



Langtoft
Primary School

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 one of the school's Designated Safeguarding Leads.

Meet the Safeguarding Team:

Designated Safeguarding Lead



Mrs Wood

Deputy Designated
Safeguarding Leads



Mr Hudson-Davies



Mrs Nickson

If you believe that a child may be a victim of neglect, abuse or cruelty call **Lincolnshire Children's Safeguarding Services**

01522 782111 (Mon-Fri 8am-6pm)
01522 782333 (out of hours)

If a child is in immediate danger call the police on 999.

Langtoft Primary School

Safeguarding Newsletter

DECEMBER 2024

Dear Parents/Carers,

Welcome to this term's Safeguarding newsletter.

In this edition you can find various resources to help manage regulation at over the Christmas period, resources from NSPCC on devices and puberty plus information on free safeguarding courses for parents. There is also a list of useful contacts. Other safeguarding information plus our school safeguarding policy can also be found on our school website.

BOSS Workshops

The Behaviour Outreach Support Service (BOSS) is leading parent workshops at Market Deeping Community Primary School. They are open to any parents of local schools, and not just parents of children with SEND. These take place on 21st January (Regulation in the Home) and 29th April (ADHD Awareness). Please contact admin@marketdeeping.lincs.sch.uk or 01778 343654 to book.

NSPCC Share Aware Parent Booklet

With Christmas coming and children potentially receiving new devices or spending a greater amount of time on devices in the holidays, the NSPCC have put together a simple guide to reassure you and give you the information and advice you'll need to keep your child safe online. It's all about talking to your child, getting the family involved and finding out what you can do.

[Online safety, information pack for parents, NSPCC - Stay Safe Partnership – Lincolnshire County Council](#)

Remember, Parental Controls are accessible on smartphones, broadband, gaming platforms and social media. Whilst these cannot offer complete protection from all online risks, consider them the stabilisers of the internet. There are lots of easy to use guides on www.internetmatters.org.uk

Their top tips for managing devices at home:

- No tech in bedrooms (or tech with door open)
- Watch and learn about apps together
- Periodically check what your child is watching
- Discuss together and agree boundaries

Resources To Help Regulation

Beacon House, Therapeutic Services & Trauma Team, have published a collection of free resources specifically designed by their therapists to support regulation, connection and rest during December: from managing the Christmas sensory overload to tips on reducing anxiety.

<https://beaconhouse.org.uk/winter-resources/>

NSPCC

Navigating Puberty

TOGETHER FOR
CHILDHOOD

Navigating Puberty

NSPCC Learning has designed a booklet on navigating puberty for parents/carers of children with additional needs/learning disabilities. The guide sets out what puberty is, changes that happen to everyone during puberty and top tips to support children through the physical and emotional challenges that puberty brings.

https://learning.nspcc.org.uk/research-resources/navigating-puberty-booklet?utm_campaign=20241202_KIS_CASPAR_December02&utm_content=Navigating%20puberty&utm_medium=email&utm_source=Adestra

Safeguarding Awareness Course

England Football's learning faculty has designed a short safeguarding course for parents. The free course is designed to help parents and carers make an informed choice, about the footballing infrastructure in which children are enrolled, by ensuring parents know what safeguarding is, increasing awareness of the different forms, signs and indicators of abuse and increasing confidence regarding what safeguards should be in place at a child's club or football setting and how to check this.

<https://learn.englishfootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

Useful Contacts

- ◆ EDAN Lincs Domestic Abuse Service 01522 510041
<https://edanlincs.org.uk/>
Providing support and assistance to men, women and children suffering, or fleeing from domestic abuse in Lincolnshire.
- ◆ Healthy Minds <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/healthy-minds-lincolnshire>
Providing support and treatment for children, young people and their families who are experiencing emotional wellbeing difficulties.
- ◆ Place2Be <https://www.place2be.org.uk/>
Is a children's mental health charity working with pupils, families and staff in UK schools.
- ◆ MIND 0300 123 3393
<https://www.mind.org.uk/>
Providing support for people living with a mental health problem or supporting someone with a mental health condition.
- ◆ Family Lives 0808 800 2222
<https://www.familylives.org.uk/>
Providing early intervention and crisis support to families.
- ◆ NSPCC 0808 800 5000
www.nspcc.org.uk
Children's charity which provides support to prevent abuse and helping those affected to recover.
- ◆ Young Minds 0800 8025544
Charity that provides information and advice to young people and parents/carers.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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