



## St Vincent's Catholic Primary School Parents' Safeguarding Newsletter- Summer 23

Each term we will bring the latest safeguarding developments and information to you in order that we all work together to keep our school community safe.

### Safeguarding Responsibilities

Designated Safeguarding Lead	Mrs Harrop
Designated Deputy Safeguarding Lead	Mrs Farrell, Mrs Sutton
Designated Looked After Child Lead	Mrs Farrell
Designated Mental Health Lead	Mrs Sutton
Mental Health First Aiders	Mrs Harrop, Mrs Farrell, Mrs Sutton, Mrs Gee
Emergency First Aiders	All staff
Wellbeing Champions	Mrs Sheldon, Mrs Bullock, Mrs Dreniw, Mrs Davidson, Mrs Raw
Safeguarding Governor	Mrs Donnachie
Online Safety Governor	Mrs Butler
Health and Safety Governor	Mr Thorgaard

### 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 any of the Designated Safeguarding Leads straight away. They can be contacted via the school office by telephone on 0161 911 8040

Alternatively, if you have a concern about a child, and they are not at immediate risk of harm, you should call Trafford Children's First Response on 0161 912 5125 during office hours (Mon - Fri 8:30 - 4:30), or 0161 912 2020 out of hours (Emergency Duty Team).

### Contact Details

Are all of your contact details up to date? If you change your home phone/email/mobile number, please let the school know, so that we have the most up to-date contact details.

### "Hi Mum" Scam Alert

We are aware of a phishing scam known as 'Hi Mum' that has been circulating through text messages or instant messaging services, such as WhatsApp. The scam involves the impersonation of friends or family members in order to gain access to your personal information. We encourage you to read the article below for guidance on identifying phishing scams and how to deal with them if you have been targeted.

[https://ineqe.com/2022/09/12/scam-alert/?utm\\_campaign=Slender%20Man&utm\\_medium=email&\\_hsmi=225733939&\\_hsenc=p2ANqtz-rUanehUHxkPj2fLdBDp9PN5mCSy--JQj95fGnMuknFCfIW2t1-kj7QN9SMN91E\\_0V5SessrfyOqR0Sl0w1a57MF8SqwkisLit\\_awiMIPfd\\_b7M&utm\\_content=225733939&utm\\_source=hs\\_email](https://ineqe.com/2022/09/12/scam-alert/?utm_campaign=Slender%20Man&utm_medium=email&_hsmi=225733939&_hsenc=p2ANqtz-rUanehUHxkPj2fLdBDp9PN5mCSy--JQj95fGnMuknFCfIW2t1-kj7QN9SMN91E_0V5SessrfyOqR0Sl0w1a57MF8SqwkisLit_awiMIPfd_b7M&utm_content=225733939&utm_source=hs_email)

# Take care in the sun



STAY IN THE SHADE  
BETWEEN 11AM & 3PM



COVER UP



WEAR SUNGLASSES  
WITH 100% UV  
PROTECTION



WEAR A  
BROAD-BRIM HAT



USE SUN PROTECTION  
WITH AT LEAST SPF 15  
AND UVA 4 STARS

## Summer Safety

### Summer Safety

Visit the following websites for more information and fun activities that you can share with your children to help keep them safe over the summer months.

### Sun Safety

Whether you're heading to the beach, playing in the park or out in your own garden, it's really important to think about sun protection for all the family – especially young children. This website gives you top tips on sun safety for children and makes sure everyone enjoys the sun safely.

[www.bbc.co.uk/cbeebies/watch/sun-safetyfor-kids](http://www.bbc.co.uk/cbeebies/watch/sun-safetyfor-kids)

With the summer months approaching, it is wise to prepare to keep children safe. Here are some top tips:

- Provide a hat for your child to wear in school.
- Show your child how to apply their own sunscreen.
- Encourage your child to apply sunscreen each morning before they come to school.
- Provide a sunscreen for your child to apply during the school day. It is recommended that the sunscreen be hypoallergenic and at least factor 15+, we also ask for the non-aerosol variety.
- Ensure that hats and sunscreen are clearly labelled with your child's name and their class.
- Provide water in a small transparent plastic bottle, labelled with your child's name.

For more advice, please visit: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

## Water Safety

The Royal Life Saving Society UK report that drowning is the third highest cause of accidental death of children in the UK and that a person can drown in as little as 2cm of water. Hot weather can make rivers, lakes and paddling pools more appealing for children and families – make sure you know how to teach your child to be safe when cooling off and playing this Summer. [www.rlss.org.uk/water-safety](http://www.rlss.org.uk/water-safety)



## Clever Never Goes

As children become more independent, we want to give them the skills to keep safe. Teaching children simply to avoid strangers doesn't work. Most strangers will help rather than harm children. Conversely, it is often people known to children that pose the greatest threat. That is why we use the principle of Clever Never Goes.

Clever Never Goes teaches children to recognise when someone (anyone) is asking them to go with them. We call this 'Go Spotting'. It is about giving your child practical safety skills and confidence to engage with the outside world. For more advice, please visit: <https://clevernevergoes.org/>

## Wellbeing And Mental Health

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods.

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 can stop us from doing what we want to in our lives. As a school we're promoting a variety of strategies for balancing physical and mental health. The ideas are listed below:

1. Talk about your feelings
2. Eat well
3. Do something you enjoy and are good at
4. Be proud of your very being
5. Actively care for others
6. Ask for help
7. Stay connected to those you care about
8. Keep active in mind and body
9. Keep yourself hydrated
10. Take a break

## Place to Be

Children's Mental Health charity "Place2Be" have a fantastic free online resource, Parenting Smart. It provides parenting advice from their child mental health experts as well as practical tips to support children's wellbeing and behaviour. The website contains a variety of difficult topics, with easy practical suggestions to help with the issue. From issues such as your child having friendship issues to discussing race and discrimination in a child-friendly way. <https://parentingsmart.place2be.org.uk/>