



SAFEGUARDING

Spring/Summer Newsletter



Welcome from the Safeguarding Team...



Dear Parents and Carers,

Safeguarding remains at the heart of everything we do and is everybody's responsibility. We are committed to working together as staff, families, and the wider community to keep our children safe both in and out of school. By maintaining open communication and strong partnerships, we ensure all children feel safe, supported and confident.

We are pleased to welcome back Mrs Aves (SENDCo) from maternity leave. Our safeguarding team plays a vital role in helping to keep children safe at school, at home, and within the community.

Safeguarding at Westbourne:

Cyber Choices Workshop – Year 5 & 6

This term, Year 5 and Year 6 took part in an engaging visit from the Cyber Choices Team at the Metropolitan Police, coordinated by the National Crime Agency. The workshop focused on cyber safety and understanding the Computer Misuse Act (1990).

Key learning points included:

- Supporting young people in developing cyber skills
- Promoting positive and responsible use of digital abilities
- Raising awareness of career pathways in cyber security
- Understanding the law and consequences of misusing technology
- Recognising legal vs illegal online behaviour

During the session, children explored:

- The difference between legal and illegal online activity
- Responsible use of social media
- Ways to stay safe online

Our children participated brilliantly, sharing experiences and asking thoughtful questions, demonstrating a strong commitment to online safety.



Supporting Healthy Screen Use – Parent Workshop

We were delighted to host a Screen Time Workshop for Parents, delivered by the Education Wellbeing Service.

The session supported families to:

- Encourage healthy screen habits
- Set appropriate boundaries
- Balance screen time with sleep, learning and physical activity
- Understand the impact of excessive screen use on wellbeing

We encourage families to continue these important conversations at home and maintain consistent routines.



Support for Families—Welfare Benefits Advice & Support Team

Support is available through Sutton's Welfare Benefits Advice & Support Team.

They can help with:

- Welfare reform guidance (Universal Credit, Benefit Cap, Bedroom Tax)
- Benefits enquiries and maximisation
- Crisis support and funding access
- Digital support for making claims
- Council tax reduction and debt support
- Budgeting advice
- Liaison with Universal Credit
- Tenancy and low-level debt advice



If you would like to access this support, please email safeguardingteam@westbourne.sutton.sch.uk for further information.

Contextual Safeguarding: Staying Safe while Travelling

As children prepare for the transition to secondary school, travelling safely and confidently is essential.

Staying Safe While Travelling

- Plan and practise routes together
- Use well-lit and busy areas
- Agree a clear plan if travel is disrupted
- Stay aware when in public or using transport

Reducing Vulnerability

- Avoid displaying expensive items
- Keep valuables out of sight
- Trust instincts and move to safer areas if needed

Confidence and Communication

- Encourage open discussions
- Reassure children that asking for help is the right thing to do
- Report any incidents promptly

Visible Policing and Community Safety

Local Safer Neighbourhood Teams are carrying out targeted patrols around:

- Schools
- Transport hubs
- Key travel routes

These patrols aim to prevent incidents and provide reassurance.

Working Together

Keeping children safe especially during transitions requires strong partnerships between school, families and the wider community.



Is Your Child P.R.E.P.A.R.E.D. For Their First Cellphone.

For Parents - Is Your Child Prepared for their First Phone?

From Alan Mackenzie, Online Safety Expert

It's a question that so many parents struggle with, balancing the positives, the negatives, the need, cost and so much more. The problem with such a question is that there is no one-size-fits-all answer.

Darren Laur has written a really useful article for parents, within the article he uses the acronym PREPARED which takes away the complexity and allows parents to make decisions based on their own circumstances.:

- P - Purpose.
- R - Responsibility.
- E - Empathy and respect.
- P - Perception of risk.
- A - Adaptability and resilience.
- R - Regulation.
- E - Executive functioning.
- D - Digital discernment.



The article is a really good read:

<https://www.thewhitehatter.ca/post/is-your-child-p-r-e-p-a-r-e-d-for-their-first-cellphone>

Physical Chastisement:

Physical punishment and any practices that harm, humiliate, threaten, or damage a child's confidence are not appropriate ways to manage behaviour.

Westbourne Primary School considers all forms of harm to children unacceptable, regardless of cultural or religious beliefs.

The school has a legal duty to report suspected or confirmed physical chastisement to social care and the police. Any punishment causing visible injuries (e.g. bruises, cuts, swelling) is illegal in the UK and may result in prosecution for actual bodily harm, with penalties of up to five years in prison. Even without visible injury, physical chastisement can be considered common assault.

In Sutton, cases involving physical chastisement are rising, and schools are required to inform parents and carers.

The NSPCC also provide a need-to-know guide on positive parenting

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

Westbourne's Safeguarding Policy can also be found on our school website.

<https://www.westbourne.sutton.sch.uk/safeguarding-and-online-safety/>



Domestic Abuse and The World Cup:

With the World Cup starting later this week, it is useful to bear in mind that such sporting events often lead to an increase in incidents of domestic violence.

A 2013 Lancaster University study found a 38% increase in domestic abuse reports when England loses, and 26% when they win or draw. During Euro 2024, police forces recorded 351 football-related domestic abuse incidents across England and Wales, up from 193 in 2021.



Useful Contacts:

For Women: <https://womensaid.org.uk/information-support/womens-aid-directory/>

For Men: <https://mensadviceline.org.uk/>



Attendance

Regular school attendance means children:

- * succeed!
- * reach their full potential!

Our lessons are in a sequence, with each lesson building upon previous learning. When a child misses school, they may struggle to grasp new concepts, as they have not had the opportunity to develop the necessary foundational skills.

It is for this reason that we aim for all pupils to have an attendance record of at least **96%**.

Punctuality

A reminder that the morning school gates are open at the following times:

Nursery: 8.30-8.40am

Reception: 8.35-8.45am

Year 1—6: 8.40-8.45am

As a school, we understand that on **rare** occasions being late is unavoidable, however children who arrive late are greatly disadvantaged because they miss starting the day with their peers and the beginning of lessons.

If there are any reasons making it difficult for your child to get to school on time, either speak to your class teacher and/or our Safeguarding Lead, Mrs Mills. Alternatively, please email the safeguarding email address (safeguardingteam@westbourne.sutton.sch.uk) so we can work together to support you.

Key Safeguarding Topics: What you should know and do...

Recent News and Updates:

Ofsted now reports a very low number of schools failing safeguarding inspections. This is positive, though it also means schools are being evaluated carefully at every level.

A recent survey shows **online bullying** remains one of the top concerns for primary schools, especially as children access online activity outside of school hours.

Sutton LSCP has released a *Fire Prevention & Safeguarding* training module developed with London Fire Brigade — useful for those who visit homes or work in the community.

Contact Details & Support Resources:

- **Our Safeguarding Team at Westbourne Primary:** email: safeguardingteam@westbourne.sutton.sch.uk or phone: 02086 448453
- **Outside School / Urgent Help:** Children's First Contact Service (Sutton): 020 8770 6001 (9-5 Mon-Fri) / 020 8770 5000 (out of hours)

• Sutton

LSCP: suttonlscp@sutton.gov.uk suttonlscp.org.uk

- **NSPCC Helpline:** 0808 800 5000

Useful online resources:

- Thinkuknow (online safety)
- Childline



At Westbourne, we believe that by working together, staying informed, and maintaining open communication, we can ensure all children feel safe, confident, and prepared for the next stage of their journey.

Thank you for your continued support and partnership.

Warm wishes,

**The Safeguarding Team,
Westbourne Primary School**