and screen wash away from young children at all times. The bright colours can attract children but they are highly poisonous.

❄️ Cycling - Get your child into the habit of wearing a helmet. If you cycle as a family remember to wear yours too. It is a legal requirement to have lights and reflectors on bikes between sunset and sunrise.

## Supporting Young Carers

Some people start giving care at a very young age and don't really realise that they are carers. Some people become carers overnight.

If a child is helping to look after someone in their family, it is important that you seek help and that they don't try to do everything that adult carers would do. Nor should they be spending a lot of time caring for someone, as this can get in the way of them doing well at school, as well as spending time doing things that children of their own age are doing.

## Young Carers rights

If you request it, the council must organise a young carer's assessment. It'll help to decide what kind of help the carer and the person being looked after might need. It will determine whether it's appropriate for a child to care for someone in their family and whether they want to be a carer.

Find out more about a carer's assessment by visiting [www.nhs.uk](http://www.nhs.uk)

Other organisations that can offer help and advice are:

[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)  
[www.carersuk.org](http://www.carersuk.org)  
[www.youthaccess.org.uk](http://www.youthaccess.org.uk)



**shout**  
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [www.giveusashout.org](http://www.giveusashout.org)

**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)  
<https://www.samaritans.org/>

**ChildLine**  
0800 1111

Childline confidential telephone counselling service for any child with a problem

Call: 0800 1111 anytime or online chat with a counsellor

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

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)

**THE MIX**  
Essential support for under 25s

The Mix provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or Email <https://www.themix.org.uk/get-support>

**Crisis Tools**

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources  
<https://crisistools.org.uk/>

**Beat**  
Eating disorders

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)

**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  
<https://www.good-thinking.uk/>



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 Ward in confidence.

mind matters  
surrey



If you are feeling low, anxious or stressed, Mind Matters Surrey can help. We're your local NHS provider, offering free and confidential talking therapies to people aged 17+ registered with a Surrey GP service. <https://sabb-v2.limb>

## 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 Ward.

<https://www.chipsteadvalley.com/safeguarding/support/>

### Parenting resources in Croydon

Parenting and Relationship Hub Croydon



**Croydon Best Start**  
For your new and growing family

**FJC**

Care and support in Croydon for those experiencing domestic abuse

You can make an appointment by contacting us on: 020 8688 0100

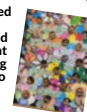
Monday-Friday, 9am-5pm and weekends, 10am-4pm.

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

## Chipstead Valley Primary School Pastoral and Wellbeing Provision

### Curriculum

Our Wellbeing curriculum is suited to the needs of our children. Children are pastorally supported through these lessons and taught about a range of topics, including safeguarding themes and how to manage their emotions. Our learning environment puts wellbeing at the forefront of everything we do with designated areas such as the reading garden



Place 2Be Improving children's mental health

At CVPS, we celebrate "Children's Mental Health Week" each year through the charity Place2Be. We also have a Senior Mental Health Lead as well as staff trained in Place2Be's Mental Health Champions. Mrs White is also trained in Place2Be Counselling and delivers sessions to children, where support may be needed from a safeguarding perspective.

Our Wellbeing Vision: "We demonstrate respect, thoughtfulness and consideration for all, valuing and appreciating our diverse community. Everyone has a voice and feels safe, confident and heard."



At Chipstead Valley, we are lucky enough to have our own PAT (Pets as Therapy) dog, Mac. Our aim is to provide opportunities for children to have some time with Mac, where they will interact through reading to him around the school. To become a registered PAT dog, Mac's behaviour and temperament have been assessed to ensure that he is safe to be in school and he passed with flying colours!

**ELSA support**

At Chipstead Valley, we have two qualified Emotional Literacy Support Assistants (ELSA), who have been trained by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. The majority of ELSA work is delivered on an individual basis, but sometimes small group work is more appropriate, especially in the areas of social and friendship skills.

PACE Academy Trust

**kooth**

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



Sign up for free at [Kooth.com](http://Kooth.com)