



ISSUE 07

SAFEGUARDING NEWSLETTER



DEAR PARENTS AND CARERS,

We hope you all had a restful and enjoyable Easter break. As we begin the summer term, we continue to prioritise children’s wellbeing, safety and readiness to learn.

At Phoenix Primary, our values of Resilience, Responsibility, Kindness and Ambition underpin everything we do. Through our Thrive Approach and JIGSAW PSHE curriculum, we support children to make safe choices, manage their emotions and know when to seek help.

With brighter weather and more time outdoors, this is an important time to reinforce key safeguarding messages at home and in school.

Thank you for your continued support in keeping our children safe, happy and thriving.

The Phoenix Safeguarding Team



SUN SAFETY

As the weather becomes warmer, it’s important to keep children safe in the sun.

Please ensure your child:

- Has sunscreen applied before school
- Brings a sunhat
- Has a water bottle in school each day



We also encourage children to take breaks in shaded areas and stay hydrated throughout the day.

ATTENDANCE

The start of the summer term is a great time to reset routines and support strong attendance and punctuality. Being in school every day helps children’s learning, friendships and wellbeing, and arriving on time supports a positive start to the day.

You can help by keeping routines consistent, preparing for school the night before and allowing enough time in the morning. If your child is finding attendance or punctuality difficult, please speak to us so we can support early.

ONLINE SAFETY – CONTENT & AGE-APPROPRIATE VIEWING

We have recently seen an increase in concerns around children accessing age-inappropriate music, TV programmes and films, including content with explicit language or themes. This may be through streaming platforms, social media or shared links from peers. In school, we remind children to make safe choices online and to speak to a trusted adult if they see anything that makes them uncomfortable.

At home, you can support by:

- Checking age ratings on programmes, films and apps
- Using parental controls on streaming services and devices
- Monitoring what children are watching and listening to
- Keeping devices in shared family spaces
- Talking openly about what is appropriate and why.



Regular conversations help children understand how to make safe and responsible choices.

SUPPORTING CHILDREN TO MANAGE ANGER & BIG EMOTIONS

All children experience big emotions at times, including frustration and anger. Learning how to manage these feelings safely is an important part of growing up. In school, we support children through our Thrive Approach, helping them to recognise their emotions and develop strategies to calm down.

When children feel angry or overwhelmed, they often need support to regulate first, then reflect. Here are some effective ways to help:

Pause & Stay Calm Yourself

Children "borrow" our calm. Try to:

- Lower your voice
- Slow your movements
- Avoid reacting quickly

☛ Even saying "I'm here, let's calm down together" can help.

Give Space (Without Sending Away)

Some children need a moment to settle:

- Sit nearby rather than sending them away
- Offer a quiet space (e.g. sofa, cosy corner)

☛ The message is: "You're safe, I'm here when you're ready."

Simple Breathing Techniques

Teach easy, child-friendly breathing:

- "Smell the flower, blow out the candle"
- In for 4, out for 4
- Blow imaginary bubbles slowly

This helps the body come out of "fight or flight".

Offer a Calming Activity

Once they begin to settle:

- Drawing or colouring
- Holding a favourite toy
- Listening to calm music
- Going for a short walk

☛ Physical movement or quiet focus can regulate emotions.

Reassure & Repair

After a big emotion:

- Offer reassurance (a hug if appropriate)
- Remind them they are loved
- Help them repair (e.g. saying sorry, fixing something)

☛ This builds emotional security and resilience.

Name the Feeling

Help children understand their emotions:

- "I can see you're feeling really angry"
- "That must feel frustrating"

☛ This helps children feel understood and reduces escalation.

Talk After, Not During

Wait until your child is calm before discussing what happened:

- "What made that feel so big?"
- "What could we try next time?"

☛ Problem-solving works best when children are regulated

Remember: Children don't need to be told off when they are overwhelmed – they need help to calm down first.

WORKING TOGETHER

Safeguarding is central to our work at Phoenix Primary. We value strong partnerships with families to ensure children feel safe, secure and supported.

If you have any concerns about your child's wellbeing or safety, please speak to your child's class teacher, a member of the Safeguarding Team or the school office. Early communication supports effective and timely intervention.

