

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 2



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.

Festive Period
Although Christmas is a lovely time of year for many, it can also feel overwhelming and very busy. Remember, although it can be hard to find the time, you can't pour from an empty cup, so do try to take a well-earned break when you can!

Goodbye!
I just wanted to take the opportunity to say goodbye! After thirteen years at Chipstead Valley, I will be moving on at the end of term. It has been a privilege to work with and support so many families throughout the years and I will very much miss you all. The rest of the safeguarding team are still here for you, so please reach out if you need support.

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 us.

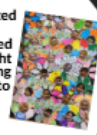
Coping with Anxiety
Anxiety in primary school-age children is really common. It may manifest itself through behaviour issues, separation anxiety, anger, school refusal and sleep issues. For many children, these are normal phases which pass, but for some, it can impact for longer. Please see below some apps and games for children to support:

- Childline: [Childline | Free counselling service for kids and young people | Childline](#)
- Clearfear: [Home - Clear Fear App](#)
- Smiling Mind: [Smiling Mind](#)
- Headspace: [Mental Wellness App: Meditation & Sleep - Headspace](#)

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.



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

FREE COUNSELLING

DISCUSSION BOARDS

KOOTH MAGAZINE

HELP ARTICLES

SELF-HELP TOOLS

Journal

Sign up for free at [Kooth.com](#)

December 2025

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 they are appropriately supported. If requested, a council must ensure a younger carer is assessed. This will help to decide what kind of help and support is needed. You can find out more information through the NHS website as well as www.carersuk.org

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.

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/>



Show Racism the Red Card

On 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 understand what is meant by racism and how to make the right choices. If you want to speak to your child about racism, but aren't sure how to start the conversation, the NSPCC has lots of helpful advice:

SHOW
RACISM
THE
RED
CARD

[Talking to children about racism | NSPCC](#)

Macmillan Coffee Morning

This term, we hosted our Macmillan coffee morning and free uniform exchange. Thank you to everyone in our school community who donated uniform and cake, as well as attended the event. We are very grateful.



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

NSPCC advice on leaving a child at home

NSPCC

- Babies, toddlers and very young children should never be left alone
- Children under the age of 12 are rarely mature enough to cope in an emergency and should not be left at home alone for a long period of time
- Children under the age of 16 should not be left alone overnight
- Parents and carers can be prosecuted for neglect if it is judged that they placed a child at risk by leaving them at home alone
- A child should never be left at home alone if they do not feel comfortable with this, regardless of their age
- If a child has additional needs, these should be considered when leaving them at home alone or with an older sibling

Urgent and other support available

- shout 85258**: Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. Text "SHOUT" to 85258 or visit ShoutCrisisTextLine
- SAMARITANS**: Samaritans 24/7 365 days a year - they are here to listen and provide support. Call: 116 123 or email: jo@samaritans.org
- Crisis Texts**: Crisis Texts helps professionals support 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: 07980 039967 (opening hours 8am to midnight - 365 days a year)
- 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: 0808 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 18s) 0800 801 0711 or Studentline 0808 801 0811 (9am - 8pm 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

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, our CVPS families brought in donations, which we sent to Purley Food Hub- they were extremely grateful!

If you are in need of support from Purley Food Hub, please contact the safeguarding team.

