



CHILDREN'S SAFEGUARDING NEWSLETTER



DEAR CHILDREN,

As we get closer to the Easter holidays, we want to remind you how to stay safe, happy and healthy.

At Phoenix Primary, we are always here to help you feel safe. You can talk to any adult in school if you are worried about anything.

The Phoenix Safeguarding Team

STAYING SAFE OUTSIDE

With lighter evenings, you might be playing outside more.



Remember to:

- Stay close to a trusted adult
- Stick to safe places you know
- Be careful near roads
- Tell an adult straight away if something doesn't feel right

You should always feel safe when you are out.

CLOCKS CHANGING

The clocks are changing, which means it might feel a bit different at bedtime.



To help your body:

- Try to go to bed at the same time each night
- Have a calm routine before bed (no screens if possible!)
- Make sure your bedroom is quiet and cosy

A good night's sleep helps you feel ready for school

WE ARE HERE TO HELP

You can always talk to:

- Adults in school
- Your family at home



No problem is too small – we are always here to help you.

EASTER HOLIDAYS

The holidays are a great time to relax and have fun!

You might:

- Go to the park or for a walk
- Visit a museum
- Read a book
- Play games or do crafts



Try to:

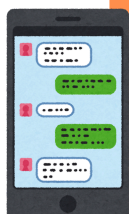
- Keep some routine
- Get plenty of fresh air
- Spend time with family and friends

BE KIND ONLINE

Lots of children use games, group chats and apps.

Remember:

- Be kind with your words – just like in real life
- Think before you send or share anything
- Don't share personal information or pictures
- If something upsets you, tell a trusted adult



If someone is being unkind online, don't reply – tell an adult.

TALKING ABOUT THE NEWS

You might hear or see things on the news or online that feel worrying. It's okay to feel confused or upset. If something is on your mind, talk to a trusted adult and ask questions if you're unsure. Remember – you are safe, and you don't have to deal with worries on your own

