

# ST OSBURG'S

# SPOTLIGHT ON SAFEGUARDING

SPRING TERM

Welcome to our Spring Term safeguarding newsletter.

## Young Carers

We realise that some family members may need more support than others, especially in difficult times. Some of our pupils may be supporting family members or friends emotionally or physically. These pupils are known as 'young carers.'

A young carer is a child or young person under 18 who provides support to another person who:

- Has a long-term health condition
- Has an additional need or disability
- Has a mental health condition



They do not have to be living in the same home as the person they support. We want to ensure that young carers at our school are identified so we can help them to thrive and enjoy some down time with other children who find themselves in a similar position. Please let staff know if you would like to discuss this further to see what support is available.

## Positive Body Image



We have unfortunately noticed a number of children over the last few weeks have developed low esteem due to comments made about their body weight. Even with good intentions, it is so important to be mindful when talking to children about such sensitive issues. As parents, you are one of the most influential role models in your child's life, and can have a positive impact on your child's body image; if you are concerned about your child and would like advice on how you can help them to make positive changes please speak to Mrs Fowler or Miss Carey.

## Positive Body Image continued...



Be a positive role model:

- Avoid 'dieting' in front of your child
- Show self-love by treating yourself with kindness
- Make healthy food choices
- Encourage your child to be active
- Avoid making harsh comments about your child's appearance
- Encourage your child to focus on what they like about themselves
- Remind them that most images online have been edited

## Leaving Children At Home Unattended

**NSPCC**

We have been asked many times by parents about leaving children alone at home and what the rules are. It is a complicated answer, as there is no specific age at which you can leave a child home alone in the UK, but you should use your judgment to decide if your child is ready. It's against the law to leave a child alone if it puts them at risk. Guidance from the NSPCC recognises 'each child is different but they wouldn't recommend leaving a child alone under the age of 12, particularly for longer periods of time.'

Children of primary school age are usually too young to travel to and from school alone (unless they are preparing to transition to secondary school), babysit, prepare food safely or know how to respond in an emergency situation without appropriate adult supervision.'

Take the quiz below to assess if your child is responsible enough to be left alone safely

[www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone-quiz/](http://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone-quiz/)



## Our Safeguarding Team

**Mrs Rynott**

Headteacher/DSL

**Mrs Bardell**

Assistant

Headteacher/DDSL

**Mrs McDevitt**

Assistant

Headteacher/DDSL

**Mrs Fowler**

Pastoral Manager/DSL

**Miss Carey**

Pastoral Manager/DSL

## Safe Haven Mental Health Support



Safe Haven offers 1:1 and group support, self care strategies in person or over the telephone, to anyone over the age of 16, who is struggling to cope or feeling increasingly overwhelmed.

Support is available 7 evenings a week from 6pm – 11pm.

Start by calling (024) 7601 7200

or visit [cwsafehaven.org.uk](http://cwsafehaven.org.uk) or email

support@

[cwsafehaven.org.uk](mailto:cwsafehaven.org.uk)



Seven evenings a week:

- The Retreat, Bond St, Nuneaton CV11 4DA
- Wellington Gardens, Windsor St, Coventry CV1 3BT

Wednesday evenings:

- 28 Cromwell Road, Rugby CV22 5LY

Thursday evenings:

- The Old Bank, 45 Coten End, Warwick CV34 4NT

Friday evenings:

- Colleshill Community Centre, 2 Temple Way, B46 1HH

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## Emergency Situations

Teaching your child from a young age how to respond in emergencies provides you with peace of mind and can save lives. Having early conversations and sharing a variety of scenarios will enable your child to remain calm as they will instinctively know how to safely respond.

- Teach your child your full address and telephone numbers
- Role play acting out calls to 999 operators. Ensure they understand which emergency service they require
- Show your child how to access your phone; they can make 999 calls without needing to unlock it
- Reassure them it is better being safe than sorry, and they will not be in trouble at home if they feel unsafe and need to contact the police
- If they are scared to talk, they can dial 55 after calling 999. Help will be dispatched ASAP



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Pastoral Manager/DSL



If you feel that you and your family may need some support with food over the coming weeks, please contact Mrs Fowler or Miss Carey. They will be more than happy to discretely arrange some food bank vouchers for you. You can also contact your local Family Hub.

## Physical Punishment

Parents have the right to make choices about reasonable punishments, but there is a fine line between "reasonable chastisement" and assault which is a criminal offence.

The law in the UK states a smack might be considered to be reasonable chastisement if it is **open-handed** and **not** with a fist or **any kind of implement**.



We would however, always recommend an alternative strategy when managing behaviour at home.

In the event of a disclosure being made at school, it may not always be possible to discuss it with a parent immediately and might trigger a referral to children's services.

If you feel you and your family would like some support with behaviour management strategies please pop in so we can chat a little more.

## FGM (Female Genital Mutilation)

Female Genital Mutilation (FGM) comprises all procedures involving the partial or total removal of the external female genitalia or any other injury to the female genital organs for cultural, non-medical reasons. FGM has been categorised into four types, with varying severity. Each type causes lasting damage and painful complications in adulthood. Despite being illegal here, all of these forms of FGM have been found in the UK. It can also be known as 'female genital cutting' or female circumcision. It's often performed by someone with no medical training, using instruments such as knives, scalpels, scissors, glass or razor blades. Children are rarely given anaesthetic and are often forcibly restrained. It's used to control female sexuality and can cause long-lasting damage to physical and emotional health. Carryout such treatment is punishable in the UK regardless of it taking place here or overseas. If you feel your child is at risk or you are feeling under pressure to allow this to happen and would like support, please speak to Mrs Fowler or Miss Carey.

If you require immediate intervention please contact the police on 999 and the MASH on 02476788555.



## Coventry Children's Boot Fund



The Coventry Children's Boot Fund is a Coventry based charity which provides school shoes for families in their time of need. They firmly believe no child should miss out on school because they don't have a pair of well-fitting school shoes. If you need help with new shoes please collect an application form from the school office. Applications must be returned by **Thursday 8<sup>th</sup> May** so they can be sent off ahead of the deadline.

