

SAFEGUARDING NEWSLETTER



Spring Term 2026

Preston Candover CE Primary School

Love, Hope and Justice

Inspire learning for life

Encourage each other and build each other up - 1 Thessalonians 5:11

DESIGNATED SAFEGUARDING LEADS

The designated safeguarding leads (DSLs) for our school are:



Mrs Simrit Otway



Mrs Heather Hulme

*Attendance Champion
Mental Health Lead*



Mrs Dominique Meier

Inclusion Lead

Safeguarding is everyone's responsibility!

Please speak to a member of our safeguarding team if you are worried about a child. Our safeguarding team liaise with children's social care and other external agencies to support families.

Our safeguarding team are here to listen, help and support your family.

They can be contacted via the school office or by telephone: 01256 389278

Our school Safeguarding Governor is Reverend Jennifer

Welcome to the latest edition of the Newsletter from the Preston Candover CE Primary School Safeguarding Team. Through these termly newsletters, we aim to share information, resources and links with you so that we can continue to work together to keep our children safe. We remain committed to supporting families, safeguarding and promoting the welfare of all our pupils. We work hard to ensure we meet all statutory requirements and create a culture where children can develop and thrive within a happy, safe environment.

In this newsletter, we will focus particularly on the topics of attendance, Internet Safety, Children's Mental Health, Road Safety and the importance of establishing good sleeping and early morning routines.

Attendance

Pupil attendance is very important to us here at Preston Candover CE Primary. Research shows that even a few days of absence can have a negative impact on pupils' performance. As a school, we are committed to working with our pupils and parents/carers so each pupil can aspire to achieving a minimum attendance of **96%**, which is our school attendance target.

The model below demonstrates clearly the impact of attendance and lateness on pupils' learning.



Our school attendance figure for Autumn term 2025 was 96.62%.

We do appreciate that there are a range of reasons why your child's attendance can fall below our school target. Where this happens, we will notify you as per our attendance policy so that you are aware. However, please be assured that with sustained attendance, your child's attendance will quickly start to rise again.

With Safer Internet Day taking place on the 10th February, we have been having many discussions with pupils in school about how to stay safe online.

The theme of the Safer Internet day this year was **'Smart tech, safe choices- Exploring the safe and responsible use of AI'**

This is a very important issue. There is no denying the use of AI is becoming more prevalent in our everyday lives and with many children and young people hearing about using AI online, it's important they have the skills and confidence to make safe choices when using smart technology such as voice assistants and chatbots.

In school, we have been exploring the impact of AI on our lives, looking at how AI can be used for good, and giving advice and guidance that empowers everybody to be able to use AI safely and responsibly. We have also considered some of the ethical considerations in the responsible use of AI technology.

As a parent or carer, you play a key role in helping your child to stay safe online. Please do visit the following websites to find a range of great parent guides to support you as you support your child to use the internet safely, responsibly and positively: [Parents and Carers - UK Safer Internet Centre](#)
[Talking to children about AI | NSPCC](#)

The National Online Safety Team, a multi-award winning digital training provider, is another great source of information for parents. They provide a range of free parent guides aimed at supporting to keep children safe online.

[Library | The National College](#)

We have attached their use of generative AI parent leaflet to this email- please do take a look.

Smartphone Free Childhood

There has been much debate recently surrounding the topic of a 'Smartphone Free Childhood'. If this is something you are interested in, the following website has lots of information, resources and top tips about creating a [Smartphone Free Childhood](#).



Children's Mental Health

In school last half-term, we were very pleased to take part Children's Mental Health Week: a mental health awareness week launched by children's mental health charity, Place2Be.

The theme of the campaign this year is 'This is my place' and it centres around the theme of belonging.

We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing.

To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impact in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

Throughout Children's Mental Health Week, all classes participated in a series of 5 research-led mental health and wellbeing sessions, provided and resourced by the accredited PSHE Association. These lessons focus on teaching pupils how to monitor and manage their attention, behavior and emotions to support their mental health and wellbeing.

In our school, we also teach children about mental health through the subject of PSHE, our collective worships and additional assemblies and we link it to our Leader in Me habits. We aim to equip and empower pupils with the tools and strategies they need to look after themselves physically and mentally, make good 'healthy' choices, solve problems, develop resilience and be proactive in seeking help from appropriate places.

In school, we talk a lot about 'our circle of control', a great tool where pupils can identify those aspects that are within our control to change. We also use the analogy of an 'emotional piggy bank' to teach pupils about how to make 'healthy deposits' and avoid taking away from the emotional bank account of both themselves and others. We also use the 'Zones of Regulation' and reflection toolkits to support positive behavior development.

Please do visit the Place2Be website; they have a whole range of practical tips to support children's wellbeing and behaviour.
[Place2Be: Parenting Smart - Articles](#)

Road Safety

Please find below a message to our families from The Road Safety Team:

The Road Safety Team are responsible for educating young people and their families on the importance of keeping safe when travelling in a vehicle. Part of this education includes ensuring young people are travelling with correct restraints. Are you aware that 37% of children are in the wrong type of seat for their age and/or height? The Road Safety Team would like to share this car restraint leaflet with you to ensure you know how to always keep your child(ren) safe – in the correct restraint. There are also hints and tips about choosing the right seat, transporting other people's children and how to fit different types of car seat. To read this informative leaflet, please visit [in-car safety guide](#)

Establishing Good Sleep Habits and Early Morning Routines

There is a significant difference in a pupil's readiness to learn in school when they have had a good sleep and a positive morning before school. Guidelines suggest primary school pupils need on average 9-12 hours of sleep. Research also demonstrates how the excessive use of electronic devices can negatively impact sleep quality in children and adolescents.

In addition to good sleep, having a healthy breakfast, drink of water and a calm start to the day not only improves mental health but also sets children up for a full day of learning and activities. It is also important to ensure pupils have access to a water bottle, healthy snack (KS2 pupils), coat and pencil case so that their needs are met throughout the school day.

Whilst we encourage our pupils to be proactive and organised, please do assist your child in checking that they have all the equipment they need to have a positive day at school.

Coming Up... Spring 2 PSHE Topics

Sparrows: How can I keep myself safe and healthy?

Woodpeckers: What can we do with money?

Robins: What is Diversity?

Kingfishers: How can friends communicate safely?

Summer PSHE Topics

Sparrows: How do people help us?

What goals would I like to set myself?

Woodpeckers: Who helps to keep us safe?

What jobs do people do?

Robins: Why should we eat well and look after our teeth?

Why should we keep active and sleep well?

Kingfishers: How can we keep healthy as we grow?

What will change as we become more independent? How do friendships change as we grow?

(N.B- This topic includes the statutory teaching of puberty to Years 5 and 6 and Sex Education lessons to Year 6 only)

Please see our school website for the PSHE Long Term Plan, Curriculum Overview and Class Topic Cycle Overviews for more information about what your child will be learning in PSHE including the vocabulary. You can also find a copy of our RSHE Policy here [Preston Candover CE Primary School - PSHE](#)

As always, if you have any safeguarding queries or concerns, please come and talk to one of the safeguarding team.