

ISSUE 04

SAFEGUARDING NEWSLETTER



DEAR PARENTS AND CARERS,

We would like to wish all our children and families a very Happy New Year.

2026

As we return to school, we recognise that new routines can bring both excitement and challenges. At Phoenix Primary, we continue to prioritise emotional wellbeing, safety and belonging, ensuring every child feels supported as they settle back into learning. Through our Thrive Approach and JIGSAW PSHE curriculum, we help children understand their feelings, build resilience and develop positive relationships.

Thank you for your continued support – we look forward to a positive and successful year ahead.

The Phoenix Safeguarding Team

SETTLING BACK INTO SCHOOL

After the Christmas break, some children may feel tired, anxious or unsettled. Using Thrive strategies, staff support children through check-ins, trusted relationships and emotion coaching to help them feel calm, safe and ready to learn.

How you can help at home:

- Re-establish routines gently
- Talk with your child about how they are feeling
- Reassure them that it's okay to feel worried or tired



DREAMS & GOALS

This half term, children will be learning about Dreams & Goals in their JIGSAW PSHE lessons. They will explore setting realistic goals, understanding the steps needed to achieve them and developing perseverance when things feel difficult. Children will also learn how to manage feelings such as frustration or disappointment and understand that making mistakes is part of learning.

These lessons support children to build confidence, resilience and a positive mindset as they work towards their personal goals.

ONLINE SAFETY & NEW DEVICES

Many children receive new devices, games or apps over the Christmas period. While technology can support learning and enjoyment, it is important that children are kept safe online. We encourage families to regularly check parental controls, ensure content is age-appropriate and set clear expectations around screen time. Please talk to your child about what to do if they see or hear something online that makes them feel uncomfortable, and remind them to tell a trusted adult straight away. Safer Internet Day is 10th February so keep an eye out for more information regarding this.



ATTENDANCE, PUNCTUALITY & BELONGING

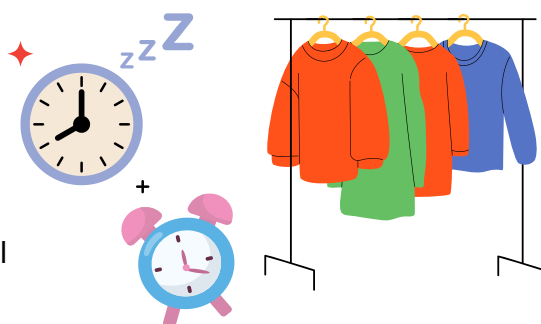
Regular attendance and good punctuality are essential for children's learning, wellbeing and sense of belonging. Being in school every day helps children feel secure in routines, build strong friendships and access the full curriculum. Recently, we have seen a dip in attendance due to holidays taken during term time, as well as an increase in lateness at the start of the school day.

We would like to remind families that holidays during term time cannot be authorised, except in exceptional circumstances, and may result in a penalty notice in line with local authority guidance. While we understand the importance of family time, missed school days can have a significant impact on children's progress, confidence and emotional wellbeing.

Lateness can also affect children emotionally, as arriving after lessons have started may cause anxiety and disrupt their learning. Establishing consistent routines can make mornings calmer and more positive.

Practical tips to support attendance and punctuality:

- Aim for an early bedtime on school nights
- Prepare uniforms, bags and lunches the night before
- Set alarms with enough time for a calm morning routine
- Leave home slightly earlier to allow for traffic or delays
- Encourage your child with positive language about school
- Let school know early if your child is unwell or struggling



If your child is finding attendance or punctuality difficult for any reason – including anxiety, sleep difficulties or family circumstances – please speak to us. Early communication allows us to offer support and work in partnership to help every child attend school regularly and on time.

WINTER SAFETY



As the colder and darker months continue, children may face additional risks when travelling to and from school. Please ensure your child wears appropriate winter clothing and footwear and take extra care on icy pavements. Road safety is especially important during darker mornings and afternoons, and we encourage families to remind children about crossing safely and being aware of their surroundings.

JANUARY BLUES & MENTAL HEALTH

January can sometimes feel long and challenging for children and adults alike. Some children may show signs such as low mood, withdrawal, irritability or changes in behaviour. Using Thrive strategies, we support children to understand their emotions, develop coping strategies and seek help when needed. If you notice any ongoing concerns about your child's mental health or emotional wellbeing, please let us know so we can offer support as early as possible.



WE ARE HERE TO HELP

Safeguarding the wellbeing of our children is everyone's responsibility. If you have any concerns about a child's safety, wellbeing or behaviour, please speak to a member of our safeguarding team, your child's class teacher or the school office. No concern is too small – sharing worries early helps us work together to keep children safe.