

ISSUE 05

SAFEGUARDING NEWSLETTER



DEAR PARENTS AND CARERS,

February provides an important opportunity to focus on children's emotional wellbeing, online safety and personal safety within the community. With Children's Mental Health Week and Safer Internet Day taking place this week, we continue to reinforce key messages around confidence, resilience and speaking up when something feels wrong.

At Phoenix Primary, safeguarding is at the heart of everything we do. Through our Thrive Approach, PSHE lessons and everyday approach, we teach children how to recognise their emotions, build positive relationships and identify trusted adults who can help them both in school and beyond.

We are grateful for your continued partnership in keeping our children safe, happy and supported.

The Phoenix Safeguarding Team

DREAMS & GOALS

We have continued exploring Dreams & Goals in JIGSAW. They have been learning how to set realistic targets, persevere when tasks feel difficult and manage feelings such as frustration or disappointment.

A key theme has been understanding that setbacks are part of learning.

You may wish to ask your child:



What goal are you working towards at the moment, and what could you do if it feels tricky?

STAYING SAFE IN OUR COMMUNITY



With half term approaching and children spending more time outdoors, we have been reinforcing key personal safety messages.

Children have been reminded to stay close to trusted adults, never go anywhere without parental permission, and to tell someone immediately if something does not feel right. We have also reinforced road safety, particularly around busy roads and car parks.

HALF TERM RESET

Half term is a great opportunity to rest, recharge and spend quality time together. Keeping children active and connected supports both physical and emotional wellbeing.

Our families might enjoy visiting local parks such as Sefton Park or Newsham Park, or exploring free museums like the World Museum or Museum of Liverpool, or joining activities at local libraries. Liverpool ONE's Lunar New Year celebrations also offer a vibrant way to experience culture, performances and community spirit.

You could also plan a simple "device-free day" at home with board games, baking or creative activities. Maintaining some routine over the break can help children return to school feeling settled and ready to learn.



CHILDREN'S MENTAL HEALTH WEEK 2026

This week, we have been recognising Children's Mental Health Week, which highlights the importance of children feeling safe, listened to and emotionally secure. Throughout the week, children have taken part in activities designed to help them recognise their feelings, develop self-confidence and understand that everyone experiences ups and downs.

Using our Thrive Approach, we have been supporting children to:

- Name and understand their emotions
- Explore healthy coping strategies
- Build resilience when faced with challenges
- Identify trusted adults they can talk to



We have reinforced the message that asking for help is a strength and that talking about worries helps them feel lighter and supported. At home, you may have noticed conversations about emotions, confidence or managing worries. Continuing these discussions helps children feel safe and understood.

Practical Ways to Support Mental Wellbeing at Home

- Keep routines consistent, especially around sleep
- Create a calm space for conversations without distractions
- Encourage outdoor play and fresh air
- Model talking about your own feelings in a healthy way
- Praise effort rather than just achievement
- Reduce screen time before bed to support sleep quality
- Even small daily check-ins such as "What was the best part of your day?" or "Did anything feel tricky today?" can make a big difference.



SAFER INTERNET DAY

Earlier this week, we marked Safer Internet Day by reminding children about safe and responsible behaviour online. They revisited key messages about protecting personal information, being kind and respectful in digital spaces, recognising unsafe behaviour and speaking to a trusted adult if something feels uncomfortable.



With half term approaching and potentially increased screen time, we encourage families to review parental controls, check age ratings on games and apps, keep devices in shared spaces where possible and agree clear screen-time boundaries. Open conversations about online experiences remain one of the most effective ways to keep children safe.

WORKING IN PARTNERSHIP

Safeguarding the wellbeing of our children is everyone's responsibility. If you have any concerns about your child's emotional wellbeing, online safety or community experiences, please contact:

- Your child's class teacher
- A member of our Safeguarding Team
- The school office

No concern is too small – we would always rather know and offer support early.

