

St Mary's C of E Primary School

Safeguarding & Wellbeing Newsletter September 2022

Welcome to our Safeguarding and Wellbeing newsletter for the Autumn Term 2022!

At St Mary's C of E Primary School, we are committed to safeguarding and promoting the welfare of all our pupils. We want all our pupils to feel happy, safe, valued and respected and our staff work to promote the children's social, physical and moral development to support them in becoming happy, healthy and responsible citizens of the future. Safeguarding and wellbeing are at the heart of everything we do at St Mary's and is underpinned by the rights respecting approach that we have adopted.

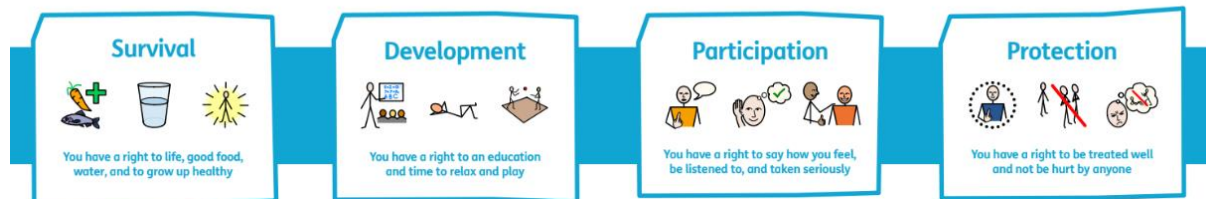
Article of the Month



UN Convention on the Rights of the Child



Children's
COMMISSIONER



As we continue on our journey towards becoming a Rights Respecting School we will be focussing on a specific right, or related rights, each month. These articles will be introduced to the children through whole school assemblies and children will have the opportunity to consider what each right means for them as individuals as well as for us as a whole school community.



You can watch this short video which introduces the CRC (Convention of Rights of the Child) or download a summary of the UN CRC [here](#)



Her Majesty, Queen Elizabeth II



We have all been saddened by the news of the death of Her Majesty, Queen Elizabeth II on 8th September 2022. Children are inquisitive individuals and love to ask questions and really understand what is going on and for some children this may be the first time they hear the words 'death' or 'died'. They may hear things on the radio and television, in schools or across their social media channels which could prompt a lot of questions and curiosity from children, wanting to know what it all means. Unfortunately, for some children they will have already experienced a bereavement and this significant event could bring up their own difficult feelings. As we enter this period of national mourning, the charity Winston's Wish share some useful tips on how to explain Queen Elizabeth's death to a child or young person.

Use clear, age-appropriate language

Although it's tempting to use terms like 'gone to sleep', 'passed away' or 'lost', this can be confusing to children who often take things literally. If she's gone to sleep, why can't we wake her up? If she's lost, why can't we find her? Although they feel harsh and blunt, and as adults we can shy away from them, using words like 'dead', 'died' and 'death' helps to create a clear definition for children.

Explain what death is using concepts they understand

This could be a child's first experience of death and, if they are younger, they might not fully understand the concept of death. This can be confusing and frightening for them. This is a clear way to explain death:

When someone dies, their body has stopped working and they can't be brought back to life. They are no longer able to do the things they could when they were alive, such as move or talk. When someone dies, their heart stops beating, they stop breathing, their brain stops thinking. Sometimes it helps to start by talking about the concept of being alive.

You can also use examples in nature to explain death to a child, such as the difference between an insect which is alive and one which is dead.

Reassure your child

Hearing about The Queen's death might make children worried about people around them dying. If you can, offer them reassurance but without making impossible promises. Saying things like 'we are healthy and we're going to do all we can to keep that way because I want to do X in the future' Or if someone is seriously ill, you can still offer reassurance but being honest is important. An explanation such as 'you know Dad is very ill at the moment and has an illness called X. The doctors are giving Dad special medicine and working very hard to make him better.'

Be honest

It's better to be open, honest and direct when someone has died. Without clear information children tend to fill the gaps to try and make sense of what is happening. There will also be lots of information available to them elsewhere which they may start searching for – on TV, online, overhearing conversations and playground talk. This can mean that children imagine all sorts of things about a death, which are often worse than the reality.

Encourage questions and honest answers

A child may have a lot of questions about The Queen's death, or it may prompt questions about death in general. It could be all at once or they may come back to you several hours or days later. Try to answer them honestly and if you don't know the answer, let them know you will try to find out for them. By reassuring them that questions are ok, and you'll do your best to answer it, they are learning to trust the responses you give.

Let them know their feelings are normal

Let the child know that their feelings – anger, sadness, guilt, worry, confusion and more – are all normal reactions to hearing that someone has died. They may not feel upset as they didn't really have a connection to The Queen, and that's ok. However, if they do feel upset, it's important to also honour their reaction and sadness, and allow them to explore their feelings.

Don't be fearful of showing your own emotions

Children will look to adults around them to make sense of grief and try to understand how they should react. It's ok to explore feelings with children and give them permission to explore their feelings with you. For example, if they see you upset you could say 'I'm sad because I am sad that The Queen has died' or 'I'm crying because The Queen's death has made me think about when your Granny died'.

Where to get support

If you know a child who has been bereaved or is impacted by The Queen's death, Winston's Wish provides support for grieving children, young people (up to 25) and adults supporting them. Call them on Freephone Helpline on 08088 020 021 (open 8am-8pm, Monday to Friday) or email ask@winstonswish.org

Jigsaw PSHE

Our Jigsaw themes for the Autumn Term are 'Being Me in My World' and 'Celebrating Difference'. Throughout the term children will have the opportunity to explore topics such as identifying & understanding feelings, rights and responsibilities, feeling welcome and valued, having a voice, challenging assumptions and enjoying and respecting our differences and different cultures. You can find out more about our whole school approach to PSHE on our [school website](#)



Road Safety

We know that a number of our Year 6 pupils are now walking home independently, with your permission. Developing independence is an important part of growing up and something we would want to encourage our children to do. However, it is also important that we teach them how to keep themselves safe. Please encourage your children to walk home together in pairs or small groups where possible and we suggest that you give them a clear deadline on the time that you are expecting them home by. Please also discuss road safety with them. We will be reminding them of behaviour expectations even when they are outside the school grounds as they are representing the school at all times while in uniform. Our full policy on children travelling to and from school alone can be found [here](#) and on our school website.

Worried about something?

Effective safeguarding relies on the whole community working together in the best interests of our children. If you have seen or heard something that is causing you concern then it is important that you share this information. It may be nothing or it may be the 'tip of the iceberg'. Please contact...

School

Mrs Clare Quinn (Safeguarding lead)

Mrs Emmeline Lawlor (Deputy Safeguarding Lead)

Miss Carol Johnson (Safeguarding Team)

The school senior leadership team can be contacted via slt@stmarys.rbksch.org

Children's Social Care Services (CSCS)

Kingston CSCS are contacted via the Single Point of Access (SPA) team. Anyone can make a referral through SPA.

The Single Point of Access team is available from 8am to 6pm, Monday to Friday. Call on 020 8547 5008, visit <https://kr.afcinfo.org.uk/pages/web-site-information/safeguarding> or if you need to speak to someone urgently after hours or at the weekend, call the 'Out of Hours' team on 020 8770 5000.

Police Safer Neighbourhood Team (Chessington South)

PC Rachel Cumberbatch

PCSO Simon Briggs

Tel: 020 8721 2001 Email: chessington.snt@met.police.uk

In an emergency and if a child is in immediate danger call 999