



Mawsley CP School Newsletter—Safeguarding at the Heart of Our Community

Happy New Year Mawsley families! This first safeguarding newsletter of 2022 aims to share with you some safeguarding tips and advice, for children and families in our school community, that you may find helpful.

Keeping Covid Contained

In light of the increasing rates of Covid that we all face, keeping children physically and mentally safe in and outside the classroom remains key. Alongside the recommended regular sanitizing, ventilation in rooms and the option of testing, here are some tips to manage Covid anxiety that children may present.

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.

Encourage positive thinking.



Stay connected.



Seek professional help if needed.



Walking Home in Dark Evenings

As well as this being a helpful, practical arrangement, children develop important independence skills when walking home. However, with nights becoming darker at home time, here are some tips to remember:

- Be bright and be seen. Wearing a high-vis jacket or vest or attaching reflective straps to children's bags and clothes make them more visible to traffic.
- Ensure that children's routes home are along well-lit areas.
- Plan a route which is popular among other children and families.
- Sometimes, in the company of others, children can find it difficult to say that they feel unsafe. Have a code word / phrase that children can mention on the phone if they feel unsafe in a situation e.g. 'Hi Mum, is Aunty Deb there yet?' Then you can ask yes / no questions to establish if they are ok or need collecting.
- If children use a phone, make sure it is well charged before leaving for school.

Let's Talk PANTS!



From a recent survey, the NSCOPP believe that 1 in 20 children have been victims of sexual abuse and in most cases, the child knew their abuser. In order to equip our children with the self awareness to help prevent this from occurring, the NSPCC have published the PANTS rule. This is a really supportive way to enable parents to have positive conversations with children about keeping themselves safe. The key message for children is: their body belongs to them, **they have a right to say no**, and that they should tell an adult if they're upset or worried. Empowering children with this knowledge from a young age, enables them to be able to grow up with the knowledge, reassurance and confidence they need to protect themselves from potentially abusive situations.

This link will take you to the NSPCC page with all the advice:

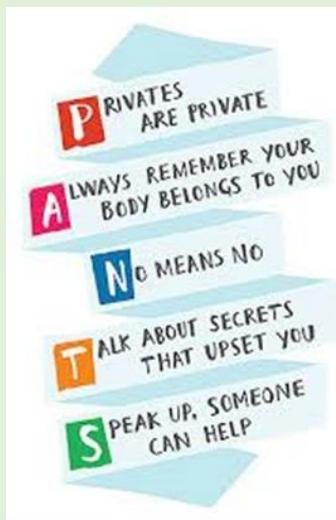
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

This link is specifically for children: [the-nspccs-underwear-rule-guide-for-children](#)

This link is specifically for foster carers: [underwear-rule-guidance-foster-carers](#)

This link is specifically for parents: [the-nspcc-underwear-rule-a-brief-guide-for-parents](#)

Following this link takes you to YouTube and The Pants Rule : <https://youtu.be/fn6AVSzK008>



New 2022 - New Device – New Rules

Many children will have received new devices for Xmas, such as mobile phones and tablets, which they can use to access the Internet. Whilst this can be a positive tool, the internet is sometimes used to enable the grooming process which can lead to children being sexually exploited. Sometimes, children may share on-line personal information or their plans and activities with people on-line that they have not met in the real world. These people can use this information to get to know a child, and then to exploit them.

The internet is the mechanism which the exploiter will use to infiltrate themselves into a child's life.

Knowing what your child is doing online and putting controls in place in relation to internet access is key. Northamptonshire Children's Safeguarding Board suggests this approach to managing your child's device at home:

L – Listen: listen to your child in an open-minded, non-judgmental way

A – Ask: ask about anything you experience Early Warning Signs about

W – Watch: what is your child up to? - Where? When? Who? Why? How?

E – Empower: how can you empower your child to feel in control, and make safer choices?

More info / parent guides:

<http://www.northamptonshirescb.org.uk/parents-carers/signs-of-child-sexual-exploitation/>