



Chipstead Valley Primary School

Safeguarding Newsletter

Spring Term 1

Meet Our Safeguarding Team



Clare Rackham

Designated Safeguarding Lead



Hannah White

Designated Safeguarding Lead
(Maternity Leave)



Louise Bacon

Deputy Safeguarding Lead
(Maternity Leave)



Rebecca Herrera

Deputy Safeguarding Lead



Sabine Ward

Deputy Safeguarding Lead



Lara Newman

Deputy Safeguarding Lead

Welcome to Spring Term 1 at CVPS !

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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 happy and healthy new year!

Start the new year with a different kind of New Year's resolution, self care is paramount for you and your family. Think about how to prepare for the new year, by focusing on being mentally healthy, not just physically healthy. Relieve the pressure, don't set unrealistic goals. Set goals that can be put in practice day to day and will help to work towards your happiness. Set goals that will help you stay calm and goals that are memorable. Entering the new year with less pressure on your shoulders and knowing that each day you are going to try and have your best interests at heart will kick start your mentally healthy year.

Keeping your children safe online

It is likely that some children have received new electronic devices over the Christmas holidays, allowing them access to the internet and social media. See some simple and suggested ways to keep your children safe:

- ★ Ensure they ask your permission before they use the Internet.
- ★ Agree on websites that they can access, together.
- ★ Agree that they only chat to people they know.
- ★ Encourage them to speak to you if they are unsure about any online communication.
- ★ Agree that they are not to give any names/home address or personal contact details when using games on the Internet (perhaps encourage them to create a suitable nick name).
- ★ Agree that they should never tell someone where they go to school.
- ★ Agree that they are never to send an image of themselves, their home or school.
- ★ Agree that they should never arrange to meet someone they have 'met' on the Internet.
- ★ Ask them to tell you immediately if they see anything they are unhappy with.

We have never been able to access information as easily as we can today with the click of a button. The downside of this, however, is that we are contactable at all times via various mediums – photographs, voice notes and videos can be exchanged between devices immediately. *1 in every 4 teens has received unwanted sexual messages.* Awareness around navigating this issue is essential, to help achieve this, the Internet Watch Foundation have put together some useful resources.

You can find out more by clicking the link:

TALK Checklist by Internet Watch Foundation | Home iwf.org.uk

The next scam call you receive may not be a real person. Scammers are increasingly using voice-enabled AI models to automate their fraudulent schemes. The human ear was not designed to tell the difference. Tech Radar magazine, has recently published an article on how to tackle this new front in the war against scams. If interested, please follow the link below:

<https://www.techradar.com/computing/artificial-intelligence/ai-voice-clone-scams>



Support for parents

Whatever family life brings, we're here to help

The NSPCC provides us with a great source of information such as blogs, podcasts and a wide range of information and support for parents on subjects, such as early parenting advice, managing family life, friends and relationships, online safety and supporting yourself and young people. Please click on the below link to find out more.

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

In a world where abbreviations are continuously used, we thought it might be useful to share a few commonly used safeguarding acronyms and abbreviations:

CAFCASS:	Children and Family Court Advisory and Support Service
CAMHS:	Child and Adolescent Mental Health Services
CiN:	Child in Need
CP:	Child Protection
DSL:	Designated Safeguarding Lead
EWO:	Education Welfare Officer
ICO:	Interim Care Order.
KCSIE:	Keeping Children Safe in Education
LAC:	Looked After Child, formerly children in care.
MASH:	Multi-Agency Safeguarding Hub
TAF:	Team around the Family
SEND:	Special Educational Needs & Disabilities



Most children will, at some point during their childhood, experience or hear about a frightening event. It can be particularly disturbing if the event is in their local area.

Sometimes children may personally know someone who has been caught

up in a frightening event or they may have witnessed it directly themselves. Adults can feel unsure as to what information they should give to children.

Whether a child has been involved either directly or indirectly, such situations can make us feel worried, and that the world is a very unsafe place to live in.

Child Bereavement UK have produced a very useful fact sheet on how best you can support the young people in your care, click link here [childbereavement/parent/carer factsheet](https://www.childbereavement.org.uk/parent/carer-factsheet)

Safer Internet Day 2025 | Tuesday 11 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Safer Internet Day is fast approaching and although it isn't the only time of year we look at online safety, it provides an opportunity for parents to discuss the challenges their children may face online.

The theme for this year's Safer Internet Day is 'Too Good to be True? Protecting yourself and others from scams online.' Among areas to be discussed will be:

- How is changing technology, like generative AI going to impact the approach of scammers?
- What role can the government and the internet industry take to tackle this threat?
- What changes would young people like to see to help protect themselves moving forward?

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



ChildLine

0800 1111



Coping with Suicidal Thoughts

Suicidal thoughts can be scary and confusing, leaving people unsure of why they feel that way. These thoughts often come from thinking about ourselves in a way that may not be accurate. Learning how to deal with these feelings is important. Childline has shared helpful advice on how to manage these thoughts in a healthy way. If interested, please follow the link below:

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/coping-suicidal-feelings/>

Children's Mental Health week

3rd - 7th February, this year's theme is Know Yourself, Grow Yourself, giving the opportunity to explore the importance of self-awareness and expressing emotions. Getting to know who you are can help children build resilience, grow and develop. We will end the week with a 'Dress to Express' multi day on **Friday 7th February**. We always love to see how creative and confident the children are in expressing themselves!



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

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: 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

kooth

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



Sign up for free at Kooth.com

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
Supporting Ambition, Confidence & Excellence