Safeguarding Newsletter

Autumn Term 2026

Dear Parents and Carers,
Welcome to our Autumn Term safeguarding newsletter. The purpose of this newsletter is to support parents in having a greater understanding of safeguarding issues that may affect their child, themselves or members of the local community.
Safeguarding children is the way we promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility and everyone has a role to play. It's important that home and school work together to do this.

DSLs at Berridge

At Berridge Primary School, we are committed to children's safety. If you have any concerns about a child's welfare, please ask to see one of our Designated Safeguarding Leads (DSLs):


Miss Davis


Mrs Hafeez


Mrs Hann


Mrs Maltby


Ms Phillips


Mrs Qudus

A copy of the school's safeguarding policy is available on the school website:
Safeguarding | Berridge Primary School

Are you concerned about a child?

Report any concerns about a child's safety or welfare by contacting the **Multi Agency Children's Safeguarding Hub (MASH)** on:

0115 8764800
Mon-Fri: 8:30am-4:50pm

If you believe a child is in immediate danger, call the police immediately on 999 or to report a crime, call 101.

Attendance

At **Berridge**, we are working hard to try to raise attendance and reduce lateness. Good attendance is vital in helping your child achieve their potential.

Every Day Counts

Did you know?



90% attendance means your child is missing around **4 weeks** of school each year.

Every day in school counts.

Missing lessons can have a significant impact on a child's learning over time.

Children who attend school regularly are:



More likely to achieve well academically.



Supported in building confidence, social development and friendships.



Helps them develop good habits for secondary school and beyond.



Even short absences can lead to gaps in learning.



Arriving on time is just as important as attending every day.

Being late can mean children:

- Miss key instructions at the start of lessons
- Feel unsettled or anxious entering the classroom late
- Fall behind in important learning activities

How can parents and carers help?



Establish a morning routine



Prepare school bags and uniform the night before



Ensure your child gets a good night's sleep



Book appointments outside of school hours when possible



Speak to the school if you need support

Together, we can help every child be the best they can be.

HERO



Here, every day, ready and on time

Minutes lost per day

5 minutes	10 minutes	15 minutes	20 minutes	25 minutes

equates to a yearly loss of:

3 days lost	6.5 days lost	10 days lost	13 days lost	19 days lost

Five minutes late per day adds up to three learning days lost in a school year

If 15 minutes late each day you will miss **two full weeks** of school in one year

Poor timekeeping means less chance of success!

Stay well this winter

- Get your child's free flu vaccination at school and make sure routine vaccinations are up to date.
- Wash hands with soap and water for 20 seconds, especially before eating and after using the toilet.
- Catch coughs and sneezes in a tissue or elbow, then wash hands.
- Open windows for a few minutes each day to let in fresh air.
- Children with a mild cold can usually still come to school if they feel well.
- Keep children at home if they have a high temperature (38°C or above) or feel too unwell for normal activities.
- If your child has sickness or diarrhoea, keep them at home for 48 hours after the last episode.
- Keep a small home medicine kit with a thermometer, children's paracetamol/ibuprofen, and basic first aid supplies.



My child is ill. Should they come to school?

Knowing when your child should stay at home and when they can attend school can sometimes be confusing. The guide on the next page provides advice on common childhood illnesses, including symptoms, whether your child can come to school and when medical advice or treatment may be needed. We hope it helps you make informed decisions and supports us in keeping all children, staff and families healthy and safe. Please remember, if you are unsure about your child's symptoms or wellbeing, seek advice from your pharmacist or GP.

What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
Tonsilitis/ Strep throat	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow . Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Staying safe in the dark

With darker mornings and evenings, please remind children about road safety. Encourage them to:

- Stop and look before crossing
- Wear bright or reflective clothing
- Stay with a trusted adult or friend
- Know your route
- Be safe and be seen





E-scooters: What parents need to know

Thinking of buying you child an e-scooter? Please read this first.

Know the law

- Privately owned e-scooters cannot be ridden on public roads, pavements or cycle paths.
- They can only be used on private land with the owner's permission.

Know the risks

- Riders can fall and suffer serious injuries.
- Pedestrians can be hurt.
- Head injuries and broken bones can happen.

Know the consequences

- Police can take away the scooter.
- Riders may receive fines or driving licence points.
- Families could face large costs if someone is injured.

Think before you buy

- An e-scooter may not be a sensible gift for your child.





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view, instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: https://www.think.gov.uk/education-resources/

#WakeUpWednesday®

The National College®

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Anti-bullying: Be kind, Be respectful, Be safe

At Berridge, we want every child to feel happy, safe and included. Bullying is never acceptable. We encourage children to be kind, respect differences and to speak to an adult if something is worrying them.



What is bullying?

- Hurtful words, name-calling or teasing.
- Hitting, pushing or hurting someone.
- Leaving someone out on purpose.
- Spreading rumours or making someone feel afraid.

How can parents help?

- Talk to your child about their day and friendships.
- Encourage them to tell a trusted adult if something is wrong.
- Listen carefully if your child tells you they are being bullied.
- Contact school if you have concerns.

Cyberbullying: Staying Safe Online

Cyberbullying is bullying that happens using phones, tablets, computers, games or social media.

It can include:

- Sending unkind or threatening messages.
- Sharing embarrassing pictures or videos.
- Leaving someone out of online games or group chats.
- Pretending to be someone else online.
- Sharing private information without permission.

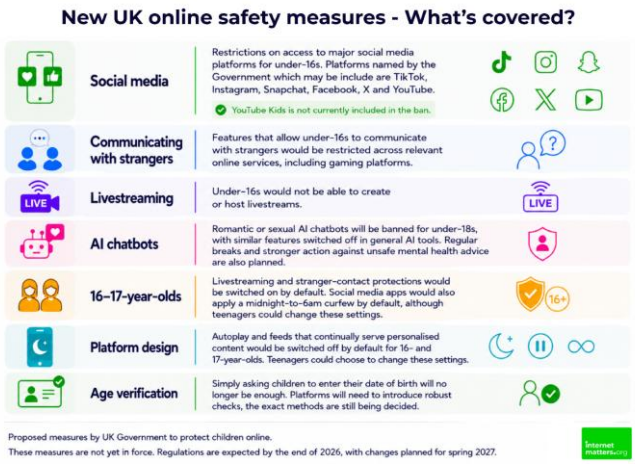


How can parents keep children safe?

- Check which apps, games and websites your child uses.
- Use parental controls and privacy settings.
- Know who your child is talking to online.
- Remind children never to share personal information or photographs with strangers.
- Encourage children to tell you if something online makes them worried or upset.

If your child experiences cyberbullying:

1. Listen and support your child.
2. Do not reply to hurtful messages.
3. Save screenshots or evidence.
4. Block and report the person.
5. Contact school if another pupil is involved.



Children should never feel frightened to ask for help. Working together, we can make sure every child feels safe, valued and respected, both in school and online.