

SAFEGUARDING NEWS

We hope you have had a wonderful break and have returned rested and refreshed

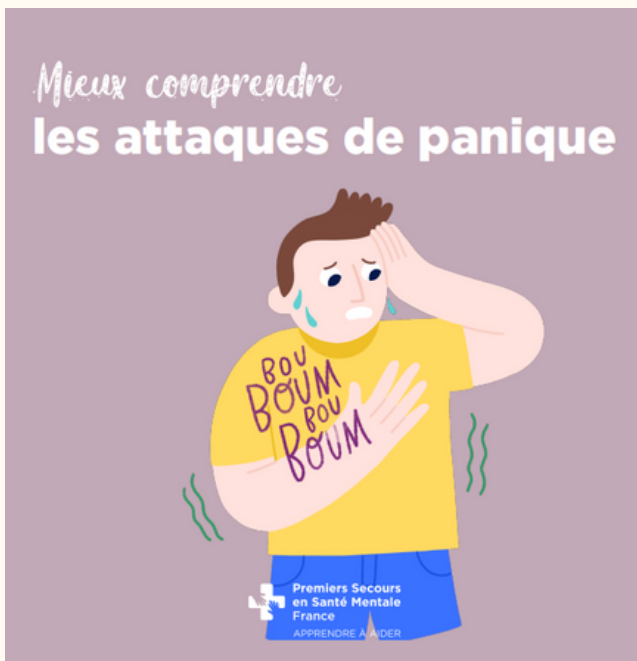
- 4 - World braille day
- 15 et 16 - Intervention de sensibilisation du harcèlement Noémya Grohan, 4 et 5emes
- 17-Protected characteristics and online communication, Safer schools officer, 4emes
- 23- Alcohol awareness 3emes , Dr Sigman
- 24-International day of education
- 24- INSET day
- 25 - Robert Burns night (Burns night)
- 27 - Holocaust memorial day



Winter Landscape
Utagawa Hiroshige Japanese
1846 1907. Oil on Board. Metropolitan Museum

PUPIL RESOURCES: MENTAL HEALTH NEWS

Useful resources:



Panic attacks can be frightening and confusing. Find out how you can help yourself cope. Try the practical tips during and after a panic attack to see if they help you, either using the leaflet in French opposite, or through the video above. You can find more support and useful contacts at www.mind.org.uk/panic-attacks

NEURODIVERSITY SPOTLIGHT: AUTISM

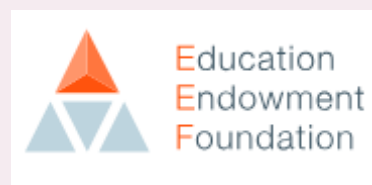
Autism is not an illness

Being autistic does not mean you have an illness or disease. It means your brain works in a different way from other people. Signs of autism might be noticed when you're very young, or not until you're older. Being autistic does not have to stop you having a great life. It may mean you struggle with communicating and interacting with people and there are lots of strategies to help. Like everyone, autistic people have things they're good at as well as things they struggle with.



STAFF RESOURCES

Maybe you would like to try some mindfulness to start off the year 2024. Oxford Mindfulness Centre has produced free resources in the forms of podcasts and guided practice sessions in consultation with leading researchers in the field



The Education Endowment Foundation is an independent charity dedicated to educational achievement. They do this by supporting schools, colleges, and nurseries to improve teaching and learning through better use of evidence. For some great ideas and opportunities to engage with evidence based research, click on the link above

PARENTS RESOURCES

Use this [link](#) for step by step parental control guides to help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites your children use at home to give them a safer online experience and a safe online start to the new year



Please stop parking in the mews. It puts our children and local residents at risk



We know how Winter can affect our health and wellbeing. If your child has a fever or is contagious please keep them safe and warm at home. NHS guidance is [here](#)

HAVE ANY QUESTIONS OR SUGGESTIONS ABOUT SAFEGUARDING?

In the first instance please always talk to your child's class teacher about any concerns

- ▶ If you require help regarding a non-urgent safeguarding matter outside 8.30-5.30 on school days, please call 101.
- ▶ If you need urgent help outside 8.30-5.30 on school days because you feel a child is at risk please call 999.
- ▶ **For pupils needing support:** <https://www.childline.org.uk> or call 08001111 for free, confidential advice



LET'S CHAT!

Colette Shulver
Designated Safeguarding Lead
dsl@lyceefrancais.org.uk

THE SAFEGUARDING PROCESS

PLEASE FIND KEY SAFEGUARDING STAFF AND THE PROCESS INVOLVED [HERE](#)