

## Our Safeguarding Team

Mrs Woodhouse

Mr Pardoe

Miss Pickin

Mr Waterfield

Mr Hinton

Mrs Bloomer

Miss Hall

Miss Crannage

The Safeguarding lead for Dudley Academies Trust is Mr Townsend.

A copy of the school's safeguarding policy can be found on our website.

## Just a few points to remember:

- ◆ If your child has an accident at home, please let your child's class teacher know in the mornings at drop off.
- ◆ If your child is absent from school please remember to inform school on each day of their absence. If your child is absent for 3 days or more a home visit will be conducted.
- ◆ If someone other than yourselves is collecting your child from school, school must be informed before 2.15pm. This is also applicable to after school clubs; we will also not let children walk home unaccompanied without prior notice.

As we near the end of a very busy autumn term, we hope that you all find time to rest, and enjoy the holidays with your loved ones.

At Kates Hill Primary School, the safety and wellbeing of every child is our top priority. This newsletter shares important updates and practical tips to help keep children safe both in school and at home during the school holidays.



## Online Safety

Children are spending more time online for learning and entertainment. Please:

- **Set parental controls** on devices and apps.
- **Talk regularly** about safe online behaviour—never sharing personal details or passwords.
- **Check age ratings** for games and apps.
- Use trusted resources like <https://www.thinkuknow.co.uk/> for guidance.

## Mental Health & Wellbeing

We know that emotional wellbeing is key to safeguarding. Encourage:

- **Open conversations** about feelings.
- **Routine and sleep**—children thrive on structure.
- If you notice changes in mood or behaviour, please speak to us or seek support from <https://www.youngminds.org.uk/>.

## Stranger Danger & Road Safety

Remind children:

- **Never go with someone they don't know.**
- **Always use crossings** and stay alert near roads.
- Practice safe routes to and from school.

## Seasonal Safety Tips – Christmas Holidays

The festive season is exciting, but it's important to stay safe:

- **Supervise online activity**—new devices and games often come at Christmas.
- **Be cautious with decorations**—keep small items and batteries away from young children.
- **Fire safety**—check fairy lights for faults and never leave candles unattended.
- **Travel safety**—plan journeys in advance and dress children warmly for winter weather.

If you are ever concerned about the safety or wellbeing of a child that you know, do not hesitate to contact Dudley Children's Front Door on 0300 555 0050 for further advice.

## Important Reminders

Please note that school will be closed for the half term break from Friday 19th December to Friday 3rd January. School will reopen on Monday 5th January, where we look forward to welcoming all of our children back to start the new year.



# Christmas Self-care

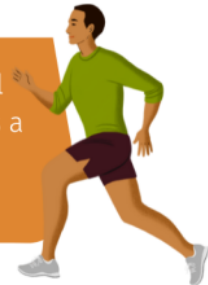
Christmas is a difficult time of year for many of us, whether you celebrate it or not. Here are some tips to looking after your wellbeing this winter.

**Spending time in nature** - This could be going out for a walk or visiting a park with a friend or family member. Being outside in nature is great for relieving feelings of stress, anxiety and physical health too.



**Eating healthily** - Eating lots of colourful fruit and vegetables, but also making sure you treat yourself too.

**Exercise** - Exercise is a great way to not only improve your physical health but also benefits your mood and wellbeing. The RC Hub has a selection of resources for 'Improving my physical health.' this includes keep fit videos, apps, podcasts, fitness guides and more.



**Sleep** - Create a routine of what time you go to bed, that way your body will fall into the routine of when to go to bed. To help you relax try listening to some relaxing music, having a bath or meditation. Try to limit your use of electronic devices before bed as this can disturb your body clock making it harder for you to fall asleep.

**Support** - Speaking to family or friends, Christmas can be a difficult time of year for many of us. Make plans of different activities or places you could visit. The RC Hub has a section for 'Staying Safe' and 'Accessing social activities in my community.' Create your own self-care box this could include some craft activities and your favourite treats make it your own.



For more information be sure to check out The RC Hub  
[www.therecoverycollege.co.uk/the-hub](http://www.therecoverycollege.co.uk/the-hub)