SPOTLIGHT ON SAFEGUARDING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE

Primary | September 2025

In this issue:

- Supporting well-being through routines
- Body safety matters

Welcome back to school!

As we begin a new school year, it's normal for children (and parents and carers!) to feel a mix of excitement and nervousness. Establishing consistent daily routines can make a big difference to your child's emotional well-being and sense of security. Routines help children feel safe, supported and ready to learn – all of which are central to safeguarding their mental and emotional health.

Why routines matter

Routines create structure and predictability, helping children manage transitions, reduce anxiety and build independence. A well-supported child is more confident, calm and able to thrive – both at school and at home.

Talk, listen, reassure

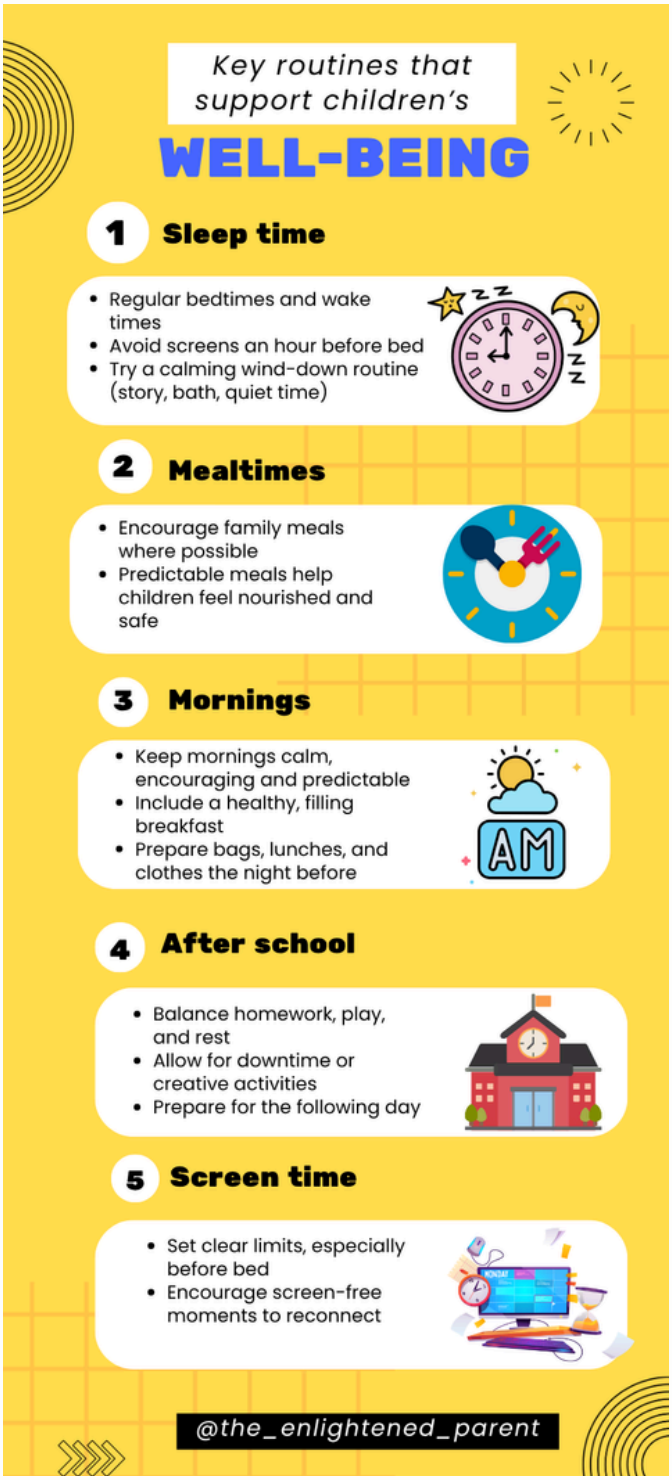
Emotional check-ins help children feel heard and valued. Ask questions like:

- "What was something good that happened today?"
- "Did anything feel tricky?"
- Let them talk at their own pace. Behaviour changes (clinginess, tiredness, moodiness) are common in September — patience and connection go a long way.

Five Minute habits that matter

- A morning hug or chat
- A quick bag check and praise
- A bedtime moment to reflect on the day

Small things, done regularly, build big emotional strength.



When to talk to school

If you notice:

Ongoing changes in mood or behaviour or withdrawal, aggression or trouble sleeping, please reach out.

Our safeguarding and pastoral teams are here to support both you and your child.

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Body safety matters

Helping your child understand boundaries and personal safety

Keeping children safe starts with conversation

Talking about body safety can feel uncomfortable — but it's one of the most powerful ways to protect children. Children who understand their bodies, boundaries and rights are more confident and better equipped to speak up if something feels wrong.

You don't need a big formal talk — short, everyday chats work best.

Here are some simple conversation starters you can use:

- "Do you know what parts of your body are private?"
- "If someone made you feel uncomfortable, who would you tell?"
- "Has anyone ever asked you to keep a secret that made you feel funny or unsure?"
- "You're allowed to say 'no' to hugs or kisses, even to family – how do you feel about that?"
- "What would you do if someone touched you in a way you didn't like?"

Use natural moments (e.g. bath time, getting dressed, bedtime stories, a walk in the park) to bring up the topic gently. Keep your tone calm and reassuring. The goal is to help children feel safe, heard and empowered.

Reassure them: *"You can always talk to me about anything – I'll always listen and help."*

Don't forget the online world

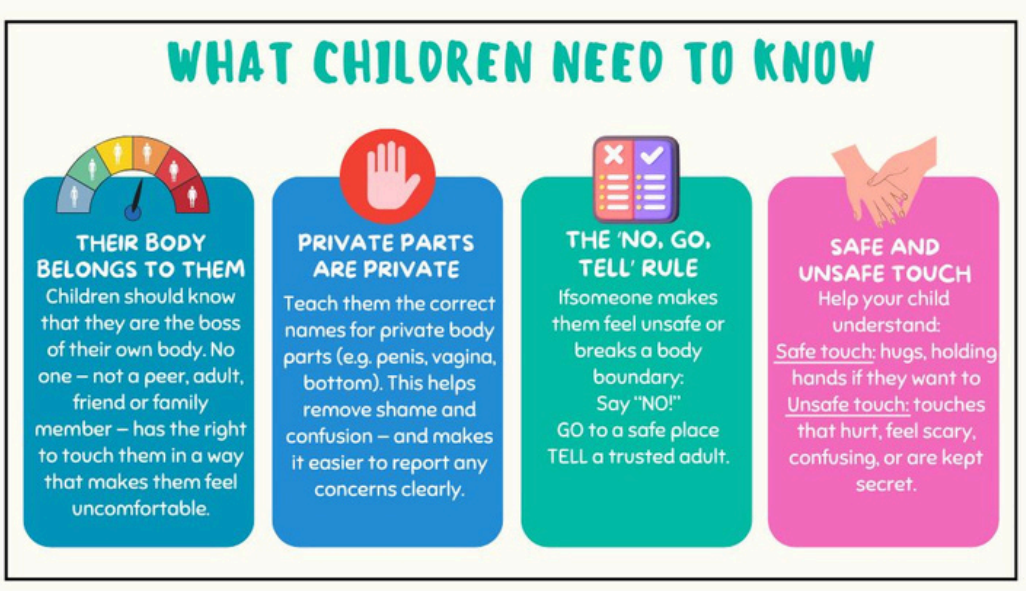
Even at primary age, many children play games or watch content online. It's important they know that body safety rules apply online too.

- Teach them never to share photos of their body, especially private parts.
- Make sure they know: if anyone asks them to do something that feels odd, secret or confusing online, they should tell you straight away.
- Talk about how some people online might pretend to be children when they're not.
- Use privacy settings and supervise young children during screen time.
- Remind them: "If something online makes you feel uncomfortable or unsure, it's never your fault. Just come and tell me."

How you can support at home

1) Use everyday moments to talk about safety.

2) Read books together on body safety.

3) Practice naming trusted adults they can go to if worried.

4) Reassure them: they will never be in trouble for telling the truth.