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*Flourish Federation*

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## January 2021 - Issue 3 Safeguarding Newsletter

A new year has begun and we find ourselves back in another lockdown. As always, safeguarding must remain at the top of our priorities and so we have collated some useful reminders and websites. This way we can all work together with the same aim of keeping children safe at school, at home and in the wider community.

### **Federation's Safeguarding team.**

#### 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 report safeguarding worries to any member of staff who will immediately notify a DSL to examine the concern in more detail.

The following members of staff are Designated Safeguarding Leads (DSL)

Paula Jones, Executive Headteacher

Alie Otty - SENDCo

Carol Jeary, KS2 Lead and Year 5 class teacher- All Saints, Stibbard

Sue Daniels, Nursery Manager-All Saints, Stibbard,

Scott Good, Lions Class teacher-North Elmham

Kelly Hunter Whales Class teacher- North Elmham

Gail Nelson Inclusion Manager

Berenice Ludlow Inclusion Manager

They can be contacted via the school office.

You can also contact the Norfolk safeguarding team on: **0344 800 8020**.

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

### **Internet matters (<https://www.internetmatters.org>)**

As the online world becomes a bigger part of our daily lives, it's important to make sure we all, especially our children learn the difference between good and bad behaviour online.

Internet matters has a range of activities and advice for parents and children to help make using the online world as safe as possible. It covers checklists and a handy area on what's new, helping to keep on top of the latest games and social media pitfalls. It is an easily accessible website divided into age ranges and has child friendly videos and clear guidance.

## What is mental health?

This is becoming an increasingly discussed subject and something that is particularly pertinent at this current time.

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 '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."

If you need more advice to help for your child then contact Just One Norfolk - 0300 300 0123 or

<https://www.justonenorfolk.nhs.uk>



