



Mawsley CP School Safeguarding Newsletter

May 2025

Welcome to our May Safeguarding Newsletter. We hope it is relevant, supportive and helpful for everyone in our school community.



Here Comes The Sun



The recent beautiful sunshine has provided lots of opportunities for our children to benefit from the increase in vitamin D.

With so many sunscreen products on the market, here is a useful guide to sunscreen and skin tones when protecting your children at school or at home.

SPF SELECTION GUIDE					
Hours Outdoors	Skin Tone				
	Very Fair Never tans, always burns	Fair Tans slowly, burns easily	Light Usually burns first	Medium Burns minimally	Dark Rarely burns
1	SPF 30	SPF 15	SPF 15	SPF 8-14	SPF 8-14
2	SPF 30	SPF 30	SPF 30	SPF 15	SPF 8-14
3	SPF 50+	SPF 50+	SPF 30	SPF 15	SPF 15
4	SPF 50-100	SPF 50+	SPF 30	SPF 30	SPF 15
5	SPF 50-100	SPF 50-100	SPF 50-100	SPF 50+	SPF 30

Reapply at least every 2 hours or as directed on package to help ensure adequate protection.

Protective Behaviours

We teach our children that early warning signs tell us that something is making us feel unsafe.

This awareness will stand children in good stead for life.

Here are some of the early warning signs that we talk about. You may like to talk about these with your children at home.

My Early Warning Signs

If I feel unsafe my body lets me know.

Here is how!

Hair feels like it is standing on end
 Start to cry
 Goosebumps
 Sweaty palms
 Need to go to the toilet
 If I feel unsafe, I must tell a trusted adult on my **Safety Network** straightaway!
 Sweaty brow
 Heart beats fast
 Feel sick in the tummy
 Shaky all over
 Wobbly legs

Social Media and Protecting Our Children

Monitoring and managing children's exposure to social media and smart phones is uncharted territory for most parents, who did not have this technology themselves as children. Research and guidance can provide us with more insight about how best to protect our children in this tricky digital time and age restrictions are set to reflect this knowledge. Parents often feel pressured to allow their children to use certain sites because other children may use them, which can expose them to inappropriate content that can cause upset and worry. This can also affect other children when shared.

Please support our online safety education by considering this age-related app guide.

APPS AND THEIR AGE RATINGS

13+



Facebook



Snapchat



Instagram



Twitter



TikTok



Kik



YouNow



Yubo



House Party



Monkey

16+



WhatsApp

17+



Sarahah



YOLO

18+



MeetMe



LiveMe

Sleepovers

As we approach the holidays, many children consider asking friends over for a sleepover or may be invited to a sleepover themselves. These exciting opportunities can provide lovely memories but can also cause some worry.



Sleeping at somebody else's house inevitably means that a parent is putting their trust in another adult / s, to keep their child safe and protected. This represents the kind of community that the majority of us would like our children to grow up in. Some children may feel anxious about sleepovers, feel uncomfortable with new smells and environments, or find themselves in situations that they had not expected. It can be good practice to establish a safety code as a family, such as:

- Be aware of ALL potential adults in the home – will there be any visitors?
- Be aware of older siblings and friends – what are the Internet restrictions like?
- Be aware of sleeping arrangements – can parents sometimes assume these?
- Be aware of appropriate touch rules in general conversation (protective behaviours); how to recognise when somebody's game may not feel like it is fun for everyone, and also, how to say 'no' confidently – even if that is a clear "no thank you" to carrots!
- Be aware of the right to change our mind – does your child need a recognizable phrase on the phone, if they feel like they would like you to collect them but do not want to say this aloud? E.g. "Mum, I'm just phoning to make sure that you remembered to put my tablet on charge." You can then ask if they want to be collected and have a reason ready, such as needing to take a pet to the vet. Is anyone ready to collect them, and possibly drive, if needed?

Out of Hours Safeguarding

If you are concerned about the safety or welfare of a child, who is not in immediate danger of harm, please speak to one of our Designated Safeguarding Leads.

If you are concerned about the safety or welfare of a child outside of school hours, please contact the MASH team on 0300 126 7000 (option 1) or e-mail them at MASH@nctrust.co.uk . If you think a child is in immediate danger or missing, please contact the police and/or an ambulance directly by phoning 999