



## SAFEGUARDING NEWS

Key events for December:

- 1 – World AIDS day
- 2 – International day for the abolition of slavery
- 3 – International day of persons with disabilities
- 9– Careers Forum
- 10 – Human rights day
- 18 – International migrants’ day
- 20 – International human solidarity day
- 21 – Karl Hopwood, an e-safety consultant, will be delivering a comprehensive talk on Online Safety to our 6e pupils. Karl will cover a range of topics, including security threats, safeguarding personal data, online reputation management, and the importance of avoiding harmful or illegal content

Briton Riviere

*Beyond Man's Footsteps* (exhibited 1894)  
Tate [link](#)

## PUPIL RESOURCES: MENTAL HEALTH NEWS

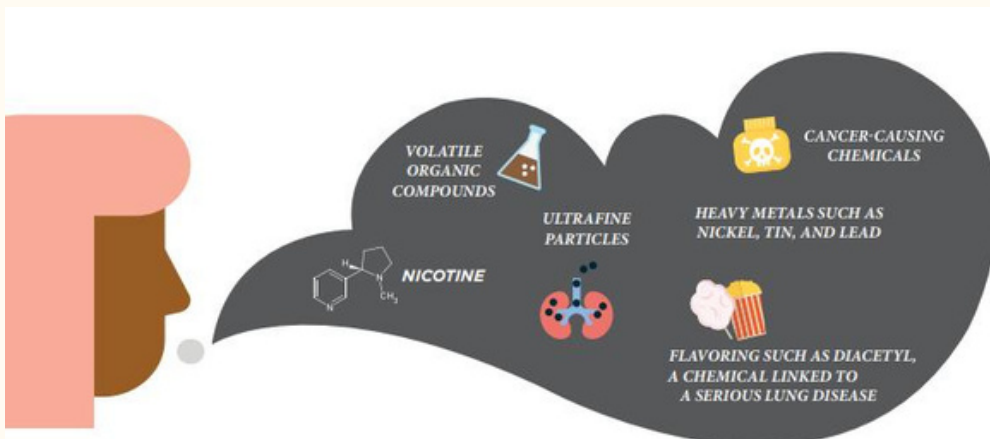
### Useful resources: Mindfulness

We know this time of year can be tiring and stressful as well and spending precious time with friends and family. Remember to take some time to relax. Meditation is not mystical – it's simply a way for us to stop for a moment and be calm. In a busy world, it gives us the permission to pause, breathe and reset. The [NHS recommend some free guided meditations](#) to help relax and de-stress. Click on the image below to access the guided meditations

WE HAVE LAUNCHED OUR LFCG PEER COUNSELLING TRAINING PROGRAMME, "À L'ECOUTE". THANK YOU TO ALL OUR TRAINEE COUNSELLORS FOR RISING TO THIS CHALLENGE. FIRST MEETINGS ON WEDNESDAY THE 6TH IN SALLE CHURCHILL



Conference on VAPING with Dr Sigman and 3emes 21st November Click on the diagram below to access his recommended resources



Students who eat or spend time in our local community, we thank you for respecting members of the public, local residents and businesses by managing your eating and waste disposal in a responsible way



## NEURODIVERSITY SPOTLIGHT: DYSPRAXIA

At school, we rarely want to be as different, but we **are** all different. Vive la difference! Our school wants to celebrate differences and make a commitment to any member of our community who have a preferred way of working. It usually works for lots of other people as well.

Developmental co-ordination disorder (DCD), also known as dyspraxia, is a condition affecting physical co-ordination. It causes a child to perform less well than expected in daily activities for their age, and appear to move clumsily.

A number of therapies can help children to manage their problems. These include:

- being taught ways of doing activities they find difficult, such as breaking down difficult movements into smaller parts and practicing them regularly
- adapting tasks to make them easier, such as using special grips on pens and pencils so they are easier to hold



## STAFF RESOURCES



ANNA FREUD CENTRE GUIDANCE FOR STAFF ON CLASSROOM WELLBEING, [CLICK ON THE IMAGE FOR RESOURCES](#)

DEVELOPING A THERAPEUTIC CLASSROOM: LGFL GIVES SOME GREAT ADVICE ON CLASSROOM STRATEGIES AND IDEAS [HERE](#) IN A SERIES OF SHORT VIDEOS.



THE COUNCIL OF EUROPE has published a document about Improving Wellbeing at School. "Students' well-being and their success in and outside school depend on their ability to use their competences for democratic culture. Since well-being has many facets, improving students' well-being in schools requires a whole-school approach, involving both teachers and parents." [Click on the link above for more information](#)

Free Cyber security training:

School staff are a critical part of a school's IT security defence. This video looks at what threats schools face and gives tips on good cyber hygiene that can help staff improve a school's cyber resilience. You can receive a certificate to show the training has been completed. [Click on the screen shot link to start the training](#) (approx 30 mins)



## PARENTS RESOURCES



YOUNG MINDS GUIDE :HOW TO PROVIDE EMOTIONAL SUPPORT



A guide for parents and carers: How to talk to your child about mental health [here](#) and a list of resources if you need [urgent help](#)



CHILDNET'S PARENT GUIDE TO ONLINE SAFETY [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  
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THE SAFEGUARDING PROCESS

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