



CHILDREN'S SAFEGUARDING NEWSLETTER



DEAR CHILDREN,

Welcome back after the Easter holidays! We hope you had a lovely break.

At Phoenix, we want everyone to feel safe, happy and ready to learn. We will remind you how to stay safe at school, at home and online.

The Phoenix Safeguarding Team

SUN SAFETY

The weather is getting warmer, so it's important to look after yourself.

Remember to:

- Wear a sunhat
- Have suncream on
- Drink lots of water
- Take breaks in the shade



BE IN SCHOOL & BE ON TIME

Coming to school every day helps you:

- Learn new things
- See your friends
- Feel happy and confident
- Prepare for your future



Try to:

- Get ready the night before
- Wake up in good time
- Start your day positively 😊

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.

BIG FEELINGS ARE OK

Everyone feels angry or upset sometimes – that's normal.

When you feel like this, you can:

- Take slow, deep breaths
- Sit somewhere calm
- Talk to an adult
- Go for a walk or do something relaxing



Remember: calm first, then talk.

STAY SAFE ONLINE

You might watch videos, listen to music or use apps.

Always remember:

- Be kind online
- Think before you share anything
- Don't watch or listen to things that are not for your age
- Tell an adult if something makes you feel uncomfortable



If something feels wrong – tell a trusted adult straight away.

THE POWER OF TALK

Talking to someone you trust is really good for your mental health. If something is worrying you, sharing it can help you feel calmer and less alone. You can talk about what happened, how you feel or ask questions if you're unsure. Talking helps you "offload" your worries and makes problems feel smaller and easier to solve.

