

SAFEGUARDING NEWSLETTER



DEAR PARENTS AND CARERS,

As we reach the end of March and the final weeks of the spring term, we continue to focus on supporting children's wellbeing, routines and safety. With lighter evenings and the Easter holidays approaching, this is an important time to reinforce key safeguarding messages both in school and at home.

At Phoenix Primary, safeguarding remains at the heart of everything we do. Through our Thrive Approach and JIGSAW PSHE curriculum, we support children to build resilience, make safe choices and understand how to seek help when needed.

Thank you, as always, for your continued support and partnership in keeping our children safe, happy and ready to learn.

The Phoenix Safeguarding Team

CLOCKS CHANGING

At the end of March, the clocks will go forward by one hour. While this brings lighter evenings, it can temporarily affect children's sleep and routines.



To help children adjust:

- Gradually move bedtimes earlier by 10–15 minutes in the days before
- Keep a consistent bedtime routine
- Limit screen time before bed
- Ensure bedrooms are calm, dark and quiet

A smooth transition helps children remain settled, focused and emotionally regulated in school.

COMMUNITY SAFETY

With lighter evenings, children may spend more time outdoors or begin to develop greater independence.

We continue to reinforce:

- Staying with trusted adults
- Knowing safe routes and places
- Road safety awareness
- Speaking up if something does not feel right



Clear, calm conversations help children feel confident and prepared, rather than worried.

EASTER HOLIDAYS - KEEPING CHILDREN WELL & SAFE

The Easter holidays are a great opportunity for rest, family time and new experiences. Keeping children active and connected supports both physical and emotional wellbeing.

Ideas for Liverpool families include:

- Visiting parks such as Sefton Park, Calderstones Park or Croxteth Park
- Exploring free museums like the World Museum or Museum of Liverpool
- Taking part in local library activities or reading challenges
- Walking along the waterfront or local green spaces
- Planning simple "device-free" days with games, baking or crafts



Maintaining some routine during the break can help children return to school feeling ready to learn.

ONLINE SAFETY - GROUP CHATS & APPS

We are continuing to reinforce online safety, particularly around gaming, group chats and messaging apps, which often increase in use leading up to holidays. Recently, we have seen a rise in issues linked to children sharing content and posting unkind or inappropriate comments in WhatsApp and other group chats.

In school, children are being reminded that online behaviour should reflect the same kindness and respect expected face-to-face. They are taught to think carefully before posting, understand the impact of their words and know that once something is shared online, it can be difficult to remove.

Children are reminded to:

- Be kind and respectful in all online communication
- Not share personal information, images or messages without permission
- Think before they post or forward messages
- Speak to a trusted adult if something feels uncomfortable or upsetting



At home, you can support by:

- Checking who your child is communicating with and which groups they are part of
- Monitoring group chats and discussing what appropriate communication looks like
- Ensuring apps are age-appropriate (many messaging apps have a minimum age of 13+)
- Keeping devices in shared spaces where possible
- Encouraging your child not to respond to or engage with unkind messages

Regular, open conversations are key. Helping children understand how to stay safe, respectful and responsible online will support them to make positive choices.

TALKING ABOUT DIFFICULT NEWS

Children may hear or see upsetting news, including events happening around the world. Even if they do not fully understand it, they may still feel worried or unsettled. In school, we provide reassurance and a safe space for children to talk if needed, focusing on helping them feel secure.

At home, you can support your child by:

- Keeping explanations simple and age-appropriate
- Reassuring them that they are safe
- Limiting exposure to news and social media
- Encouraging questions and open conversations
- Focusing on kindness and positive actions



Follow your child's lead – some may want to talk, others may not. Remind them they can always speak to a trusted adult. If you have any concerns, please contact school so we can support you together.

WORKING TOGETHER

Keeping children safe is a shared responsibility. If you have any concerns about your child's safety, wellbeing or online experiences, please don't hesitate to speak to your child's class teacher, a member of our Safeguarding Team or the school office.

We are always here to listen and support – no concern is too small.

