

SAFEGUARDING NEWSLETTER



DEAR PARENTS AND CARERS,

Welcome to our December edition of our safeguarding newsletter. This time of year is filled with excitement, celebration, and reflection, but it can also bring additional pressures for children and families. Our priority remains ensuring that every pupil at Phoenix Primary feels safe, supported, and ready to enjoy the festive season.

In this edition, we share key reminders, guidance for keeping children safe both in and out of school, and useful information to support wellbeing over the holidays. Thank you for your continued partnership in keeping our school community safe.

The Phoenix Safeguarding Team



NEW DEVICES



With the Christmas season approaching, many children may receive new phones, tablets, games consoles, or online games. Before your child starts using a new device, we recommend setting up parental controls, checking privacy settings, and ensuring age-appropriate apps and games. Talking openly about online behaviour and reminding children never to share personal information can help keep them safe. Visit www.internetmatters.org for simple step-by-step guides.

WINTER WELLBEING



December is an exciting time, but it can also be overwhelming. Changes in routine, busy schedules, and darker days can affect children's emotional wellbeing.

Please encourage your child to talk about their feelings and remind them that it's okay to feel tired, worried, or unsettled. If you have concerns, speak to a member of our safeguarding team. Useful support is also available through Young Minds, NSPCC, and your local community services.

COST OF LIVING PRESSURES



We understand that winter can place additional strain on family finances, particularly in the lead-up to the festive season. Rising costs of food, heating, and everyday essentials can impact family wellbeing, and we want to reassure all parents and carers that our school community is here to help. If you are finding things difficult, please know that you can approach us in confidence. Our safeguarding and pastoral teams can signpost families to local support such as food banks and community food pantries, holiday activity and food (HAF) programmes and local charities providing gifts or essentials for children.

ATTENDANCE & ROUTINES

The last few weeks of the autumn term can be exciting but also disruptive, with events, trips, and seasonal activities changing usual routines. However, maintaining good attendance during this period helps children feel secure, connected, and ready to finish the term positively.

Consistent attendance supports:

- Emotional wellbeing – routines help children feel settled and safe.
- Learning continuity – avoiding gaps before a long holiday reduces the chance of children missing key content.
- Social relationships – being present helps children maintain friendships during a busy time of year.

Please continue to:

- Report absences promptly
- Ensure children arrive on time each morning
- Speak to us if your child is anxious, tired, or struggling with routine

We are here to work with families to remove barriers to attendance. If you need support – whether emotional, practical, or linked to morning routines – please reach out. Small adjustments can make a big difference.



MANAGING EXCITEMENT & EMOTIONS

The build-up to the festive season can bring big emotions. Some children may feel overstimulated, overwhelmed, or more tired than usual. At school, we continue to use a trauma-informed, nurturing approach to behaviour. At home, simple strategies such as quiet time, calming activities, and consistent routines can make a big difference. If your child is finding this time of year difficult, please let us know so we can support them.

DOMESTIC ABUSE AWARENESS & OPERATION ENCOMPASS

Sadly, incidents of domestic abuse can increase during the festive period. We want all families to know that support is available. If your home is affected by domestic abuse, you are not alone – help is available 24/7. Our school takes part in Operation Encompass, which ensures we can support children who may have experienced incidents at home. If you need advice or support, please reach out to us or contact the National Domestic Abuse Helpline on 0808 2000 247.



WHERE TO GET HELP WHEN SCHOOL CLOSES

Safeguarding does not stop when school finishes for the holidays. If you are worried about a child's safety, you can contact Children's Social Care, Childline (0800 1111), or the police in an emergency (999). A list of key contacts and support services will be available on our school website. Please keep these numbers somewhere accessible during the break. Keeping children safe is everyone's responsibility.

