

# Safeguarding News Spring 2023

## WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the Designated Safeguarding Lead straight away.

Below are the names of staff who are part of the safeguarding team at Daubeney Primary School.

### Designated Safeguarding Lead:

**Mr Swarbrick**



### Deputy Safeguarding Lead:

Mr Logan

### Safeguarding Team:

Mr Dharma

Ms Gustave

Ms Bibi

Ms Childs (Governor)

They can be contacted via the school office, or by telephone on 020 8985 4380

[admin@daubeney.hackney.sch.uk](mailto:admin@daubeney.hackney.sch.uk)

Click [here](#) to visit our School Safeguarding Page

For more information you can also find our Child Protection and Safeguarding Policy by clicking [here](#)

Dear Parents and Carers,

Welcome to our Spring safeguarding newsletter. This newsletter focuses on Mental Health; our 'jigsaw' themes for the term; and domestic abuse.

Almost as if by design, this newsletter is coming to you during Children's Mental Health Week where the theme for this year is, "Want To Talk About It?" We're encouraging everyone; children, adults and our wider community to help end the stigma of opening up about how we feel. We're also taking part in a wide range of activities throughout the week to help support our children take care of their own mental health and wellbeing. This all culminated in a fantastic celebration of self as we invited our children to 'Dress to Express'.

When I last wrote to you all, I was just beginning on my journey as DSL. In my short time in post I have already learned so much, and importantly I have made connections and built relationships with many external organisations to help ensure the continuing safety, health, and wellbeing of our children and our wider community.

Matt Swarbrick

## What is Mental Health?

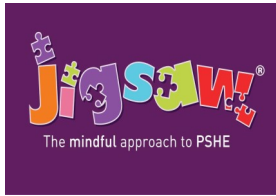
We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have 'small' feelings every day; these sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings; these feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

## How can I help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog, or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: we all know it's horrible to be 'half listened' to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions such as, "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: it can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: show that you accept what they are telling you but don't always try to solve the problem.
8. Remember we are all different: respect and value your child's feelings, even though they may be different to yours.
9. Look for clues about feelings: listen to your child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

**Take a look at the links below for more information on mental health.**

<https://www.daubeney.hackney.sch.uk/about-us/mental-health> and <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



## Dreams & Goals and Healthy Me

This term's Jigsaw pieces will cover two main areas: our dreams and goals for the future and; emotional & mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this Puzzle. All lessons are delivered in an age - and stage - appropriate way so that they meet children's needs.

To find out more about our Jigsaw curriculum click here: <https://www.daubeney.hackney.sch.uk/curriculum/jigsaw>

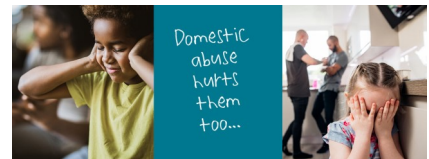
Here is a great link for ideas about staying healthy. <https://www.nhs.uk/healthier-families/>



## What is Domestic Abuse?

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended both men and women can be abused or abusers.



## Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as: kicking, hitting, punching or cutting, rape (including in a relationship), controlling someone's finances by withholding money or stopping someone earning, controlling behaviour, like telling someone where they can go and what they can wear, not letting someone leave the house, reading emails, text messages or letters, threatening to kill someone or harm them threatening to another family member or pet.

## Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

## Support for parents

If you're an adult experiencing domestic abuse, there are organisations that can help.

[Relate 0300 003 0396](#) You can talk to Relate about your relationship, including issues around domestic abuse.

[National Domestic Violence Helpline: 0808 2000 247](#) A 24 hour free helpline run in partnership between Women's Aid and Refuge.

[Men's Advice Line: 0808 801 0327](#) Advice and support for men experiencing domestic violence and abuse. Emotional and practical support for LGBT+ people experiencing domestic abuse.

[National LGBT+ Domestic Abuse Helpline: 0800 999 5428](#) Emotional and practical support for LGBT+ people experiencing domestic abuse.

## How Childline can help

We understand how difficult it is for children to talk about domestic abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to [0800 1111](#) are free and confidential. Children can also contact [Childline online](#). Childline has information and advice for children and young people about domestic abuse, including why it happens and what they can do.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>