

Theddlethorpe Academy

Safeguarding Update

Term 3: 2023/24

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD.

If you are worried about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for Theddlethorpe Primary School:

- Mrs Cook (DSL)
- Mrs Bull

They can be contacted via the school office, or by telephone on 01507 353 458.

For a copy of our school's Child Protection and Safeguarding Policy and Procedures please visit the 'Key Policies' page on our [school website](#)

Dear Parents and Carers

At Theddlethorpe Academy, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families who comprise our community has a role to play.

Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Theddlethorpe we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

Best wishes

Mrs Cook Principal / (Designated Safeguarding Lead)

Parenting Smart (Place2Be)

The children's mental health charity, Place2Be, has a website aimed at helping parents with typical situations they may experience with children. Advice can be found on over forty topics including:

- Understanding sibling rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My child says, 'I hate you!'
- Cultural identity: who am I?

The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk>



Improving children's
mental health

Report any concerns

If you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact <https://www.lincolnshire.gov.uk/safeguarding/report-concern>

If a child is in immediate danger, call the Police immediately on 999.

Stranger Danger

Sadly, children may be at greater danger from people they know, from other children, or on the internet, than from the traditional bogeyman – but abuse and abductions continue to happen and it's important to teach your child how to stay safe. Rather than giving warnings about certain types of people, teach them how to identify and respond to threatening situations. Children need to understand the difference between strangers who could hurt them and strangers who may help them. Let them know who they can trust if they need help – such as a uniformed police officer or a teacher. Explain they must tell a trusted adult if they have been approached by a stranger or if they feel uncomfortable about a situation. Help your child learn to be aware of their surroundings; encourage them to trust their instincts if they have a bad feeling about a place or person; and encourage them to be assertive.

Tips when talking to your child about staying safe not scared

Try using language like this when talking to your child about staying safe:

- **Staying safe** – “Pay attention to what people do. Tell me right away if anyone asks you to keep a secret, makes you feel uncomfortable, or tries to get you to go with them.”
- **Going somewhere with someone** – “It's important for you to ask me and get my permission before going anywhere with anyone.”
- **If you have a problem** – “Don't approach just anyone – if you need help, look for a uniformed police officer, a store clerk with a nametag, or a parent with children.”

Devices before bedtime affecting your child's sleep quality?

Given the importance of sleep for a child's mental and physical health, ensuring that children are consistently getting enough sleep at night is critical. Experiments confirm that the blue light emitted by electronic screens can reprogram the brain to delay the onset of sleep. If you are concerned about the impact of your child using a device before bedtime and the effect it may be having on your child's sleep, there are a number of steps you and your child can take.

Start by trying the following interventions:

- 1) Set a technology curfew. Establish a nightly routine that involves ceasing the use of technology at least one hour before bedtime. Plan in other calming activities like reading or colouring.
- 2) Create technology-free zones. Store phones and other devices outside of the bedroom. It reduces the temptation to use devices before going to sleep and eliminates the possibility of being woken up by texts, calls and other alerts.
- 3) Alter settings. Many electronic devices include options for 'night mode' or 'dark mode' that change the screen background to black, reducing blue light exposure.

NHS recommended sleep: 3 – 5 year olds 10 – 13 hours; 6 – 12 year olds 9 – 12 hours

How do the children raise any concerns?

All classes have 'Worry' boxes. We check these regularly and discuss any issues with the children, so that they know they are being listened to and their concerns are being taken seriously.

Three mornings a week, at breaktime, we have 'Chat and Chill' which is open to all pupils to go and share their thoughts with Mrs Birt. All children can go and speak to any adult in the academy.

**Keeping
children safe
is everyone's
responsibility**

