



HOLDEN LANE PRIMARY SAFEGUARDING NEWSLETTER



MARCH 2022

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At Holden Lane Primary School, safeguarding and promoting the well-being of our children is everyone's responsibility and our top priority. Anyone who comes into contact with children and their families has a role to play.

WHAT IS THE ROLE OF THE SAFEGUARDING LEAD?

Miss Thomas is the Designated Safeguarding Lead (DSL) here at Holden Lane Primary School, she has a crucial role in taking the lead responsibility for child protection issues in the school.

Mrs Reece is the Deputy Safeguarding Lead (DSL) and Head of Pastoral Care. She is a member of the school's senior leadership team and is highly trained for this role.

Joanne Powell-Beckett is our Chair of Governors. She is Safeguarding Governor for Holden Lane Primary School.

A DSL or a member of our safeguarding team is always available during school hours for staff to discuss any safeguarding concerns and is always contactable by telephone or email outside of school hours.

ANTI- BULLYING AT HOLDEN LANE

Following on from Anti-Bullying Week 2021, we continue to work hard to combat bullying behaviour and to celebrate that we are all unique and equally special in our school.

Mrs Reece and the Working Wellbeing team are working on achieving silver level ABQM (Anti-bullying Quality Mark) The Anti-Bullying Quality Mark is a national scheme which shows how good schools are at preventing bullying. It challenges schools to set up effective and sustainable anti-bullying policies and strategies and make them part of their everyday life.

At Holden Lane it is our aim that all children are able to come to school without the fear of being bullies and that parents are confident that they know who to approach about bullying and that it is dealt with efficiently and effectively.

Bullying behaviour is not accepted or tolerated at Holden Lane.



4 Types of BULLYING

PHYSICAL
Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted and inappropriate ways

VERBAL
Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

SOCIAL
Bullying

Lying and spreading rumors

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someone's social reputation or relationships

CYBER
Bullying

Posting/sending hurtful texts emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors online

Working Wellbeing Team members:

Mrs Reece - Head of Pastoral Care
Mrs Pellington - Business manager
Mrs Condliffe - SENCO
Mrs Lovett - Year 4 class teacher / PHSE Leader
Mrs Lawrence - HLTA
Mrs Kent - HLTA
Mrs Miceli - Learning Mentor

Mr Edwards - Co-opted Governor, Vice Chair of Governors
Mrs James - LA Governor
Mrs Lovatt - Parent Governor
Mrs Bradbury - Parent Governor
Mr Seymour - Co-opted Governor

Keeping
children safe
is everyone's
responsibility



If you would like to join the team or find out more., please contact Mrs Reece for more information.



SAFER INTERNET DAY

Safer Internet Day took place on Tuesday 8th February 2022.

The whole school were involved in activities to promote the safe and positive use of digital technology.

Safer Internet Day is celebrated globally to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively.

This year's theme was - **all fun and games?** - exploring respect and relationships online.

Using the Internet safely and positively is a key message that we promote in our school.

LET'S WORK TOGETHER TO KEEP OUR CHILDREN SAFE ONLINE.

For usefull information and resources, please visit <https://saferinternet.org.uk>

S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

© Teaching Ideas

promoting emotional wellbeing and positive mental health

In partnership with **ncb** National Children's Bureau

Mrs Pellington & Mrs Reece are working towards achieving the Wellbeing Award for Schools (WAS). This award focuses on changing the long-term culture of the whole school to ensure that the mental health and wellbeing of our pupils, parents and staff sit at the heart of our school life. We are fully committed to making Holden Lane Primary a safe environment that understands the importance of positive mental health.

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set an intention to live with awareness and kindness.	2. Notice three things you find beautiful in the outside world.	3. Start today by appreciating your body and that you're alive.	4. Notice how you speak to yourself and choose to use kind words.	5. Bring to mind people you care about and send love to them.	6. Have a 'no plans' day and notice how that feels.	
7. Take three calm breaths at regular intervals during your day.	8. Eat mindfully. Appreciate the taste, texture and smell of your food.	9. Take a full breath in and out before you reply to others.	10. Get outside and notice how the weather feels on your face.	11. Stay fully present while drinking your cup of tea or coffee.	12. Listen deeply to someone and really hear what they are saying.	13. Pause to watch the sky or clouds for a few minutes today.
14. Find ways to enjoy any chores or tasks that you do.	15. Stop. Breathe. Notice. Repeat regularly.	16. Get really absorbed with an interesting or creative activity.	17. Look around and spot three things you find unusual or pleasant.	18. If you find yourself rushing, make an effort to slow down.	19. Appreciate nature around you, wherever you are.	20. Focus on what makes you and others happy today.
21. Listen to a piece of music without doing anything else.	22. Notice something that is going well, even if today feels difficult.	23. Tune into your feelings, without judging or trying to change them.	24. Appreciate your hands and all the things they enable you to do.	25. Focus your attention on the good things you take for granted.	26. Choose to spend less time looking at screens today.	27. Cultivate a feeling of loving-kindness towards others today.
28. Notice when you're tired and take a break as soon as you notice.	29. Choose a different route today and see what you notice.	30. Mentally scan your body and notice what it is feeling.	31. Discover the joy in the simple things of life.			

ACTION FOR HAPPINESS Happier · Kinder · Together

Violence Against Children Comes in Many Forms

- 1 ABUSE**: Abuse can be physical, emotional, psychological or sexual.
- 2 NEGLECT**: Neglect is the failure to provide for children's basic emotional and physical needs.
- 3 EXPLOITATION**: Exploitation is the use of a child for another person's advantage.
- 4 VIOLENCE**: Violence can happen at the hands of individuals, groups or the state.

Childnet is a UK-based charity who empower children, young people, and those who support them in their online lives, and its mission is to work with others to make the internet a great and safe place for children.

To find out how Childnet can support you, please visit their website: <https://www.childnet.com/>

Childline is a free, private and confidential service where you can talk about anything, anytime, online or on the phone. Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you any time, day or night.

To find out more, please visit: <https://www.childline.org.uk/>

Better Health every mind matters

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.

For further information please visit: <https://www.nhs.uk/every-mind-matters/>

MENTALLY HEALTHY SCHOOLS

While rates of mental ill health do increase as children get older, early intervention is key to giving young people the best start in life. Primary schools have a vital role to play in supporting children's mental health - teaching them the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need.

Please visit their website for more information: <https://www.mentallyhealthyschools.org.uk/getting-started/primary/>