



Chipstead Valley Primary School

Safeguarding Newsletter

Spring Term 2

Meet Our Safeguarding Team



Clare Rackham
Designated Safeguarding Lead



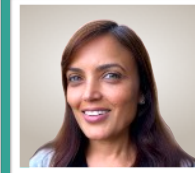
Hannah White
Designated Safeguarding Lead
(Maternity Leave)



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 2 at CVPS !

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Contact Us

Speak to a member of our Safeguarding Team if you are worried about a child and/or in need of Early Help.

Our Safeguarding Team liaise with children's social care and other external agencies to support families in getting the help they need.

Please do not stay silent, if you are in need of help. Don't be afraid to reach out to a professional, such as a health visitor, GP, your child's class teacher and/or any member of the Safeguarding Team at CVPS.



This month as part of Keeping Safe Week, we will be participating in the NSPCC's Speak out, Stay safe Programme.

Children are taught to speak out if they are worried, either to a safe adult or Childline. The NSPCC programme aims to empower primary school children to speak out against abuse and neglect.

Alongside this, we will again have the pleasure of a visit from our local police. Parents and carers are asked to let a member of the Safeguarding Team know if their child may have experienced anything (in the past or happening now), which may mean they need extra support before, during or after taking part in this programme.



What are the PANTS rules?

1. Privates are **PRIVATE**
2. Always remember your body belongs to **YOU**
3. No means **NO**
4. **TALK** about secrets that upset you
5. **SPEAK UP**, someone can help!

Keeping children safe while out and about

Help to protect your young children and teens with the below common-sense tips.

- Remind your children to be vigilant and mindful of who is around them.
- Tell your child to avoid talking to people they don't know, when you're not around.
- Make sure your child knows never to walk away with strangers.
- Make sure your child understands that they should always tell you if a stranger approaches, and never to keep this secret.
- If your child is travelling alone, tell them to sit near other families on the train or bus.
- If your child has to use a lift – tell them only to use lifts with friends, and not to feel worried about getting out if they are uncomfortable about someone else being in there.
- If your child gets lost, they should ask for help from a police officer, another grown-up with children or someone working at a nearby shop.
- Help your children to learn their address and telephone number by heart.

For further information, visit the NSPCC website by clicking on the following link.

<https://learning.nspcc.org.uk/research-resources/leaflets/home-or-out-alone-guide>



New AI child sexual abuse laws announced following IWF campaign

The Government is cracking down on AI generated child sexual abuse imagery following an IWF campaign to tighten up regulations. The new rules will outlaw the possession and distribution of AI models that have been optimised to create child sexual abuse

imagery, and will also criminalise the possession of manuals which provide instructions on how offenders can use AI to generate child sexual abuse imagery.

The announcement this February comes as newly released IWF data shows reports of AI-generated child sexual abuse imagery found online by the IWF has quadrupled, with 245 reports of AI-generated sexual abuse in 2024, a 380% rise, in comparison to 2023 statistics.



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



What would you like to create?

An image of... [

Generate

Fake Images, Real Threats: What Parents Should Know About "Nudify" Apps

The Basics: What Are "Nudify" Apps?

"Nudify" apps work like this: someone feeds in a normal, everyday photo - maybe a child's sports team picture, a casual snapshot, or even a selfie from Instagram and the tool's AI removes the clothing. These apps create a disturbingly authentic-looking nude image. Some sites are free to try, at least for a single image. After that, they charge small fees or require users to set up subscriptions.

How to keep children safe from undress AI tools

Whether you're concerned about your child using undress AI tools or becoming a victim, here are some actions to take to protect them:

- Have the first conversation
- Set websites and app limits
- Build children's digital resilience

For more advice and information
<https://www.internetmatters.org/hub/news-blogs/what-is-undress-ai-guidance-for-parents-carers/>



Upcoming Parent Talk

ATTN all Year 6 parents, please join our guest speakers from Croydon's Mental Health and Wellbeing Team, who will be giving a talk on child anxiety and strategies to support your young children through these challenging times. The talk will be taking place on Thursday 3rd April at 2pm, allowing for questions before pick up time.

If you haven't already, please sign up for the parent talk via the link that has been sent out by the Office Team. A reminder letter will be sent out later this week.

Purley Food Hub continue to support families in our local community.

Since 2013, with the help of donations, they have provided over 380,000 meals to 42,500 people.

In support of Purley Food Hub, a yellow food bin will be situated outside of the School Office (for the month of March) for donations.

If you are able to help, Purley Food Hub are in need of the following items:

- Tinned meat - corned beef, chicken, ham
- Tinned meat meals (but not hot dogs thank you!)
- Jars of coffee
- Drinking chocolate, requiring only hot water
- Savoury spreads - fish & meat paste, peanut butter
- Desserts - sponge puddings, jellies, Angel delight
- Tins of rice pudding
- Vegetarian meals
- Jars of pasta sauce
- Small bottles of unisex shampoo

If you are in need of this service or additional financial wellbeing support. Please contact Mrs Ward in confidence.



Change Grow Live (CGL), a prominent drug and alcohol support service, has issued a severe warning. Two pupils at a London school recently collapsed, lost consciousness, and experienced hallucinations and seizures after consuming chocolate laced with Tetrahydrocannabinol (THC), a psychoactive compound in cannabis. Both students were hospitalised. Initial investigations suggest the contaminated chocolate was purchased online via Snapchat. Concerns arise that a product resembling Cadbury's chocolate bars is being sold to young people.

Tesco, amongst other food retailers have partnered up with Olio, so that Olio food waste heroes can come to the rescue and ensure that as much good food as possible gets saved from the bin!
Tesco Chipstead Express is now open. Download the Olio App to be part of the solution, share more, waste less!

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/>

family lives

Family Lives provides free online parenting courses that you can access at your own pace, offering advice and skills to help you become a confident and happy parent.
<https://www.familylives.org.uk/>

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://sabp-v2.limb>

Child Bereavement UK
REBUILDING LIVES TOGETHER

Most children will experience loss or hear about a frightening event during their childhood. Adults may feel unsure about what information to give to children in such situations. Whether involved directly or indirectly, these events can make us feel worried and unsafe in the world. Call the helpline on 0800 028 8840 or click on this link for helpful information <https://www.childbereavementuk.org>

Supporting Children's Mental Health Resources

This year's Children's Mental Health theme was Know Yourself, Grow Yourself. Parents and carers play an important role in supporting young people. At the Charlie Waller Trust they have a wide range of free resources that are designed to empower parents and carers to support their child's mental health. They offer free advice, training, webinars, workshops and parent carer peer support groups, providing support from parents who have experienced these challenge themselves. Please click on the following link to take a look at the resources available.

<https://www.charliewaller.org/what-we-offer/parents-and-carers>

Safeguarding is everyone's responsibility

Safeguarding and promoting the welfare of children is defined 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 the 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.
- Taking action to enable all children to have the best outcomes.

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