

# Delapre Primary School

Safeguarding update

March 2022

## 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.

The following members of staff are Designated Safeguarding Leads for Delapre Primary School:

- Mr Portrey
- Mr Casey
- Mrs Furniss (Family Support Officer)
- Mrs Leivers
- Mr Fisher
- Mrs Houghton

They can be contacted via the school number 01604 761456 or email - [Safeguarding@delapre.northants.sch.uk](mailto:Safeguarding@delapre.northants.sch.uk)  
Northamptonshire MASH—  
0300 126 7000 (option 1)

For a copy of our school's Safeguarding and Child Protection 2021 policy, please visit our school website.

**Keeping children safe is everyone's responsibility**



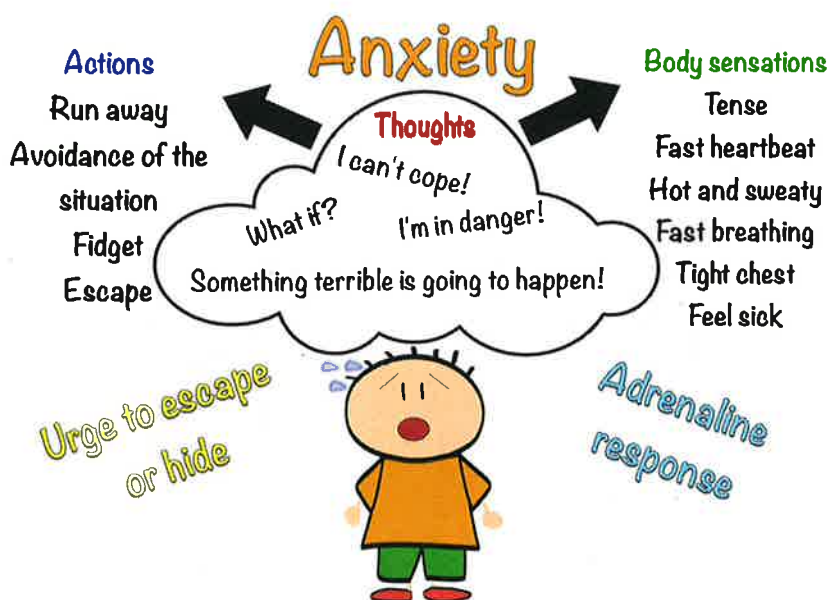
Dear Parents and Carers

This month's Newsletter will be centred around the theme of anxiety.

We understand that with the growing concerns of events around the world that many of our children are suffering from anxiety. We have been made aware that Northamptonshire Healthy School service are working on an online course and resources on anxiety for parents - this should be available next week. We will share this with you when it becomes available.

Sallyann Furniss

Designated Safeguarding Lead/ Family Support Officer



### Reporting concerns

If you suspect a child is being abused, or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on

0300 126 7000

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

**NSPCC**  
**HELPLINE**  
**0808 800 5000**  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)



# Anna Freud National Centre for Children and Families

The Anna Freud Centre is a world leading mental health charity for children and families. It's website is a great place to look for advice and support you and your children regarding all things mental health.

They have a 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

They can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of day or night.

**If you need support, you can text AFC to 85258.**



**Anna Freud**  
National Centre for  
Children and Families

**shout**  
**85258**  
here for you 24/7

## Feeling overwhelmed? Struggling to cope?

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

### Text the free, confidential textline

All texts are answered by trained volunteers,  
with support from experienced clinical specialists

# What is mental health?

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?

**Make conversation about mental health a normal part of life:** Anywhere is a good place to talk, talk in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about TV character's feelings.

**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.

**Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.

**Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly".

**Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.

**Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.

**Offer empathy rather than solutions:** Show that you accept what they are telling you. You don't always need to solve the problem.

**Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.

**Look for clues about feelings:** Listen to your child's words, tone of voice and body language.

**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?"

A child's mental health is just as important as their physical health.

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## JOURNALS

The Happy Confident Me range of journals have been created to help children aged 6-15 develop the social and emotional skills needed to help them become the best versions of themselves, and to be better prepared to deal with the challenges of today's times.

These can be bought through Amazon at roughly £8 and can be a great resource for children to complete at home.