

Safeguarding Newsletter



Summer Term 2022

At Alverton Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and of utmost priority.

The aim of our termly safeguarding newsletter is to communicate key information to parents concerning safeguarding and how as a school we aim to keep you informed to actively promote the safeguarding and welfare of all our pupils. We try to have a different focus each term to provide information that is helpful for our parents about situations that their children might face now or in the future.

You can find further safeguarding information in the Safeguarding section of our website, including all our previous Safeguarding newsletters which contain a range of safeguarding information.

<http://www.alverton.org.uk/website/safeguarding/85998> and http://www.alverton.org.uk/website/online_safety_for_families/246722

Sleep

In our newsletter this term, we will be focusing on the importance of sleep and regular routines as parents regularly talk to us about their child's sleep patterns. Although not a safeguarding issue as such, getting a good night's sleep can really help a child's wellbeing.

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel unwell, unable to learn and not want to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, here are some suggestions that may help.

1. Think about the bedtime routine - what time does your child go to bed? If they are going to bed too late, they will not get enough sleep. Try bringing bedtime forward by 10 minutes at a time.
2. Make sure they are tired before going to bed.
3. Have a period of quiet time before going to sleep so that their body and brain can relax and prepare for sleep.
4. Don't let children use their phone or iPad etc or play online games before bed - this can stimulate your brain and make it more awake.
6. Try to ensure the children go to bed at the same time every day once you have a settled routine.

7. Encourage them to do a relaxing activity before bed, such as reading or listening to calm music.

8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?



Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

Older children may also stay up late or even wake in the middle of the night to use social media.

Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.

Encourage your child to stop using screens an hour before bedtime.



The National Sleep Foundation recommends that school-age children should sleep for a total of 9 - 11 hours every day.

As all children are different and school-age includes a wide set of ages, the individual needs of any child in this group can vary significantly and there seems to be no hard and fast rule about this. Younger school-age children typically need more sleep than those approaching secondary school age.

If you have tried these tips, but your child is regularly having problems sleeping, you may feel that you need further support. You can speak with your GP who may be able to provide additional information. You are also very welcome to speak to a member of staff at school.

Online Resources

There is a lot of information available online about sleep. Some sites that you may find useful include:

<https://www.sleepfoundation.org/children-and-sleep>

<https://thesleepcharity.org.uk/>

<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

Who can I talk to if I am worried about a child?

If you see it, hear it or know about it - report it!

This could be a child being neglected or any other kind of abuse.

Remember - safeguarding is everyone's responsibility.

Mr Higgs is the Designated Safeguarding Lead (DSL) for Alverton School and **Mrs Wicks** is the Deputy DSL. They will always be willing to listen to any concerns you may have.

If they are not available, Mrs Clemens, Mr Dawe, Mrs Daylak, Mrs Hall, Mrs Hughes, Mrs O'Neill and Mrs O'Rourke have all received additional safeguarding training and will be able to help you.
01736 364087

Cornwall Multi-Agency Referral Unit
0300 123 1116

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk

ChildLine
0800 1111 