



# Termly Safeguarding Newsletter

March 2023



Miss Chalkley

Mrs Cornelius

Designated  
Safeguarding Lead &  
Deputy Head teacher

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## Otford Primary School

Dear Parent and Carers,

This term we celebrated Safer Internet Day in February. The theme was making space for conversations online. Today, your child should have brought home a 'Digital Parenting' pamphlet. Please do continue these conversations at home too. [Parents and carers - UK Safer Internet Centre](#)

All our Learning Partners received training in Children's Mental Health too which helps us to better support children on a day-to-day basis.

During term time, if you have any concerns please do contact us in confidence, so we can signpost and support you, your family and children. You can make an appointment via the school office or approach us for an appointment on the playground. Or email us, and please entitle Re: SAFEGUARDING [safeguarding@otford.kent.sch.uk](mailto:safeguarding@otford.kent.sch.uk)

Wishing you all a safe and happy break!

**Miss Chalkley and Mrs Cornelius**

**01959 523145**

*If you are concerned about any child, please do contact us. This will be kept confidential.*

*In an emergency, contact the Police (if appropriate) or Kent Child Services directly on:*

03000 41 11 11

[social.services@kent.gov.uk](mailto:social.services@kent.gov.uk)

[Report abuse - Kent County Council](#)

### What is Safeguarding?

Safeguarding means **keeping people safe from harm**. Everyone has the right to live in a safe environment, free from abuse and neglect. There are many definitions of the term, but the statement above covers them all. All children in school have the right to receive the necessary care and should be safeguarded at all times.

### Bullying

- Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.
- If you are worried about your child being bullied or their behaviour towards others, you should speak with us straight away.

**If you have any suggestions for Safeguarding at school, or any useful information that we can signpost please do let us know via email.**

## In school support – a reminder of how we can help:

- Children who struggle to come to school in the mornings can attend our **Leap Pad room from 8.45** so do contact us should you wish to explore this for your child.
- Any child can attend a lunchtime '**Listening Ear**' session with a member of staff who will guide and support them. This takes place daily in the Nest.
- Children who may need additional 'talk time' can have a **learning partner 'buddy'** who will check in with them regularly.
- Each class has a **worry box** and teachers teach **PSHE** regularly as part of our **curriculum**. Our curriculum, and assembly themes also include **Anti-Bullying and Online Safety**. This means children learn what safety is and how to keep themselves safe and report issues.
- We also invest in a **professional counsellor** who supports children in-school on a 1:1 basis weekly. Should we feel your child would benefit from this, we will discuss this with you to gain your views and share information.
- For families experiencing financial difficulties, we may be able to offer '**Bags of Help**' groceries. These are kindly donated by Otford Methodist Church. Please do contact us.

## Young Carers

There are over 10,000 Young Carers in Kent and according to BBC research there could be another 30,000 hidden Young Carers! It is important that Young Carers know that they are not alone in their caring role.

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. You may also give a lot of physical help to a parent, brother or sister who's disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parents emotional support too.

As a school, we are always looking at ways we can support our children in order for them to thrive. If you feel your child is a young carer, please can you complete the quick questions so that we can work on a school strategy together to help support your child together. If you identify your child as a young carer, we will shortly be in touch to discuss the next steps with you.

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=gMBp23FnXkiR9d-9YNKUc0Nk1DKpBUBKi7fUcm5mwclUNjVTQ1YyQ0lIUzRIS0Y1VVUySEhaR1FDUy4u)

[id=gMBp23FnXkiR9d-9YNKUc0Nk1DKpBUBKi7fUcm5mwclUNjVTQ1YyQ0lIUzRIS0Y1VVUySEhaR1FDUy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=gMBp23FnXkiR9d-9YNKUc0Nk1DKpBUBKi7fUcm5mwclUNjVTQ1YyQ0lIUzRIS0Y1VVUySEhaR1FDUy4u)

## External Support

Early Help provide a range of services to meet the educational, social and emotional needs of children, young people and families in Kent.

For further information: [Early Help \(support for families\) - Kent County Council](#)

You are able to make an Early Help referral yourself, although we are able to support you with completing this if you would like. If we feel this may be beneficial for you, we may suggest this as an option during a meeting.

## Financial Support

[Loaves & Fishes – St John the Baptist Church, Sevenoaks \(stjtb.com\)](http://stjtb.com)

[Support for Ukrainian nationals - Kent County Council](#)

[Cost of living support - Kent County Council](#)

## Emotional Health and Well-being

We know that everyone experiences life challenges that can make us vulnerable at times and this can lead to any one of us needing additional emotional support. We believe positive mental health is important for everyone and that we have a role to play in ensuring all within our community feel supported.

### In school we:

- Help children understand their emotions and feelings better
- Help children feel comfortable sharing any concerns and worries
- Help children socially to form and maintain relationships
- Promote self-esteem and ensure children know that they count
- Encourage children to be confident and 'dare to be different'
- Help children to develop emotional resilience and to manage setbacks



### We promote a mentally healthy environment through:

- Promoting our school values (kindness, courage and curiosity) and encourage a sense of belonging
- Promote pupil voice and opportunities to partake in decision making e.g. Circle times, Community Leader and Community Ambassador roles etc.
- Celebrating achievements e.g. house points, star of the week etc.
- Providing opportunities to reflect e.g. Circle times, thinking time,
- Access to appropriate support that meets their needs e.g. Leap pad, mindfulness clubs, nurture groups, forest explorers, counselling etc.

### For more information about how to support your child's emotional growth and mental health please visit:

[Well-being and Mental Health | Oford Primary School](#)

[Services for Young People - Kent Resilience Hub](#)

[Resources - Kent Resilience Hub](#) - information guidance and resources for parents to support their own, as well as their child's emotional well-being and resilience.

[Emotional health and wellbeing | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#) -Provides emotional wellbeing and mental health advice and support for young people and their families.

[Home - Moodspark](#) - support for young people better understand and support their own emotional well-being and resilience