

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 1



OUR SAFEGUARDING TEAM





Kate Duncan
Designated Safeguarding Lead



Hannah White
Designated Safeguarding Lead



Louise Bacon
Deputy Designated Safeguarding Lead



Rebecca Herrera
Deputy Designated 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.

Welcome!
To all our new and existing families, a big welcome back to the new school year. Safeguarding newsletters are sent out each half term with lots of advice, information and support for you and your family.

Seeking Help
Being a parent is no easy task and often comes with many challenges. Talking about and sharing your concerns, albeit sometimes hard, is important. We want you to know that you are part of our CVPS community and we can help point you in the right direction of support as well. Please reach out to a member of the safeguarding team if you need help.

Emotional and Pastoral 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.

Need help with your mental health?

Mind Matters (Surrey) is an easy way to self-refer for mental health support. If speaking to someone is too much, you can use the online chat to refer yourself into the service. You will then receive a telephone assessment and will be sign-posted to receive the relevant help.
<https://www.mindmattersnhs.co.uk/>

Limbic Referral Assistant

Hi there!

I'm Limbic

I'm a friendly robot assistant to help you access psychological support from Mind Matters Surrey NHS

Can I help?

Powered by Limbic

Yes, I'd like to refer myself to Mind Matters Surrey NHS


No, I'm just browsing

Mind Matters Surrey NHS

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.



Place2Be 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."

Drawing and Talking

At CVPS, we have a SENCO and ELSA who are trained in Drawing and Talking. Drawing and Talking allows children to discover and communicate emotions through a non-directed technique, setting it apart from existing solution-focused and cognitive-based therapies and interventions. Children access this support in a 1:1 session.

eLSA support

At Chipstead Valley, we have a qualified Emotional Literacy Support Assistant (ELSA), who has 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
Partnership with the University of London

kooth

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

FREE COUNSELLING

DISCUSSION BOARDS

JOURNAL

KOOH MAGAZINE

HELP ARTICLES

SELF-HELP TOOLS

Sign up for free at [Kooth.com](https://www.kooth.com)

September 2025

Attendance

We are sure that like us, you as parents and carers realise the importance of attendance and punctuality. At CVPS, we continue to work hard to try to raise attendance levels and to reduce instances of lateness.

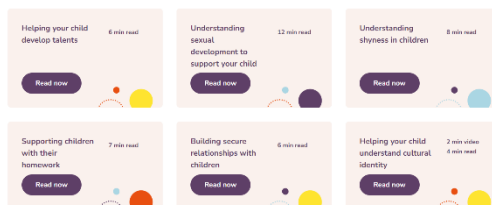
There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children.

How can you help your child attend school regularly?

- Talk to your child about school. Take a positive interest in your child's work, including homework;
- Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
- If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call;
- Children can attend school if they are taking medicines - speak to the school office. We can give children certain medications with your permission.

Place2Be- Parenting Smart

Place2Be have a fantastic resource on their website with a variety of different videos and resources to practically support parents with a wide range of issues their children may face. Topics range from using praise and reward to understanding about positive gender identity. Visit [Place2Be: Parenting Smart: Articles](#).



Macmillan Coffee Morning

On the 8th October, we will be hosting our MacMillan Coffee morning to raise money for this fantastic charity. Please bring in your cake donations for the event and come and support us straight after drop off.



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

Free Uniform Exchange

This half term, we will be hosting another free uniform exchange; to help support families- it is also a great way to be sustainable. This event will be tied in with the MacMillan Coffee Morning, straight after drop off on Wednesday 8th October.

Benefits Support

Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible:

<https://www.gov.uk/check-benefits-financial-support/y>

Harvest Festival Donations- Purley Food Hub

Purley Food Hub are an invaluable charity and they have continued to support families in our local community, even providing weekly food deliveries throughout lockdown.

As part of our Harvest Festival celebrations, we are asking our school community for donations towards Purley Food Hub. Donations should be brought in on Friday 3rd October.

If you are in need of support from Purley Food Hub, please contact Mrs White.

