

CHILDREN'S SAFEGUARDING NEWSLETTER



DEAR CHILDREN,

As we come to the end of another busy half term, we hope you are all looking forward to a well-earned break.

At, we want everyone to feel safe, happy and supported. This newsletter will remind you about staying safe online, road safety, the importance of talking to trusted adults and looking after ourselves and others when we feel worried or sad.

The Phoenix Safeguarding Team

WHEN WE FEEL SAD...

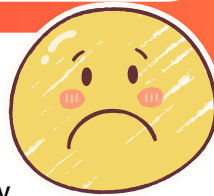
Sometimes sad things happen that can make us feel upset, confused, worried or emotional. This week may have felt difficult for some children in our Phoenix family, and it is important to remember that all feelings are okay.

Everyone feels and shows sadness differently. Some children may want to talk, while others may want quiet time, cuddles, drawing or being with people they trust.

Things that can help when we feel sad:

- Talking to a trusted adult
- Spending time with family and friends
- Drawing, colouring or writing about feelings
- Keeping to normal routines
- Remembering that you are not alone

At, there will always be adults ready to listen, help and support you. No worry or feeling is ever too small to share.



ROAD SAFETY

As the weather gets warmer, more children are outside riding bikes and scooters or playing with friends.

Remember to:

- Stop, look, listen and think before crossing roads
- Wear a helmet when cycling or scootering
- Stay alert near roads and car parks
- Use crossings where possible



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.

ATTENDANCE

Coming to school every day helps you learn, grow in confidence and spend time with your friends.

Thank you for coming to school ready to learn and thrive each day!

USING DEVICES

With lighter evenings, lots of children are spending more time gaming, chatting and using devices.

Remember:

- Be kind when talking to others online
- Never share personal information like your address, passwords or school name
- Tell a trusted adult if something online makes you feel worried, upset or unsafe
- Take breaks from screens and spend time outdoors
- Make sure you still get plenty of sleep



Remember – not all games, apps and videos are made for children, even if other people are using them.