



Mawsley School Safeguarding Newsletter: December 2025



Welcome to December's safeguarding newsletter. We always aim to provide parents and carers with relevant safeguarding information and advice and to make this as contextually relevant for our school community as possible.

If you feel that there is a topic or issue that you would like to see in our newsletters, please email Jen Tedore: jenny.tedore@mawsley.org.uk



With Christmas fast approaching, there is a lot of excitement and preparation going on in homes across our community. This can also be a stressful and difficult time for many people, so here is some information that you may find useful for yourselves or others as we approach the festive period:

Kettering Food Bank

Founded on the principles of compassion and community support, the food bank provides essential services to individuals and families in a time of crisis, ensuring that no one in the area has to go hungry.

Opening hours: Tue, Wed, Thurs, Sat from 0900hrs -- 1300hrs.

Telephone 01536 512838 or 07709 741353, or use the contact form on the website

www.ketteringfoodbank.org



Warm Spaces in Kettering

Warm and safe spaces can be found across Kettering this winter. Please share the link below with others in our community who may benefit from this space:

www.ketteringtowncouncil.gov.uk/food-banks-and-warm-spaces

Kids Eat Free / Discounted (Latest information)

Morrisons: At Morrisons' Cafes, for every adult meal you buy for £5 or more, you get a free kids' meal including a drink

Dunelm Pausa Café: For every £4 spent in Dunelm Pausa Café, kids eat free. Choose a kids' main, drink and two snacks.

Bella Italia: At Bella Italia restaurants, for every adult main meal purchased, kids aged 2–11 can eat free every Sunday to Thursday. This includes three courses of food, plus a drink for £1.

Café Rouge: For every adult main meal bought from Café Rouge between 12–4pm, a child can eat for free

Dobbies Garden Centres: For every adult main meal purchased, you can get a children's breakfast, hot meal or pick n mix lunch box for just £1, including a drink.

Premier Inn: For every adult that orders a breakfast, up to two children can eat breakfast for free.

Food and Community Support in Kettering

Day	Centre	Status
Monday	Salvation Army, 66 Rockingham Road NN16 8JU. Entrance on Regent Street.	10.30 - 12.00 for toast and cereals, tea and coffee, and food parcels
	Kettering Muslim Association, 123 The Headlands NN15 6AD.	Donations and food parcels available at the following times 1pm - 2pm and 7pm - 10pm
	Central Methodist Church, School Lane NN16 0DH.	Food Kitchen 3pm – 5pm. Sit in serving soup, meals, sandwiches, tea, coffee cakes.
Tuesday	Salvation Army, 66 Rockingham Road NN16 8JU. Entrance on Regent Street.	10.30 to 12.00 for toast and cereals, tea and coffee, and food parcels
	Fuller coffee house, Newland Street NN16 8JH.	Open 10.00 – 11.45 for tea, coffee, cakes etc
	Highfields Community Centre, 1-2 Barns Close NN15 6JB.	11.00 – 12.00. Food parcels, when stock available. Donations if poss.
	Kettering Food Bank. Unit B, The Courtyard, Market Street. NN16 0DG.	Open 09.00 – 13.00. Telephone or text 07709 741353 to request food parcel.
	Grange Resource Centre, 9 Grange Place NN16 0NT.	09.30 -12.00 for food parcels. Donations if possible.
	Green Patch Food Table, Valley Walk, Kettering NN16 0LU.	Open 09.30 – 11.00. Free produce, mainly bread, some fresh food. Donation box available
	Kettering Muslim Association, 123 The Headlands NN15 6AD	Donations and food parcels available at the following times 1pm - 2pm and 7pm - 10pm
	St Edward's RC Church Hall, 2 The Grove NN15 7QQ.	Open 3pm – 5pm, sit in, soup and a hot meal, tea, coffee and cakes.
Wednesday	Kettering Food Bank. Unit B, The Courtyard, Market Street. NN16 0DG.	Open 09.00 – 13.00. Telephone or text 07709 741353 to request food parcel.
	Community Connections UK, 29 Gold Street Kettering NN16 8JB.	10.00am – 4.00pm. Food parcels. Must book 24 hours before collection. Limited to one parcel per month and proof of address is needed.
	Kettering Muslim Association, 123 The Headlands NN15 6AD.	Donations and food parcels available at the following times 1pm - 2pm and 7pm - 10pm
	Chatty Café, organised by Freedom Leisure in the Commarket Hall, 42 London Road NN15 7QA.	Open 1pm to 3pm for free tea, coffee, cakes and a chat.
Thursday	Green Patch Food Table, Valley Walk, Kettering NN16 0LU.	Open 09.30 – 11.00. Free produce. Donation box available

	The Eden Centre, 21 Montagu Street NN16 8XG.	10.30 – 12.00, tea, coffee, biscuits
	Highfields Community Centre, 1-2 Barns Close NN16 8JH.	11.00 – 12.00. Food parcels, when stock available. Donations if poss.
	Community Connections UK, 29 Gold Street, Kettering NN16 8JB.	10.00am – 4.00pm. Food parcels. Must book 24 hours before collection. Limited to one parcel per month and proof of address is needed.
	Kettering Muslim Association, 123 The Headlands NN15 6AD.	Donations and food parcels available at the following times 1pm - 2pm and 7pm - 10pm
	St Peter & St Paul Church Hall, 1-3 Market Place NN16 0AL.	Open 3pm to 5pm, sit in, hot food and hot drinks.
	Kettering Food Bank. Unit B, The Courtyard, Market Street. NN16 0DG.	Open 09.00 – 13.00. Telephone or text 07709 741353 to request food parcel.
Friday	Kettering Muslim Association, 123 The Headlands NN15 6AD.	Donations and food parcels available at the following times 1pm - 2pm and 7pm - 10pm
Saturday	Johnny's Happy Place, 97 Rockingham Road NN16 9HX.	Open 10.00 – 14.00 for Food Share, teas, coffees, rolls and cakes in the garden. £1 for a meal and £1 for a pudding.
	Kettering Food Bank. Unit B, The Courtyard, Market Street. NN16 0DG.	Open 09.00 – 13.00. Telephone or text 07709 741353 to request food parcel.
Sunday	Johnny's Happy Place, 97 Rockingham Road NN16 9HX.	Open 11.00 – 14.00 for Food Share, teas, coffees, rolls and cakes in the garden. £1 for a meal and £1 for a pudding.
	Outside Highfields school, Highfields Road NN15 6HU.	11.00 – 12.00. Food parcels, when stock available. Donations if poss.
	Midland Languar Seva Society, By the clock tower, Gold Street NN16 8JA.	Hot take away vegetarian food at 5pm.
All week	Accommodation Concern, 1 Meadow Road NN16 8TL.	Office is open for appointments and food parcels. Call 01536 416560 or email help@a-c.org.uk

Meet our Safeguarding Link and Parent Governor: Claire Perry



Claire has been our safeguarding link and parent governor at our school since March 2023. Claire ensures that she keeps up to date with safeguarding matters through the safeguarding updates at regular governor meetings and through her governor safeguarding training. At our governor monitoring day recently, Claire was active in supporting the safeguarding team through her support in this role.

I asked Claire to tell me a little more about her:

I am a parent governor and the governing body's link governor for safeguarding.

I live in Mawsley with my husband and two girls; one in Willow Class and one in Mulberry Class.

I was previously a Primary School teacher for over 13 years, but have more recently been a full time parent. I am a volunteer at a few different organisations and charities in the local area and I love to bake!

I became a parent through adoption and the safeguarding of children is a matter very close to my heart.

I visit the school regularly to meet with the safeguarding team and monitor all of the work that takes place in school to safeguard the children, families and staff.

My absolute favourite thing about being a safeguarding governor is talking to the children! They are always so enthusiastic and knowledgeable when talking about all of the ways they are kept safe in school, the ways they are taught about being safe and what to do if they ever didn't feel safe.

Trauma in Children

Every child is different. What is traumatic to one child may not be to another.

Children don't have to experience something directly for it to affect them. They may be impacted by seeing or hearing about distressing events happening to others, particularly if they care about the people involved.

They can also be affected by the longer-term impacts of trauma within their families or communities, such as oppression, exclusion, discrimination or war. Even when something truly awful has happened to a child this doesn't determine their future.

Changes in thoughts and feelings:

- feeling worried, frightened, or unsafe
- experiencing intrusive or unwanted memories of the event, or experiencing nightmares
- being more easily upset, overwhelmed, angry, irritable, or feeling low

Changes in physical health and wellbeing:

- feeling more tired, having trouble sleeping
- unexplained physical symptoms such as stomach aches or headaches
- changes in appetite or eating behaviours

Changes in behaviour:

- changes in behaviour (for example, becoming more withdrawn, more impulsive, or taking more risks)
- difficulties concentrating or keeping up with schoolwork
- avoiding reminders of the event (such as certain people, places, or situations)
- withdrawing from school, family, friends, or activities they used to enjoy
- acting in younger ways (for example, bedwetting or not wanting to be apart from you)
- regularly playing or drawing about the event or themes linked to it
- talking negatively about themselves

WAYS TO HELP YOUR YOUNG CHILD COPE



1. It is okay for your child to have worries

Your child may have some new fears or they may become more easily upset. Remind your child that it is okay to be upset or scared, but also talk them through their feelings. Talking about what has happened helps put the memory in the past. Also remind your child that the world has not changed, that they are safe and that the trauma is over. This can be helpful for recovery.

2. Story telling or drawing may be a helpful way to talk about the trauma

Your child may not be ready to talk about what happened, so don't feel like you have to force it. Your child may also not want to talk about it with you, which is also okay. If this is the case, you could suggest your child write a story or draw a picture about what happened.

If your child is refusing to talk about what happened with anyone and you are worried about their distress levels then you may want to speak to your GP about this.

3. Re-enacting the event through play may not be a bad thing

Children may use this play as their own way of making sense of what happened. Trauma play may not be a sign that they are distressed. Watch if your child is becoming increasingly upset or distressed while playing. Asking them about their play may help you find out what they remember and help them make sense of the event.

4. Be patient with your child

As the result of their trauma, you may start to notice your child lose some skills they had previously learned, such as toilet training. This may result in bed wetting or toilet accidents. Your child may also begin to be really clingy with you, or have more temper tantrums. These are common reactions to what has happened, but should go away naturally over time.



5. Support your child face their fears

After the trauma your child might want to avoid things they use to enjoy or places that remind them of their trauma. For example, they might not want to go in the car, or go to the park, or talk about what happened. Help your child to face their fears step-by-step. As they face their fears, ensure you give them lots of praise for doing so.

You might also want to think of activities or tasks that would help your child feel more in control. Maybe they could start a new task that they weren't doing before, like help choosing meals and shopping or help making a cake.

If you are concerned about a child who has experienced trauma, you may wonder:

Should I encourage them to talk about it?

What might children find less helpful?

What if the child has additional needs?

What if the event is being shown on social media / reported on the news?

When should I seek further support?

Where can I go for support for the child involved?

How can I look after for myself?

Where can I seek additional resources?

For the answers to all of these questions, visit: uktraumacouncil.org and access their guide on 'Supporting Children and Young People After Potentially Traumatic Events'.

Online Safety at Christmas

Christmas is typically a time when more children will spend time online or may receive new devices or gaming technology as gifts.



Current advice is:

Focus on behaviour, not just technology.

It's easy to get caught up in apps, games, or platforms. Try to look beyond the presenting issue and work to educate children about healthy relationships, safe online interactions and managing online risk.



Signs a Child May Be Groomed

- Sudden changes in behaviour, such as spending significantly more or less time online
- Increased time away from home or going missing from school
- Secretive behaviour about online activity or device use
- Unexplained gifts, whether large or small
- Misuse of alcohol and/or drugs
- Developing sexual health problems
- Using sexual language that seems beyond their age or experience
- Appearing upset, withdrawn, or anxious
- Emerging mental health concerns

Parents: Where Can I Find Help and Advice?

Internet Matters is a great website that is committed to helping parents keep their children safe online, providing advice on a range of online safety issues that your child may face to help them enjoy the digital world safely and smartly.

Internet Matters, Internet Safety Advice Hubs include:

- Your Guide to Buying New Tech
- Set UP Device Safety Settings
- Tackle Online Issues
- Choose Age Appropriate Apps
- Get Tips to Talk About Online Safety



If you find this all overwhelming, you can also get personalized advice and a tailored resource pack by answering some key questions / providing key information. If you subscribe for safety tips, you will also get regular advice about the latest apps and platforms that children are using.



5 CHRISTMAS SAFETY TIPS



PeakErgo.com

01

Be Bright About the Lights

Check your Christmas lights carefully for frayed wires, cracked sockets or insulation gaps. If in doubt, throw them out! Better safe than sorry.

02

Be Cautious with Candles

They look so pretty, but can cause great damage. Never leave lit candles unattended, and be sure to blow them out at bedtime.

03

Be Kid & Pet Friendly

Keep shiny, bite-size decorations out of reach for Junior & Fido. And remember, live holly, poinsettia & mistletoe are poisonous if ingested.

04

Be Prepared for Fires

Whether they're in the fireplace or the kitchen, have the proper type of extinguisher handy in case a fire gets out of control.

05

Be Safe on Ladders

When you drag out the ladder to hang those last few ornaments, be sure to keep three body parts in contact with the ladder at all times.



One final thing—please remember that many children can find themselves being forced into unwanted intimate situations at Christmas time when well-meaning friends and family insist on kisses and cuddles. Please remind potential relatives and friends to ask your children first, before forcing them to participate in unwanted affection. Consent is still important—even if it is enthusiastic Aunty Marge who they haven't seen in three years. This can lead to children building a mindset that they have to concede to unwanted affection, even when they want to say no, making them feel uncomfortable and unsafe. **Consent is consent—at any age.**

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 during school hours.

Outside of schools hours, please contact the MASH team on 0300 126 7000 (option 1) or email them at: MASH@nctrust.co.uk.

If you think that a child is in immediate danger, please contact the police / emergency service immediately on: 999