



Autumn 2024

Fairmead School—Safeguarding Newsletter

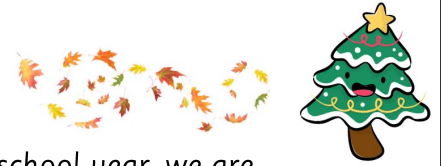


**Mrs Felstead—
Designated
Safeguarding
Lead**



**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.

Is my child too ill for school?

Winter is a peak time for both adults and children to catch mild illnesses like colds, coughs, and sore throats. Deciding whether to keep your child home from school when they're unwell can be tricky, so we've sourced some NHS guidance to help you make the right decision.

NHS Guidance:

- **Coughs and Colds:** It's fine to send your child to school with a minor cough or common cold. However, if they have a fever, keep them home until the fever subsides. Encourage them to dispose of used tissues properly and wash their hands regularly.
- **Cold Sores:** There's no need to keep your child home if they have a cold sore. Just encourage them not to touch the blister, kiss anyone, or share items like cups and towels.
- **Conjunctivitis:** Your child can still attend school with conjunctivitis. Seek advice from your pharmacist and encourage your child not to rub their eyes and to wash their hands frequently.

For more information and guidance on issues such as [vomiting and diarrhoea](#), [COVID-19](#), [ear infections](#), [hand, foot and mouth disease](#), [head lice](#), [impetigo](#), [ringworm](#), and more, visit the [NHS website](#).

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?utm_medium=email&utm_source=govdelivery





Keeping Children Safe in Education (2024)

The 2024 edition of 'Keeping Children Safe in Education' is a mandatory document from the Department for Education that all schools must adhere to in order to safeguard and promote children's welfare. This comprehensive guide addresses various aspects of safeguarding, including:

- Different forms of abuse
- Early help processes
- Safer recruitment practices
- Reporting concerns
- The role of Designated Safeguarding Leads

Safeguarding and promoting the welfare of children involves:

- Protecting children from maltreatment
- Preventing impairment of children's mental and physical health or development
- Ensuring children grow up in safe and effective care environments
- Taking action to ensure all children achieve the best outcomes

For the full document, click [here](#).

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-forkids.html>

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



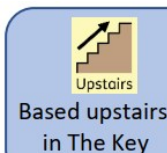
Fairmead School's Parent Hub

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.

The Parent Hub is open every Wednesday between 8.00am -12.30pm & 1.30pm -5.00pm.



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



Growing Up



Gaining independence is a crucial aspect of growing up, but each child matures at their own pace.

The NSPCC website offers a wealth of advice to help you keep children safe at home.

One particularly interesting article discusses how to support children of different ages sharing a bedroom. You can read it here:

<https://www.nspcc.org.uk/keeping-childrensafe/in-the-home/sharing-a-bedroom/>



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