



# Mawsley School Safeguarding Newsletter: February 2026



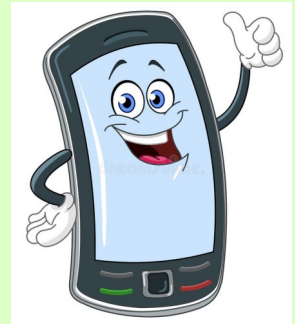
Welcome to February's safeguarding newsletter—the first for 2026. We always aim to provide parents and carers with relevant safeguarding information and advice and to make this as contextually relevant for our school community as possible.

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](mailto:jenny.tedore@mawsley.org.uk)

With the government considering banning **social media** for children under the age of 16, this newsletter starts by focusing on this issue, what the dangers are and how parents can best keep their children safe online.

## What are the Risks?

As social media is so deeply invested in the lives of many children and young people, it offers many opportunities for them to connect across many platforms, create content of their own and explore many corners of the Internet world.



### The NSPCC list risks as:

#### **Unwanted contact**

Unsolicited messages, friend requests, or group invites can lead to uncomfortable or even dangerous situations.

#### **Exposure to inappropriate content**

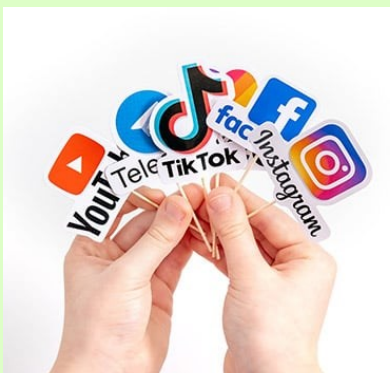
Group chats, disappearing messages, and peer pressure all present dangers. We all know how social media algorithms can also suggest content that is entirely unsuitable.

#### **Distorted body image and unrealistic standards**

Filters, editing tools, and curated posts often present an idealised version of reality. Comparing themselves unfairly can affect their self-esteem and body image.

#### **The pressure of likes and comments**

We all want to be liked. Likes, shares, and comments can feel like a measure of self-worth. Children may seek popularity through online influences leading to anxiety and an unhealthy need for validation.



Most social media platforms have a minimum age of 13 years old. This means that none of our children at Mawsley Primary School should be accessing social media.

Saying 'no' may present challenges for parents and carers, but we are advised that the long-term safeguarding benefits make the battle worthwhile.

Still concerned? You can always speak to Gareth Weston, our online safety safeguarding lead, or seek advice at:

[www.internetmatters.org](http://www.internetmatters.org)

# TARGET

Parent/Carer  
Online Safety Advice and  
Support

Targeting  
And  
Reducing  
Grooming,  
Exploitation and  
Trading of children  
and young people online

We are now offering advice and support sessions for parents and carers, focused on helping you support your child's online safety.

The sessions aim to increase parents' understanding of online harms, build practical skills for managing online challenges, and empower them to have open conversations with their child/young person. We can also help with issues such as parental controls, reporting online safety concerns and how to spot the signs of grooming.

Support is available via:

- Telephone conversations or zoom calls directly with parents
- Workshops within schools for larger groups



Service Six

For more information or to make a referral contact us:

[referrals@servicesix.co.uk](mailto:referrals@servicesix.co.uk)

01933 277520

## Did You Know?

### Family help is available in Northamptonshire.

Family Help is for families with children of all ages. It empowers you and your family to find solutions with support. This can often prevent situations from reaching a point where safeguarding may be compromised.

The Northamptonshire Children's Trust summarises family help as:

**It is done with you, not to you!**

**It prevents little concerns from getting bigger.**

**It makes and keeps families stronger and healthier.**

Their page details services that they provide and how to access these and can be found at:

[www.nctrust.co.uk/support-for-children-and-families/](http://www.nctrust.co.uk/support-for-children-and-families/)



Emma Groom is our friendly Family Support Worker here at Mawsley School, who works on Tuesdays and Thursdays.

**Hub Families:** Our Family Support Worker Emma Groom is looking to introduce a coffee morning for our Hub families with guest speakers from different services on hand to offer signposting and advice.

This would also be a great chance to meet up with other parents.

If this is something you are interested in, please contact [emma.groom@mawsley.org.uk](mailto:emma.groom@mawsley.org.uk)

**Did You Know...? If you are worried about a child's safety or wellbeing, you can make a referral to the Multi-Agency Safeguarding Hub (MASH).**

I am worried about a child who lives near me, but I'm not sure what to do.

Who do I contact?

A MASH referral helps professionals from health, education, police, and social care work together to make sure children and families get the right support as early as possible. You might want to make a referral if you notice changes in a child's behaviour, are concerned about neglect, or feel a child may be at risk of harm.

You do not need to be certain— sharing your concerns allows trained professionals to assess the situation and decide what help is needed. Your information will be treated seriously and confidentially, with the child's safety always the top priority.

I don't feel comfortable not doing anything.

Am I the only one who has noticed?

Your information might be the missing piece of the jigsaw that can help services protect a child.

### NSPCC at Mawsley School

On Wednesday 4th February, the NSPCC will be delivering special workshops for children in Years 2, 5 and 6. The sessions are repeated every three years, ensuring that all of our children will benefit from this expert teaching of essential life skills.

The NSPCC will be delivering age appropriate workshops. The character, 'Buddy' is a speech bubble who is introduced to the children in Year 2, because the NSPCC believes that children should speak out if they have any worries.



Across both key stages, children will understand: abuse in all its forms, including bullying; the ability to recognise the signs of abuse; how to protect themselves from all forms of abuse; to make children aware of how to get help and the sources of help available to them, including Childline .

Children will learn about different types of hurt and will be encouraged to think about who they can speak to if they have a worry or concern.

### Holiday Aftermath & Post-Christmas Issues:

Following the winter, break, children can show signs of: increased, anxiety, withdrawal, or behavioral changes, as well as, issues stemming from new, unrestricted electronic devices.

#### **Key Strategies for to get over the dull, winter blues in February:**

- ⇒ **Children's Mental Health Week (Feb 3–9, 2025):** Focuses on the theme "Know Yourself, Grow Yourself" to help children understand their emotions. Encourage children to identify and name their emotions during conversations at home and become more comfortable discussing these, so that children are then more able to recognize signs of mental health struggles and access help.
- ⇒ **Combat Winter Blues:** The, cold weather can lower mood (Seasonal Affective Disorder), so encourage daily physical activity, even indoors, such as a "flashlight dance party".
- ⇒ **Build Resilience (7 C's):** Foster competence, confidence, connection, character, contribution, coping, and control. Bring dilemmas, hopes and dreams back to these aims during discussions.
- ⇒ **Creative & Educational Activities:** Engage in activities like making heart suncatchers, baking, painting, or learning about something related to your culture e.g. Jamaican cooking, or Scottish dancing.
- ⇒ **Supportive Communication:** Listen to concerns, be patient, and create safe spaces for children to express fears.
- ⇒ **Plan ahead, make monthly goals:** Days out, back garden adventures, do something new, make new friends



## Books that may help with Mental Health:

- Helping Your Child With Fears and Worries, by Cathy Creswell and Lucy Willetts
- Helping Your Anxious Child, by Ronal Rapee
- Stuff That Sucks, by Ben Sedley
- What To Do When You Worry Too Much, by Dawn Huebner
- The Anxiety Workbook For Teens, by Lisa Schab
- Overcoming Your Child's Fears and Worries, by Cathy Creswell and Lucy Willetts
- Breaking Free From OCD, by Jo Derisley

## Mental Health Community Support for Kettering:

There are a range of services available for both children and families in Kettering and these can be found at: [www.ketteringtowncouncil.gov.uk/mental-health-support](http://www.ketteringtowncouncil.gov.uk/mental-health-support)



### 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](mailto:MASH@nctrust.co.uk).

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

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