



Safeguarding News Spring 2023

Dear Parents and Carers,

Welcome to our Spring safeguarding newsletter. This newsletter focuses on Mental Health; our 'Jigsaw' theme for the term; and domestic abuse.

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 the Designated Safeguarding Lead straight away.

Below are the names of staff who are part of the safeguarding team at Lauriston Primary School.

Designated Safeguarding Lead:

Ms Panesar



Deputy Safeguarding Lead:

Mr Harris

Ms Brooks

Safeguarding Team:

Mr Warren

Ms Childs (Governor)

[https://
www.lauriston.hackney.sch.uk/
about-us/safeguarding](https://www.lauriston.hackney.sch.uk/about-us/safeguarding)

They can be contacted via the school office, or by telephone on 02089856331

Themes are 'Let's connect' for mental health and "Want to talk about it?" for Safer Internet day. We will be:

- Launching our very own Junior Mental Health Team
- Having lunch in mixed year groups and dress up in house colour day
- Reading together in mixed year groups
- Whole school will be learning Paul McCartney's 'We all stand together' and performing as a whole school
- Using our Jigsaw lesson to create something together
- Daily breathing exercise to support well-being
- Creating an on-line safety agreement and discussion around keeping safe on-line
- A reminder -the legal age for most social-media platforms is 13 with Whatsapp being 16.

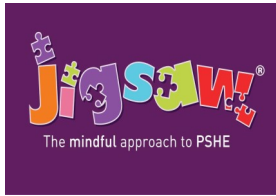
What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

How can I help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

<https://www.lauriston.hackney.sch.uk/about-us/mental-health> and <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



Dreams & Goals and Healthy Me

This term's Jigsaw pieces will cover two main areas: our dreams and goals for the future and; emotional & mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this Puzzle. All lessons are delivered in an age - and stage - appropriate way so that they meet children's needs.

To find out more about our Jigsaw curriculum click here: <https://www.lauriston.hackney.sch.uk/curriculum/jigsaw>

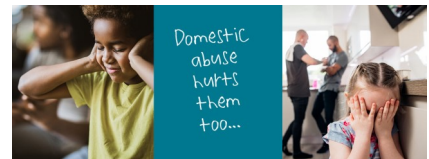
Here is a great link for ideas about staying healthy. <https://www.nhs.uk/healthier-families/>



Lauriston's half term focus: Domestic Abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended both men and women can be abused or abusers.



Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as: kicking, hitting, punching or cutting, rape (including in a relationship), controlling someone's finances by withholding money or stopping someone earning, controlling behaviour, like telling someone where they can go and what they can wear, not letting someone leave the house, reading emails, text messages or letters, threatening to kill someone or harm them threatening to another family member or pet.

Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

Support for parents

If you're an adult experiencing domestic abuse, there are organisations that can help.

Relate 0300 003 0396 You can talk to Relate about your relationship, including issues around domestic abuse.

National Domestic Violence Helpline: 0808 2000 247 A 24 hour free helpline run in partnership between Women's Aid and Refuge.

Men's Advice Line: 0808 801 0327 Advice and support for men experiencing domestic violence and abuse. Emotional and practical support for LGBT+ people experiencing domestic abuse.

National LGBT+ Domestic Abuse Helpline: 0800 999 5428 Emotional and practical support for LGBT+ people experiencing domestic abuse.

How Childline can help

We understand how difficult it is for children to talk about domestic abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to **0800 1111** are free and confidential. Children can also contact **Childline online**. Childline has information and advice for children and young people about **domestic abuse**, including why it happens and what they can do.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>