



# Safeguarding and Welfare

Autumn - 2020

## A BIG Thank you!

It is a wonderful feeling to know that despite all the difficulties of the past months community spirit and thinking of others continues not only to survive but to flourish. During the past term many of the children have learnt about different festivals in Religious Education lessons and in particular the importance of thinking about those who have less than we do. At Harvest time the children learnt about the Christian tradition of sharing food.

Many of you have been amazingly generous in your gifts of food so that we can provide hampers to families who are part of our school community who for whatever reason have found themselves facing hard times. We cannot thank you enough and assure you that your donations make a big difference. Through monetary donations the school has also been able to purchase staple foods such as bread and milk to ensure that hampers contain all the basic foods needed to sustain a family.



The Key Stage 2 hall is also overflowing with your generous donations of pre-loved toys and clothes. Again these are making such a difference and will mean that more children have those much needed clothes to keep them warm and presents under the tree to brighten this very different Christmas.

## A BIG Thank you AGAIN (and the importance of sleep)

In November many of the children took part in a sponsored sleep where they were asked to follow their bedtime routines and get a good night's sleep. The event culminated in a pyjama day at school which was great fun and enjoyed by all the children and staff. The children's sponsorship money helped us to raise an incredible £600 to support local families.

Sleep is a vital, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration.



## Why are routines so important?

Whether it is going to bed, waking up, eating, doing school work or playing, predictable routines help children feel secure and learn good behaviours more quickly. Plan what your routine will be and discuss it with your family.

### Top tips for bedtime

- Decide on a bedtime
- Establish a wind down routine
- Give a warning
- Be firm and ignore protests
- Do a check-in
- Get a night light and/ or security objects like a favourite teddy or blanket.

### Top tips for mealtimes

- Consider your child's hunger level - not every child is the same
- Eliminate constant snacking and junk food
- Try time-limit meals
- Ignore picky eating and bad table manners and praise good ones
- Make eating a fun relaxed event and set this example yourself by staying calm.



### NSPCC - Speak out Stay Safe

During the Autumn Term all the children have been taught about keeping themselves safe through the NSPCC online campaign. All children have taken part in an assembly and have had the opportunity to discuss which trusted adults they would talk to if they had any worries. The resources provided by the NSPCC also reinforced the online safety work we do with children throughout the year.

You can find out about local support for pupils identified as having Special Educational Needs on the Local Authority Local Offer page. This includes support and advice on mental health and wellbeing which can be accessed for any pupil experiencing anxieties due to the current pandemic. Click on the link below to access information.

<https://fis.peterborough.gov.uk/kb5/peterborough/directory/localoffer.page?familychannel=8>



The Inclusion Team would like to wish you a **Merry Christmas**

and a **Safe and Happy 2021**

