Beechwood JUNIOR SCHOOL
Together we can!

Safeguarding Newsletter

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Hello and welcome back for the start of a very exciting year!
For those parents who are new to the Beechwood community, we use these as an interactive way of sharing topical updates as well as information to help everyone in our community to keep themselves and our children safe.

This month, we are focussing on how to support children's mental health when faced with the changes and potential anxieties of coming back to school or starting a new school. We recognise that while we want this to be an exciting time, that for some children (and adults!) it can be a daunting and difficult time.

Tell a safe adult you can trust
Learn how to talk about your worries with an adult you feel safe with.

At school, we fully understand the importance of relationships and want every child to have at least one adult in school they can trust to talk to about their worries. The NSPCC has lots of helpful advice and support in how to have conversations with your children to encourage them to talk about their feelings with adults who can help.

We teach the children that they have the right to feel safe and happy and that they do not have to go through any worries alone. As part of our PSHE and safeguarding curriculum, we help the children to know how to ask for help and who they can go to. For more information, please refer to our website or click here for the NSPCC support page.

We want to hear from you! If ever you have any questions, concerns or updates in relation to safeguarding, please reach out to a Designated Safeguarding Lead in school either by using the email above or popping into the office.

Miss Westron Lead DSL

Mrs Phillips Deputy DSL

Mrs Street Deputy DSL

Mrs Furby Deputy DSL

ChildLine 0800 1111

Spotlight Support:

Each issue we signpost a different support area for you or your child to go to if needing to access a particular type of help or signposting.

This month, we will focus on Childline's 'Buddy's New School' support page for managing worries about change.

Click the image to be taken to Childline's page for activities or use some of the tools for advice and help to support your child in starting the new term positively:

Buddy's New School Tips
Buddy has some advice on starting at a new school.

#WakeUpWednesday

The National College's #WakeUpWednesday aims to equip every trusted adult with the knowledge and skills they need to keep up with the latest information, implement best practice and heighten their awareness of issues around the core topics of online safety and mental health & wellbeing.

This month, we are highlighting #WakeUpWednesday's free E-guide for parents and carers for support and tips for supporting children in going back to school. This free guide offers ten simple, practical ways to help children feel more confident, secure, and ready as they head back to school – easing those first-day nerves for families.

Whether children are starting a new school, heading into a different year group, or readjusting after a long break, these strategies can help to ensure a smooth transition. From planning ahead and refreshing social connections to creating calm mornings and supporting healthy sleep habits, our latest #WakeUpWednesday guide is packed with useful advice to make the back-to-school journey more positive for the whole family. Click the link to find out more!

The reality of 'Technology Attachment'

Philippa Wraitmell (Founder of EdRuption) explores how to support the reality that many parents will be facing this September: manging children's emotional dependency with digital devices.

Many young people and children today are deeply attached to their digital devices – often using screens for comfort, connection, and even validation. This attachment can quickly turn into dependency, especially with many apps designed to be habit-forming. We know that over longer periods away from the routine of school, that these dependencies deepen as opportunities for 'free time online' grow. This guide breaks down how and why these connections develop, and the ways in which they might affect children's behaviour, focus, and emotional resilience.

From disrupted sleep patterns to distorted self-image, the consequences of excessive screen time can be far-reaching. The guide also examines how digital communication may shape friendships and social skills, as well as the hidden risks children and young people face in virtual spaces. With expert insights and practical strategies, it's a valuable read for anyone supporting children and young people in our digital world.
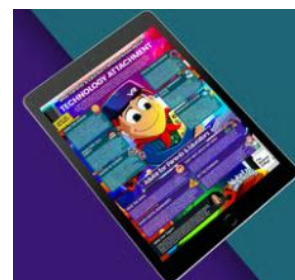
Whether you want to report child abuse and neglect or are worried about a child and not sure what to, we have advice for you. Don't wait until you're certain: if you have any concerns or suspicions, contact us or use the NSPCC website as soon as possible.