



# PUTTERIDGE PRIMARY SCHOOL

## Safeguarding Newsletter



Spring 2, 2025

### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

**If a child is in immediate danger, call the Police on 999**

### Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

#### Designated Safeguarding Lead:

Mrs V Prowle



#### Deputy Designated Safeguarding Leads:



Mr C Pickard Miss N Chinnery

#### School Safeguarding Governors:

Mr L Donohoe

All can be contacted via the office or by telephone on:  
**01582 728262**

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):



Dear Mums, Dads and Carers,

This half-term should hopefully see a return to longer days and, with them, better weather and more opportunities to get out and about. With that in mind, I have included a fact sheet from the National College about Cycle Safety as families are hopefully able to dust off the bikes and head out together.

In the coming weeks in school we will be working hard as usual and towards the end of term it will be your chance to come in and meet your children's class teachers at our Parent Consultation Evenings. Mrs Brown, Mrs Bennett and myself will be available at one or both of these events should you wish to meet us regarding any pastoral concerns you may have. Either catch us on the night if we are free or email using the address below to make an appointment.

Finally, if there is anything you would like to see featured in this newsletter around safeguarding or wellbeing, please let me know via the school email address: [enquiries@putteridgeprimaryschool.org.uk](mailto:enquiries@putteridgeprimaryschool.org.uk)

*Mrs V Prowle* (Designated Safeguarding Lead)

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

☎: 01582 547653

Out of Hours service: 0300 300 8123

✉ [MASH@luton.gov.uk](mailto:MASH@luton.gov.uk)

Or make an online referral via the website:

[https://directory.luton.gov.uk/kb5/luton/directory/service\\_page?id=aJZE\\_O SgZfQ](https://directory.luton.gov.uk/kb5/luton/directory/service_page?id=aJZE_O SgZfQ)

### Useful Safeguarding Acronyms and Vocabulary

**DSL:** Designated Safeguarding Lead

**MASH:** Multi-Agency Safeguarding Hub

**CP:** Child Protection

**CaIN:** Child in Need

**FPT:** Family Partnership Team

**TAF:** Team Around the Family

**CEOP:** Child Exploitation and On-Line Protection Centre

**KCSIE:** Keeping Children Safe in Education

**PREVENT:** Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

**CAMHS:** Child and Adolescent Mental Health Services

**CHUMS:** Mental Health and Wellbeing Service

**SEND:** Special Educational Needs & Disabilities



# 10 Top Tips for Parents and Educators

## TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

### 1 CONSIDER CYCLE TRAINING

Courses like *Bikeability* are extremely useful, and training in general has come a long way since cycling proficiency began; there are *Bikeability* courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signalling and visibility), and can help both parents and children feel more at ease on busy streets.

### 2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

### 3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

### 4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

### 5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

### 6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

### 7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

### 8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away. Just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

### 9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers. In case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you!

### 10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

### Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling

#WakeUpWednesday

The National College



## What is CAMHS?



The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. They aim to provide help to children and the wider family, including those living in foster care, those who are adopted and young people living in children's homes. The service may see children on their own, with parents or wider family and they may also see parents on their own.

Children and their families referred to the service may be experiencing a variety of problems including:

- Eating difficulties
- Emotional feelings such as loneliness
- Fears and anxieties
- Parents having problems managing their children or concerned that their own difficulties are affecting their children
- Relationship difficulties
- Traumatic experiences

The service is also available to help children, adolescents and their families with mental health issues relating to physical or learning disabilities.

At Putteridge we have a CAMHS link worker, Chelsie Shaw, who comes in regularly to meet with the pastoral team to discuss any children about whom we have concerns or where parents have asked for support. She is able to offer drop-in sessions in school to meet with parents and share advice/resources as a first step and also leads workshops about Anxiety (as standalone) and the **4As** (**A**nger, **A**nxiety, **A**utism and **A**DHD)

Before any discussion takes place we have to gain consent from parents which may be done via a face-to-face conversation, email or phone call. Likewise, if you have a concern about your son/daughter and wish for us to talk to Chelsie about this, please get in touch.

In some cases, we may agree that a full referral to CAMHS may be the best way to support you and/or your child. At this point a form will be submitted and an assessment appointment at the clinic will be offered.

## Mental Health and Wellbeing Dates for your Diary:



We all know sleep is important. As we approach **World Sleep Day**, here is some detail about why and what we can do as parents to help our children develop healthy sleeping habits.

This has been taken from [The Children's Society](#) website where there is a lot more information about this and other topics.

### Why is sleep important?

Sleep is important for all of us, but it is even more so for children and young people. While there are some short-term effects, such as drowsiness and low mood, there are also long-lasting, more physical impacts when children don't get enough rest.

Deep sleep is where an estimated 75% of human growth hormone is released. This is also released during exercise. A single night of no sleep will not stunt a young person's growth but, in the long term, it could be affected.

On top of this, sleep keeps us healthy. When we sleep, our heart rate and blood pressure go down, meaning our heart gets time to rest and replenish. It also helps our body produce proteins used by the body to fight infection, illness and stress.

From school classes to discovering who they are and what they like, children are always learning. Their brains make sense of these things when they sleep. That is why a lack of it can make them more forgetful. In fact, there are some studies which show that we can actually learn new things while we sleep!



## Sleep Hygiene

Sleep Hygiene is just a fancy term for describing habits and strategies for getting a good sleep on a regular basis. It's not only about what children do at bedtime, there are lots of things you can do to help them sleep better.



Good sleep hygiene begins in the day. Things like what your child eats and drinks and when can make a real difference. Caffeine for instance, is a stimulant and could be causing a child to stay awake longer than they should. It is found in most energy and fizzy drinks, tea and coffee.

We need to eat healthy, balanced diets to keep our bodies and minds in shape so the impact food can have will be no surprise. Eating a large meal before bedtime can also contribute to a child struggling to drift off. On school nights, it's especially important that they eat earlier as they are more likely to need to get up in the morning at an earlier time.

### Keeping a sleep journal

It is important to get things off our chests. This is especially true when it comes to sleep. If a young person is having difficulties with homework or they are feeling anxious about something they are far more likely to have problems sleeping. That is where a sleep journal comes in.

A sleep journal is somewhere a child can record their thoughts and feelings before bed to help them spot negative thoughts and behaviours. It is meant to be a place to express themselves and let their minds wander, as they get it all down on paper. There is no right or wrong way to do this. They can draw, decorate the cover and use images from magazines to let their creativity lead them. This is best done a few hours before bed so the thoughts and feelings can settle, making it easier to sleep.

Some more websites with ideas and advice to support you with developing good sleep habits at home:



(The Sleep Foundation) [Children and Sleep](#)



[Help me out – Sleep](#)

[Sleep](#)



This is the **UN International Day of Happiness**. This year's theme 'Caring and Sharing' reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger.

<https://www.dayofhappiness.net/>

**Caring:** Get in touch with someone to let them know you care. It could be a loved one, an old friend or maybe someone who might really appreciate hearing from you! Send a message, make a call or pay them a visit.

**Sharing:** Share something that you found helpful or inspiring. Pass on an uplifting story, podcast, book, article, photo or something else you found helpful recently. It could be practical, funny or heart-warming!

*"We don't have to engage in grand heroic actions to participate in the process of change. Small acts, when multiplied by millions of people can transform the world" – Howard Zinn*

