PSA SAFEGUARDING BULLETIN

Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.

CHILDREN'S MENTAL HEALTH WEEK: KNOW YOURSELF, GROW YOURSELF

Children's Mental Health Week, organised by Place2Be, took place from 3 to 9 February 2025. This year's theme, "Know Yourself, Grow Yourself," encouraged children and young people to build self-awareness, helping them develop resilience and emotional wellbeing.

Understanding who we are – our strengths, challenges, and emotions – allows us to better navigate life's ups and downs. When children develop self-awareness, they gain confidence, improve their relationships, and learn how to manage stress. It also helps them recognise when they need support and build positive coping strategies for the future.

How to Support Your Child

Here are some simple ways to help your child embrace self-awareness and express their emotions:

- Encourage journalling – Writing down thoughts and feelings can be an easier way for older children to process emotions than speaking aloud.
- Practise mindfulness – Quiet family time and mindful activities can help children become more aware of their emotions and learn useful coping techniques.
- Communicate openly – Constructive feedback and open conversations help children gain insight into themselves and their impact on others.
- Make space for reflection – Encourage activities like mindful colouring, baking, or going for a walk to help them process emotions.
- Be visual – Use emojis, flashcards, or drawings to help children recognise and label their feelings.

ONE MILLION STEPS CHALLENGE

We're making great strides in our One Million Steps Challenge, and it's fantastic to see so many of you getting involved! Whether you're walking to work, taking lunchtime strolls, or pacing around the house, every step counts.

Not only are we boosting our fitness, but walking is also great for mental health. Regular movement can reduce stress, improve mood, and increase focus – all essential for overall wellbeing.

COST OF LIVING SUPPORT

The rising cost of living is affecting many households, but support is available.

Helping Hand Programme

Buckinghamshire Council's Helping Hand team offers assistance with essentials like food, heating, and household bills. You can apply online or call 01296 531 151 for support.

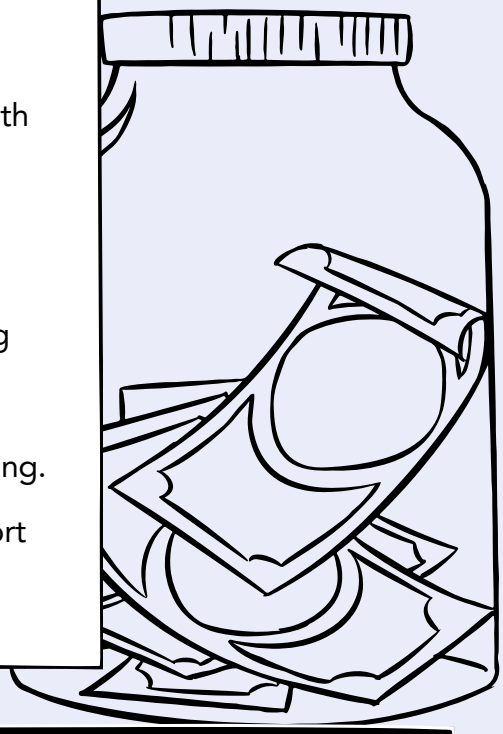
Household Support Fund

This government-funded programme helps vulnerable households with energy costs, food, and other essentials. The council works with local partners to ensure support reaches those in need.

Other Support Available

- Help with energy bills – advice and financial assistance for heating and utilities.
- Food support – access to food banks and community fridges.
- Financial advice – free services to help manage debt and budgeting.

Asking for help can feel difficult, but these services are here to support you. If you're struggling, reach out to the Helping Hand team or visit buckinghamshire.gov.uk/cost-of-living for more information.



CYBER SECURITY: A GUIDE FOR PARENTS AND CARERS

This video by NCA-CEOP Education, created in partnership with the National Cyber Security Centre, offers essential guidance for parents and carers on safeguarding children in the digital world. Key points include:

- Understanding online risks: recognising potential dangers such as cyberbullying, inappropriate content, and online predators.
- Implementing safety measures: utilising parental controls, setting privacy settings, and monitoring online activities to protect children.
- Encouraging open communication: maintaining an open dialogue with children about their online experiences and educating them on safe internet practices.
- Staying informed: keeping up to date with the latest digital trends, apps, and platforms that children may use.

By following these guidelines, parents and carers can help ensure a safer online environment for their children.

PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school. You can also email safeguarding@psa-bucks.com. **This email will be checked periodically over the break.**



Miss Day
DSL



Mrs Summerell
DDSL



Miss Lallian
Safeguarding team

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NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk

kidscape preventing bullying protecting children

ChildLine 0800 1111

Sikh Helpline 0845 644 0704 07999 03 4363

Call SAMARITANS 08457 90 90 90

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