



Safeguarding Newsletter

Friday 27th March 2026

What is Safeguarding?

Safeguarding ensures that every child, regardless of their age, disability, gender identity, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm. Safeguarding is the steps that people take to protect children and vulnerable adults from harm. Types of Abuse- click the picture for more information



PHYSICAL ABUSE
The non-accidental physical injury of a child. The inadvertent result of physical punishment or physically aggressive treatment of a child.



SEXUAL ABUSE
Any act of sexual nature upon or with a child for the sexual gratification of the perpetrator or a third party, including anyone who allowed or encouraged it.



EMOTIONAL ABUSE
Chronic attitudes or acts which interfere with the psychological and social development of a child. When a parent or caregiver harms a child's mental and social development or causes severe emotional harm.



NEGLECT
Child-rearing practices which are essentially inadequate or dangerous. The failure to act on behalf of the child; not providing the care, supervision, affection, and support needed for a child's health, safety, and well-being.


Talking to Children about Difficult Topics

It's important that every child has someone they trust that they can ask for help. There'll be times when children need advice or support. There'll also be times when you need to explain something that might upset them. You might need to start a difficult conversation because you have to break some bad news or ask them about something you're worried about. The NSPCC has lots of good advice for helping you decide how to talk to your child in an age-appropriate and supportive way. But remember that you know your child best, so trust your judgement about what's going to work for them.




Advice for Parents about Sleep

Like everyone, children need sleep and it's really important they get it (both for them & you). Sometimes getting them to sleep is tricky, but a predictable routine can help. It's pretty obvious that a child who is getting enough sleep is more likely to be happy and alert than a child who isn't. Getting your child into a good sleeping pattern isn't just about avoiding tantrums though, lack of sleep has been linked to future problems, such as anxiety, depression, obesity and high blood pressures. Top tip: Turn off screens an hour before bedtime. Audiobooks or good old-fashioned paper books are a good alternative to eBooks. Light from screens stops the production of the sleep hormone melatonin.



As a rough guide, children need:
Aged 3yrs – 5yrs: 11 – 14 hours sleep




office@deyncourtprimary.com
www.deyncourtprimary.org

Headteacher: Mrs. D Darby