



RADLETT  
PREPARATORY SCHOOL

# Safeguarding Newsletter

Dear Parents and Carers,

We would like to welcome you to the Autumn edition of our Safeguarding Newsletter, where you will find lots of helpful information and links.

We would especially like to welcome our new families to this termly newsletter designed to inform you of key safeguarding updates and helpful information around safeguarding issues. At Radlett Preparatory School, safeguarding and promoting the welfare of children is of the utmost importance, and is everyone's responsibility.

**If you have any concerns about a child's welfare or safety, please speak to a member of the school's Safeguarding Team.**

## Updates to the Safeguarding Team

We are delighted to welcome Mr Pillinger to the Safeguarding Team! Should you have any questions or concerns, please do not hesitate to contact any member of the team via email: [safeguarding@radlettprep.co.uk](mailto:safeguarding@radlettprep.co.uk) or contact the school office on 01923 856812.

## Mental Health

The mental health of our pupils is extremely important to us and we want all children to feel happy and safe. There are times when our pupils may need some extra support both in school and at home. If you have any concerns about your child's mental health, please alert your child's class teacher.

NHS Every Mind Matters has a range of support and self-help tips for both you and your family.

Strategies outlined can lift your mood or help ease anxieties. There are a few small things that you can do to make big changes, from taking a walk, prioritising sleep patterns or speaking to a friend. Please use the link below for a range of tips to support you and your family.

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team:



Mrs Foster — Lower School Leader & Designated Safeguarding Lead (DSL)



Mrs Flynn — Principal & Deputy Designated Safeguarding Lead (DDSL)



Ms Collings — Middle and Upper School Leader & DDSL (Maternity Leave)



Mrs Wolpert — Year 5 Year Group Leader & DDSL



Mr Pillinger — Acting Middle and Upper School Leader & DDSL

### Pastoral Support

Mrs Wolpert has introduced weekly 'drop in' sessions for pupils. These sessions run every Monday at 12pm. Pupils are already making use of this opportunity where any concerns they may have, can be explored. If there is a matter of concern which you need to be made aware of, Mrs Wolpert will discuss this with you.



### Community

We are aware of disturbing content and a number of concerning messages that are being shared on social media around current issues. As a school, our focus this half term has been around community. We are promoting tolerance, compassion and understanding of each other and trust our school community will support this message.

### Online Safety—Childnet

Childnet is a website designed to help parents to keep their children safe online. As we know the online world can be a scary place at times. Please access the link below which directs you to a newsletter with key online safety resources. It will signpost you to places to go for advice, ways to stay up to date, top tips and places to report online safety concerns.

[Parents and Carers resource sheet | Childnet](#)

### National Online Safety Website

Don't forget to access the National Online Safety website which provides a range of resources, for the whole school community, around online dangers and how to keep children safe.

Please ensure online activity is monitored by an adult.

[Online Safety Training For Schools | National Online Safety \(nationalcollege.com\)](#)

### Important Numbers

#### Herts Police

**0845 3300 222** (main switchboard)

**999** (emergency calls)

**101** (non-emergency calls)

#### NSPCC

**0808 800 5000**

#### Childline

**0800 1111**

**Herts Domestic Abuse Helpline**

**08088 088 088**

### Useful links:

- [Families First \(hertfordshire.gov.uk\)](http://hertfordshire.gov.uk)
- [PEGI – Pan European Game Information – age restrictions, parental controls](#)
- [Jessie & Friends \(thinkuknow.co.uk\)](http://thinkuknow.co.uk)
- [Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)
- [Sandbox Homepage \(mindler.co.uk\)](http://mindler.co.uk)

### Coming up...

- **Tooled Up Launch—Save the date: Tuesday 9th January at 7.30pm**

**Contact the Safeguarding Team on:**

**01923 856812 or [safeguarding@radlettprep.co.uk](mailto:safeguarding@radlettprep.co.uk)**

For a copy of our school's Child Protection and Safeguarding Policy 2023, please follow the link below or visit the 'Policies' page on the school website. [Child Protection and Safeguarding Policy](#)



# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/v>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>