

# Safeguarding Newsletter

Summer 2020



Dear Parent/ Carer,

I hope you are all keeping safe and well during these uncertain times.

PLEASE REMEMBER TO CONTACT US IF YOU NEED SUPPORT OR YOU KNOW OF SOMEONE ELSE THAT MAY NEED SUPPORT.

Mrs Wright

## Coronavirus (COVID-19)

### Advice and support for parents and carers (NSPCC)

The NSPCC has created a number of resources to support parents and carers during this difficult time.

Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

## Family Mental Health

Help keep all members of your family mentally healthy.

### KEEP MOVING

When we move our bodies, it has a positive effect on how our brain works.

- Get your wellies on and jump in some muddy puddles.
- Host a home disco.
- Go on a 2p walk - flip a 2p coin. If it lands heads up, turn right, if it's tails, turn left. Where will you end up?!
- Create an obstacle course in the garden.

**HAVE FUN!**

### St Francis Catholic Primary Safeguarding Team:



**Miss Richards**



**Mrs Wright (Temp DSL)**



**Mr Turner**

If you have any concerns about the safety of a child please do not hesitate to contact us.

# Online safety

We recognise that all children will be using electronic devices more during lockdown.

Please read the following rules and share them with your children:

- 1) Don't post any personal information online - such as your address, email or mobile number
- 2) Think carefully before posting pictures or videos of yourself
- 3) Keep your privacy settings as high as possible
- 4) Never give out your passwords
- 5) Do not befriend people you do not know
- 6) Remember that not everyone online is who they say they are
- 7) Think carefully about what you say before you post something online
- 8) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer and tell a trusted adult immediately

## Home-schooling You are all wonderful!

We don't expect you to act as teachers. Your main priority is keeping your child safe and well.

Do not compare yourselves to other people or Facebook and Twitter posts.

Whatever you are doing will be right for your family—we are all living in different circumstances.

Try and make sure as a family you:

- Get up and go to bed at the same time each day
- Have regular meal times
- Be active - children are used to regular play at lunch and break times.
- Have fun!
- If you cannot access the home learning packs from our website, please phone the school office and we will send a pack out to you