



Autumn 2024

Fairmead School—Safeguarding Newsletter



**Mrs Felstead—
Designated
Safeguarding
Lead**



**Mrs Barratt —
Deputy
Designated
Safeguarding
Lead**

Christmas is upon us...!



Dear Parents and Carers,

As the leaves change and we settle into the new school year, we are pleased to bring you our Autumn Safeguarding Newsletter. This edition has helpful tips and resources to ensure the safety and well-being of our children and young people.

We are committed to creating a safe and supportive environment for all of our school community. Your partnership is crucial in this effort, and we encourage you to stay engaged and informed.

With kind regards, Mrs Felstead and Mrs Barratt.

Understanding consent

Consent means giving clear, informed, and voluntary permission to do something. While it's often discussed in the context of sexual activities, it's also crucial in other areas, such as setting boundaries in relationships and making decisions. For children and young people, this means ensuring they can say "yes" or "no" without feeling pressured, forced, or tricked.

Why is it important for children and young people to understand consent?

- **Respect for Boundaries:** Teaching consent encourages children and young people to respect their own and others' physical and emotional boundaries.
- **Open Communication:** Consent fosters open communication, mutual respect, and equality in relationships.
- **Prevention:** Educating children and young people about consent helps prevent situations of sexual assault, harassment, and coercion.
- **Informed Choices:** Understanding consent gives children and young people the tools to make informed choices about their bodies and relationships.
- **Culture of Respect:** Consent creates a culture of respect, which helps reduce harmful behaviours like victim-blaming.

The 4 C's of consent help children and young people know if consent has been, and is being, given:

1. **Clear:** Yes means yes. If it isn't a yes, it's a no.
2. **Continuous:** Keep checking that it is still a yes; yes now doesn't necessarily mean yes later.
3. **Coercion-free:** It isn't yes if pressure has been put on someone to do something.
4. **Conscious:** The person giving consent must be fully capable of giving consent.





Social media misuse outside of school

We have been informed of several concerning messages and images shared by our children and young people on WhatsApp and Snapchat, including:

- Offensive language and swearing,
- Behaviours which could be perceived as bullying,
- Groups created by students to discuss school staff.



Additionally, we have heard of instances where children and young people try to leave a group chat but are repeatedly re-added without their consent. Beyond the general bad language, there is evidence of online bullying, harassment, and the use of racist, homophobic, and sexually explicit language. Despite our efforts to educate children on proper social media conduct, we continue to see hurtful comments, harmful images, and distressing behaviour.

Please help us by monitoring your child's social media use. Check the chats they are in and the content being posted. Block access to any inappropriate material and report any safeguarding concerns, taking screenshots as evidence if necessary.

Parent contact details



It is good practice for schools to hold more than one emergency contact number for every child in school.

Please ensure that we have a minimum of two, preferably three, and that all details are updated regularly.

Please remember to update us immediately if...

- You move address,
- You change your mobile number,
- You have a change of employment,
- You no longer have a land line number....



Please call the office on 01935 421295 or email office@fairmeadschool.com

Lunch boxes

A study by Leeds University discovered that less than 2% of packed lunches consumed by children in English primary schools meet nutritional standards.

Healthy food helps children stay alert and focused, enhancing their ability to concentrate, retain information, and perform better academically. While it can be challenging to come up with new and exciting lunch ideas, there are many websites offering great suggestions. These include wraps, sandwiches cut into fun shapes, pasta, bran pots, apple crisps, and more.

For inspiration, check out these websites:

<https://www.bbcgoodfood.com/recipes/collection/school-lunchrecipes>

<https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html>

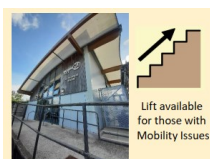
What goes in a lunch box?	
FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	



Fairmead School's Parent Hub

Our Parent Hub enters its second school year and is going from strength to strength. Here you will find lots of information and resources, parent get-togethers, meetings, events, webinars and workshops.

Please contact Sharon White, Parent & Family Support Adviser Call or text: 07901 850869.



Upstairs
Based upstairs
in The Key



Safeguarding Awareness for Parents & Carers (Football Association)

Every week, millions of children participate in football, many within organised clubs and organisations.

To support safeguarding efforts, the Football Association has developed a course specifically for parents.

This course aims to help parents make informed decisions about the football environments where their children play. It guides parents in recognising best practices and identifying potential concerns, enabling them to report issues promptly and effectively.

You can access this free course here.

<https://learn.EnglandFootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>



NSPCC



Links to resources & tools

[Safer internet - Parents & carers resources](#)

[National online safety - guides to apps](#)

[Internet Matters](#)

[thinkuknow - help for parents & carers](#)

[NSPCC - online-safety & online-wellbeing](#)

<https://www.ceop.police.uk/Safety-Centre/>

To report an urgent safeguarding concern where the young person is at risk of harm:



Please call the Police on 999 or

Somerset children: Children's Social Care (Somerset Direct) on 0300 123 2224. For an out of hours service please call the Emergency Duty Team on 0300 123 2327.

Dorset children: Children's Social Care 01305 228866.

To report a safeguarding concern:

Please call the school office on 01935 421295 and ask to speak to a Safeguarding Lead.

Outside of school hours, if it is urgent but the young person is not at risk of harm please call Mrs Felstead on 07860 912587 or Mrs Barratt on 07592 504653. Please do not abuse these numbers—they are for urgent safeguarding only.

You can also email: safeguarding@fairmeadschool.com