

This bumper edition of the children's newsletter shares some of the great work carried out across our schools in Cheshire East last term and provides some ideas that the pupil safeguarding groups could look at in school.

SUPER SAFEGUARDING NEWSLETTER

December 2022



Bullying can be a worry for parents and carers and for everyone involved with your children at school. It can affect everyone—not just the bullies and the victims. It can also affect those other children who may witness the bullying and the distress of the victim. It may damage the atmosphere of a class and even the 'climate' of a school.

STOP
Several Times On Purpose



At St John's we are very proud of our community Christian Ethos and the way in which our children treat each other with kindness and respect. Children from Reception to Year 6 show good behaviour choices and an understanding of right and wrong.

STOP
Start Telling Other People

We hope that you will continue to work with us to ensure that our school remains a happy and safe place to learn.

A parents guide to our anti-bullying education.

St John The Evangelist
CE Aided Primary
School

Several

Times

On

Purpose

Start

Telling

Other

People



ST JOHN THE EVANGELIST CHURCH OF ENGLAND PRIMARY SCHOOL

St John the Evangelist have taken part in odd socks week and have reintroduced the STOP system in school. They have also produced a presentation and a leaflet for parents which has given them a common language when talking about friendship issues.

ST MARY'S CATHOLIC PRIMARY SCHOOL AND NURSERY, CREWE

On Tuesday 8th November 2022, St. Mary's Catholic Primary School hosted an Online Safety meeting for Parents ran by PSCO Mandy Simpson from Cheshire Police. It was aimed at helping parents keep their children safe in this ever changing digital world. During the session parents learnt about apps that are suitable for children, tools to talk to children about online safety, legislation around images and some great websites to help keep children safe. Parents found the meeting very useful and St. Mary's received lots of positive feedback.



On the 11th October 2022, St. Mary's welcomed PC Tim Clarke and PCSO Lizzie Jolley from Shavington, Rope, Willaston and Wistaston Police to school. They led an assembly to Year 5 and 6 pupils about online safety. The children received lots of valuable information that they could apply at school and at home when using laptops, computers and mobile phones. The children also had the opportunity to take part in online safety group workshops. The children worked incredibly hard to discuss and feedback various online scenarios and most importantly talk about the actions they would take in order to stay safe.

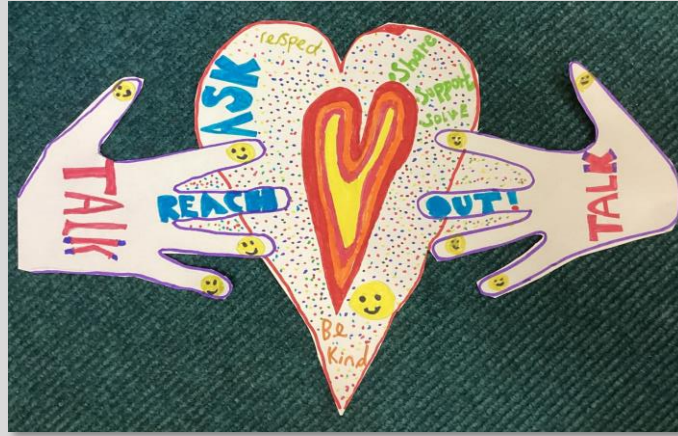


On Thursday 10th November 2022, Year 6 pupils took part in workshops led by the NHS. They learnt about the importance of 'Speaking out!' about different forms of abuse. All the children showed a mature and sensible attitude throughout the sessions. Thank you to Mike, Danielle and Lynsey from the NSPCC. The children at St. Mary's thoroughly enjoyed the sessions.

St. Mary's staff were thrilled with the feedback they received, *"Dear Mrs Wright, you have excellent safeguarding protocols in school, and it was an absolute pleasure to deliver to your children today. Thank you all for making us feel so welcome"*



To launch Anti-Bullying week, Wincle's Safety Committee held an assembly introducing the theme of 'Reach out'. They discussed what bullying is and how to work together to ensure that it doesn't happen at the school. The pupils went to school with odd socks on to identify the fact that everyone is different and should be treated the same.



WINCLE C OF E PRIMARY SCHOOL

HOLMES CHAPEL PRIMARY SCHOOL

Holmes Chapel Primary School Safety Squaddies



As part of anti-bullying week, our Safety Squaddies helped to spread the message “Reach out”. With the daily demands in our lives, we may sometimes feel stressed, worried, or even sad. These emotions are commonly experienced by all of us, and we are not alone in facing them. When we feel overwhelmed, we can always Reach Out. In Year 6, we each decorated a hand and on each of the fingers and thumb, we wrote the names of 5 people we trust and can ‘Reach Out’ and talk to should we need to.

SANDBACH HIGH SCHOOL & SIXTH FORM COLLEGE



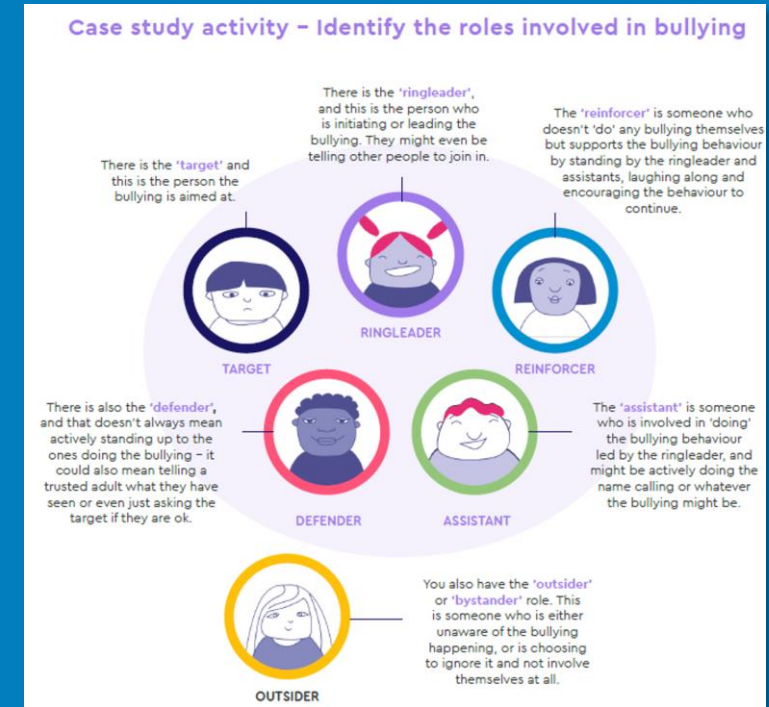
WHAT IS BULLYING?

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Types of bullying:

- Verbal bullying: name-calling, teasing, rumors, threats, spreading rumors, gossiping, cyberbullying, name-calling, harassment, mean words.
- Physical bullying: hitting, kicking, pushing, shoving, tripping, taking or destroying someone's property.
- Psychological bullying: bullying by omission, exclusion, isolation, spreading rumors, cyberbullying, name-calling, harassment, mean words.
- Sexual bullying: sexual harassment, sexual assault, sexual comments, sexual gestures, sexual touching, sexual harassment, sexual assault, sexual comments, sexual gestures, sexual touching.

Bullying: MISUSE OF POWER, ONGOING AND REPEATED, BEHAVIOUR THAT CAN CAUSE HARM.



Sandbach High School have been doing a lot of work around Anti-Bullying including:

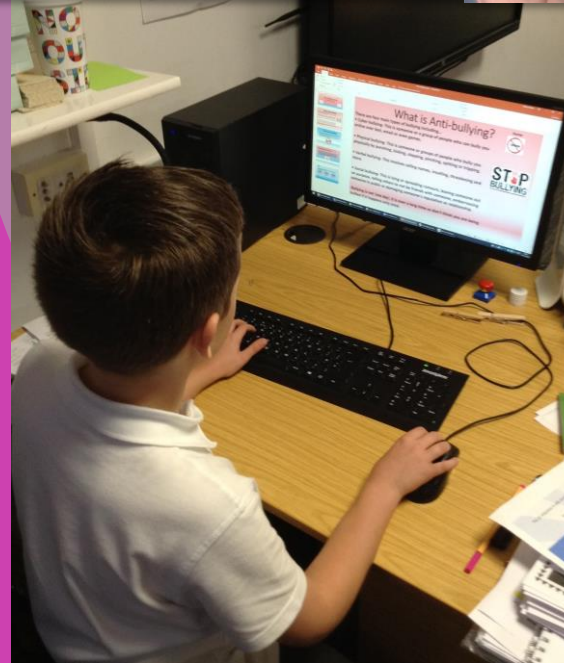
- An Anti-Bullying assembly to all students which in parts was led by the Diana Award Anti-Bullying Ambassadors
- A range of tutor group activities across all of Key Stages 3, 4 and 5
- Odd socks day on Monday 14th November, which the whole school engaged in
- Students and staff have also been signing the 'Stamp it Out' Charter

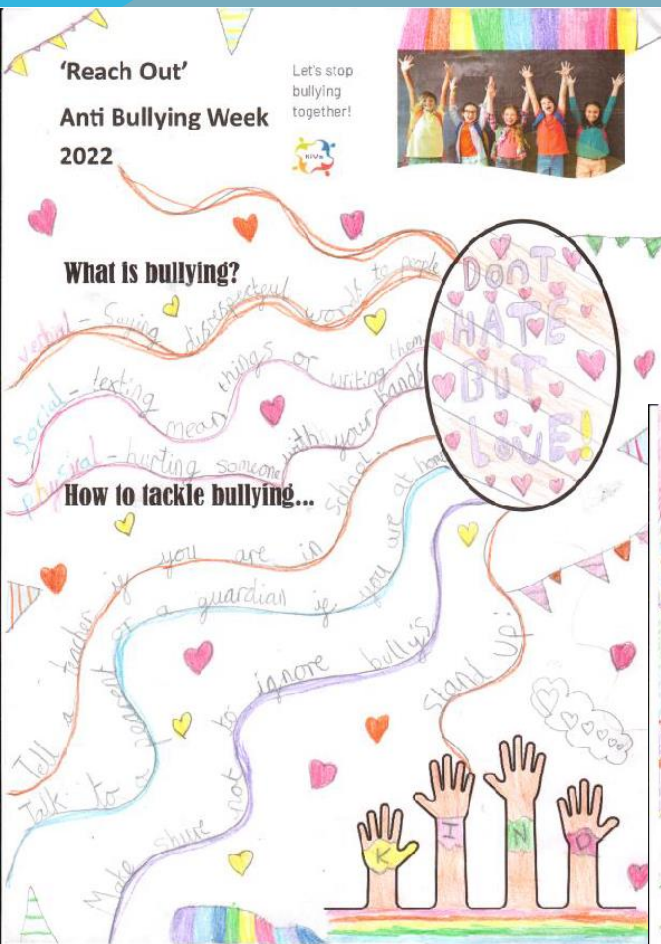
THE BERKELEY ACADEMY

The Safeguarding Champions created an Anti-Bullying Week PowerPoint to share with KS1 and KS2 during their key stage assemblies and another with a poster that they independently designed.

Other Safeguarding Champions have been putting up posters around the school to promote this year's Anti-Bullying theme 'Reach Out'.

Finally, Year 3 designed their own odd socks.





MABLINS LANE PRIMARY SCHOOL

The children completed lots of work during anti-bullying week. KS1 children looked at friendly and unfriendly actions and KS2 looked at 'What is bullying?' and 'How to tackle bullying.'

CHRIST THE KING PRIMARY SCHOOL

Christ the King Primary School carried out lots of different activities during anti-bullying week.

Anti-Bullying Week at Christ the King

Every day at Christ the King we celebrate the fact that we are all unique. During Anti-Bullying week the whole school joined together to celebrate our differences by wearing odd socks.

Wearing odd socks helped the children to recognise that we are all different and that it is okay to be themselves and accept others differences, whatever they may be.

We invited our parents into school for an assembly and later in class the children designed their own odd socks and talked about how to be a good friend, being kind to each other, who we would have in our team if we needed to talk to someone and what makes a good friend.



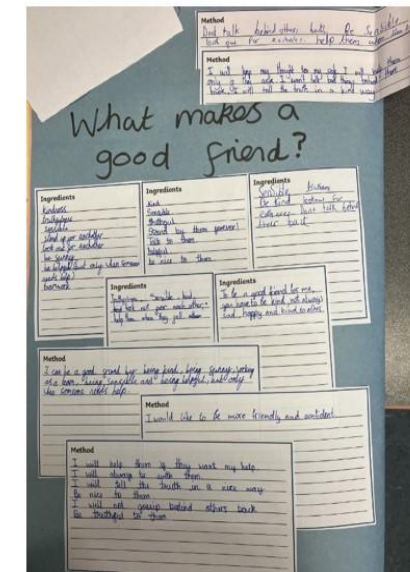
Reception & Year 1 talked about "We are all special"



Year 2 & 3 designed their own odd socks



Year 4 & 5 talked about "Who is in your team" when you need to talk?



Year 6 looked at 'The ingredients of a good friend'

ALSAGER HIGHFIELDS PRIMARY SCHOOL

The local PSCO met with the Junior Safeguarding Team and talked to them about keeping safe as well as judging the road safety competition.

The Junior Safeguarding Team plan to complete a perimeter safety walk with their site supervisor.

The Y5 and Y6 representatives have been invited to the Junior Safeguarding conference in March at the High School, where 7 local schools get together and discuss and develop their safeguarding work across their schools.



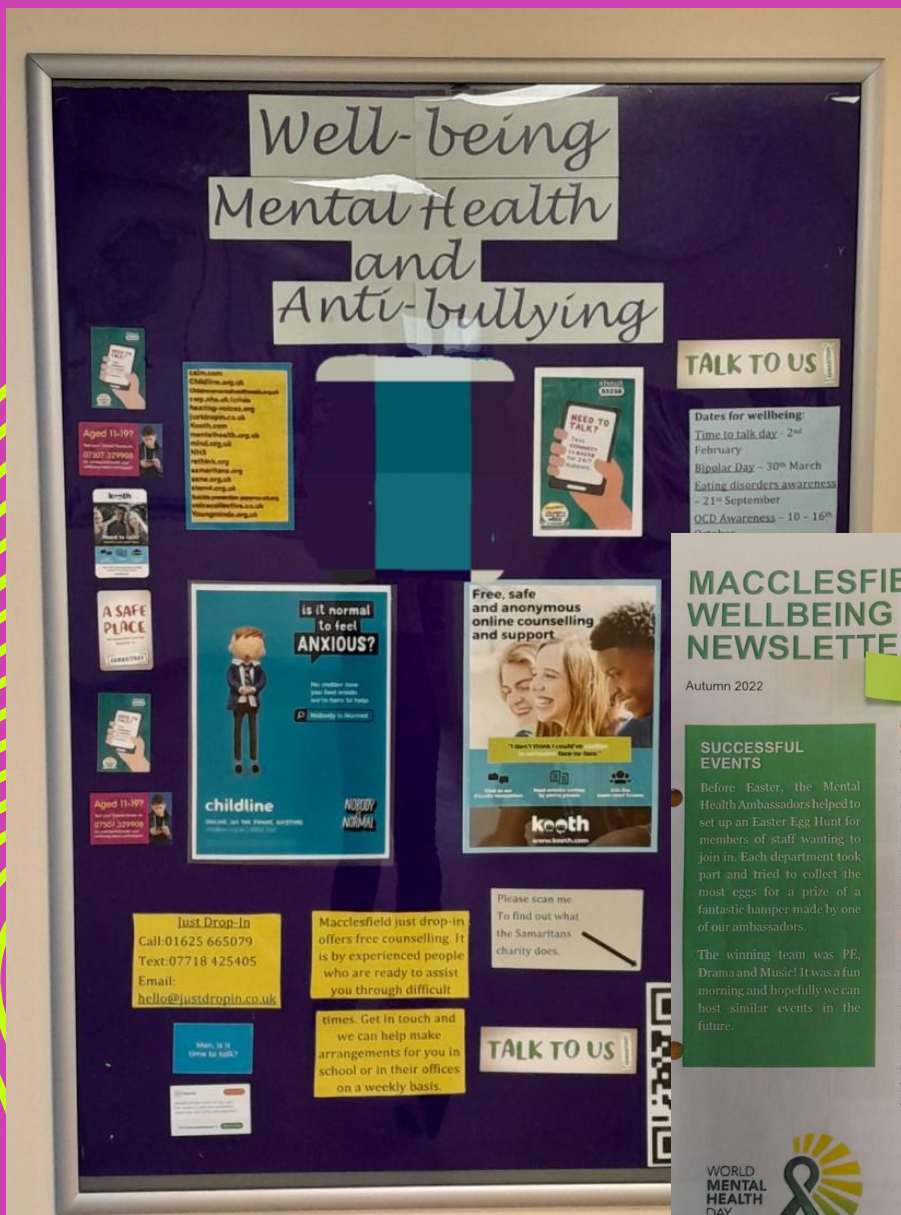
THE MACCLESFIELD ACADEMY

The Macclesfield Academy have 'Wellbeing Ambassadors' who can be identified by their purple ties.

On World Kindness Day (14th Nov) all teachers were given smiley face stickers, which were distributed out to students for any actions that made others smile/ showed kindness.

One of the Wellbeing Ambassadors wrote a 'Macclesfield Academy Wellbeing Newsletter' for Autumn 2022, promoting Mental Health and reflecting on successful events in relation to mental health and wellbeing.

The Wellbeing Ambassadors have also put together a wellbeing, mental health and anti-bullying noticeboard, which is located in the central corridor for all to access.



TALK TO US

Dates for wellbeing:
Time to talk day - 2nd February
Bipolar Day - 30th March
Eating disorders awareness - 21st September
OCD Awareness - 10 - 16th

MACCLESFIELD ACADEMY WELLBEING NEWSLETTER

Autumn 2022

(Mental Health Ambassador)

SUCCESSFUL EVENTS

Before Easter, the Mental Health Ambassadors helped to set up an Easter Egg Hunt for members of staff wanting to join in. Each department took part and tried to collect the most eggs for a prize of a fantastic hamper made by one of our ambassadors.

The winning team was PE, Drama and Music! It was a fun morning and hopefully we can host similar events in the future.

WELCOME BACK

To begin with, we hope you all have had a nice half-term break. Now that we are back and ready for another half-term at The Macclesfield Academy, the Mental Health Ambassadors would like to share with everyone what we did in the last academic year. Our team of students was put together last year and we work alongside some of the amazing staff at TMA. As we go into the new term we are looking for new people to join our team. We will be covering anti-bullying as well as mental health. Please speak to Miss. Jerome or Mrs. Holt or a member of our mental health team for any questions or information on how to apply to join us. Everyone is welcome!

Mental Health Day

In March, the Macclesfield Academy hosted a 'Mental Health Day' to raise awareness. Students wore full uniform but were given the option to wear one item of green. This is because the colour green is known to represent awareness of Mental Health and Wellbeing. It was great to see so many students taking part!

During this time, we also handed out some pocket-sized cards to form tutors to give to any students that may need them. The cards, as shown below, include a variety of helpful, informative and useful sites to help with several different situations.

WORLD
MENTAL
HEALTH
DAY



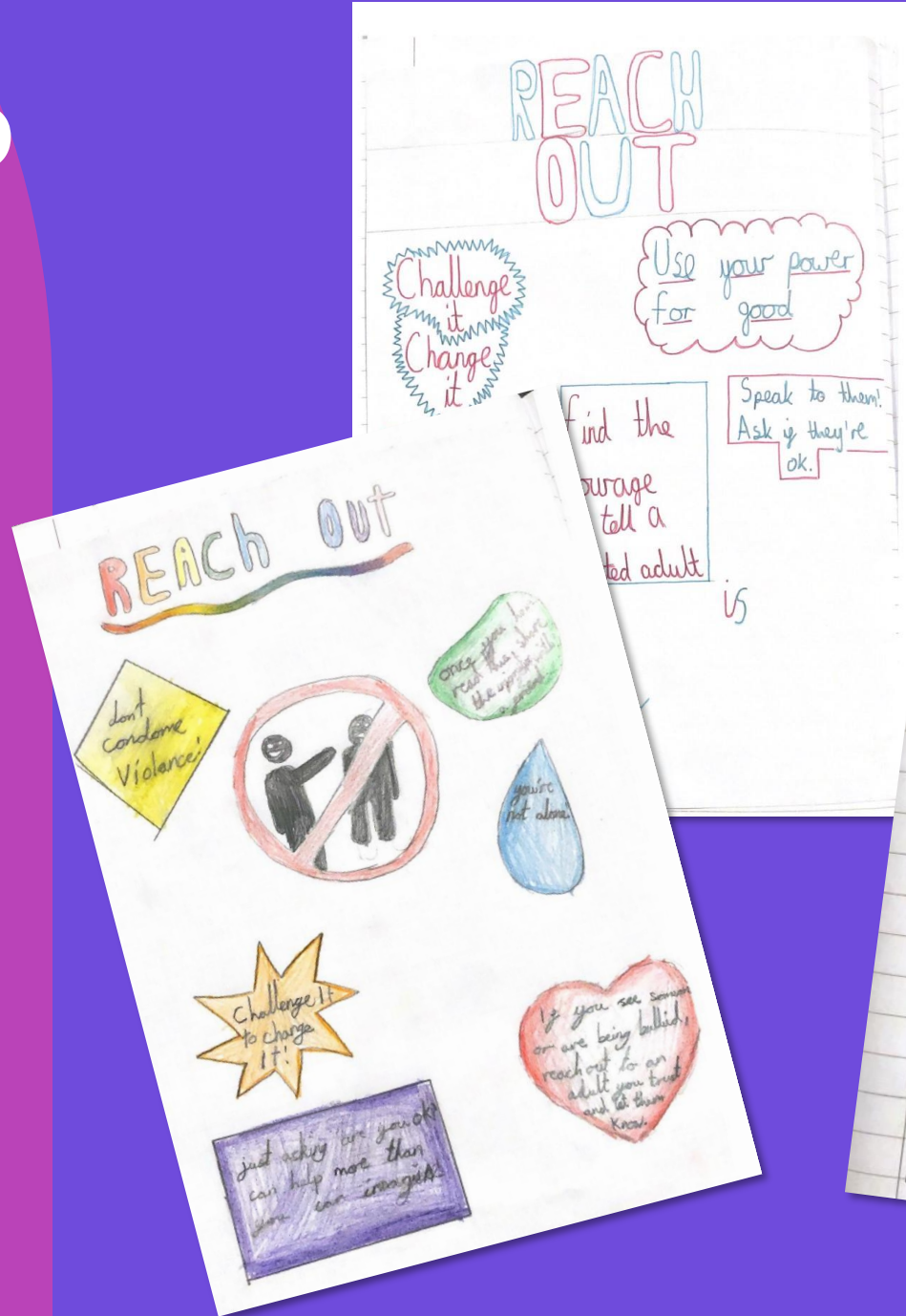
Our Mental Health help cards (front and back)



CLEDFORD PRIMARY SCHOOL

Cledford Primary School had a whole school assembly on the topic of anti-bullying. Year 6 then discussed how support can be offered to those in need and how they can help them to 'Reach Out.'

Year 6 children wrote letters of support and created posters to display in school to help others reach out.



22/11/22

Dear anyone who is feeling like they are worthless,
 First, how are you? A answer # truthfully... Are you actually okay?

Bullying is a selfish act so I completely understand if you think your worth nothing. But remember its not you. You're not the problem. What you're going through is awful but your not alone even if you feel it like it right now. Lots of people go through bullying trust me I was one of them. After I was bullied, I made friends who supported me and I got confidence again. Even if its hard and if you think that no one will help you but reach out to someone you trust.

Secondly, if you don't think you can talk to anyone in person you can always contact childline (08001111). Make some friends even if its only one because we are more powerful as a team!! If you challenge it you can change it. Its not NOT okay. Bullying isn't okay so please please if you see or bullying or your being, bullied get some support.

You are Everyone needs someone as great as you!!
 Let no one tell you other wise. Never forget your self-worth!
 We can change this as a community who is against bullying.
 Yours faithfully,
 An understanding Ally At Cledford Primary School.

SAFEGUARDING SQUAD NEWSLETTER OCTOBER 2022

Welcome to the second edition of our WCLA Safeguarding Squad Newsletter, we are committed to helping you stay safe during the Autumn Season! We have thought about some issues that you may have, and we have some ideas that will help you!

Children's Safety on Bonfire Night!

We want all children to have a safe and enjoyable bonfire night and there are lots of safety messages we can give them and share with parents to promote personal safety. Most accidents happen at parties rather than events, so you could ask parents what their plans for bonfire night are and give them some information about locally organised events.

**STAY SAFE
STAND
BACK**

**LET THE GROWN-UPS
LIGHT THE FIREWORKS
HAVE A SAFE AND
HAPPY TIME!**

Bonfires - indeed any fires are dangerous - children can see the dancing flames and feel warm standing near fires, and we might not recognise the danger from spitting wood or coal. Think about the importance of staying behind a fireguard or barrier and remember to never try and touch the flames. Always make sure that a grown-up is with you most importantly, have fun!

Fireworks are hot - and fun but best observed at a distance! Make some sparklers with breadsticks dipped in chocolate and covered in sprinkles - everyone that the real sparklers they might be given to hold are very hot

Parties are happy times - but we must remember not to talk to strangers. Everyone should know what to say if they are approached by someone they don't know. Younger children might be taught at pre-school or nursery to shout for help, older children might say 'stranger no' while putting up their hand - older children might leave school to ask for a 'special password' before running away.

Conkers!

The Horse Chestnut is a tree which produces the conkers that children like to play with, and even collect. Conkers themselves are mildly toxic and can cause a tummy upset. Conkers should not be confused with the rather similar looking edible chestnuts! It is important to remember not to eat anything that we might find when we are out walking and do not touch anything you are unsure of, especially if it is red!



Other poisonous plants to be aware of:

- **Holly** - evergreen bushes with spiny leaves. The red berries can cause stomach upsets
- **Ivy** - evergreen climbing shrubs with small flowers and black berries. All parts can cause stomach upsets and skin contact with foliage can irritate
- **Rhubarb** - The leaves are highly toxic whereas the stems are completely edible
- **Rhododendron** - The whole plant is toxic and can cause stomach upsets and even difficulty breathing and comas if ingested.

WISTASTON CHURCH LANE ACADEMY

Wistaston Church Lane Academy have a children's safeguarding group called the 'Safeguarding Squad.' Here are some extracts from their half termly newsletter.

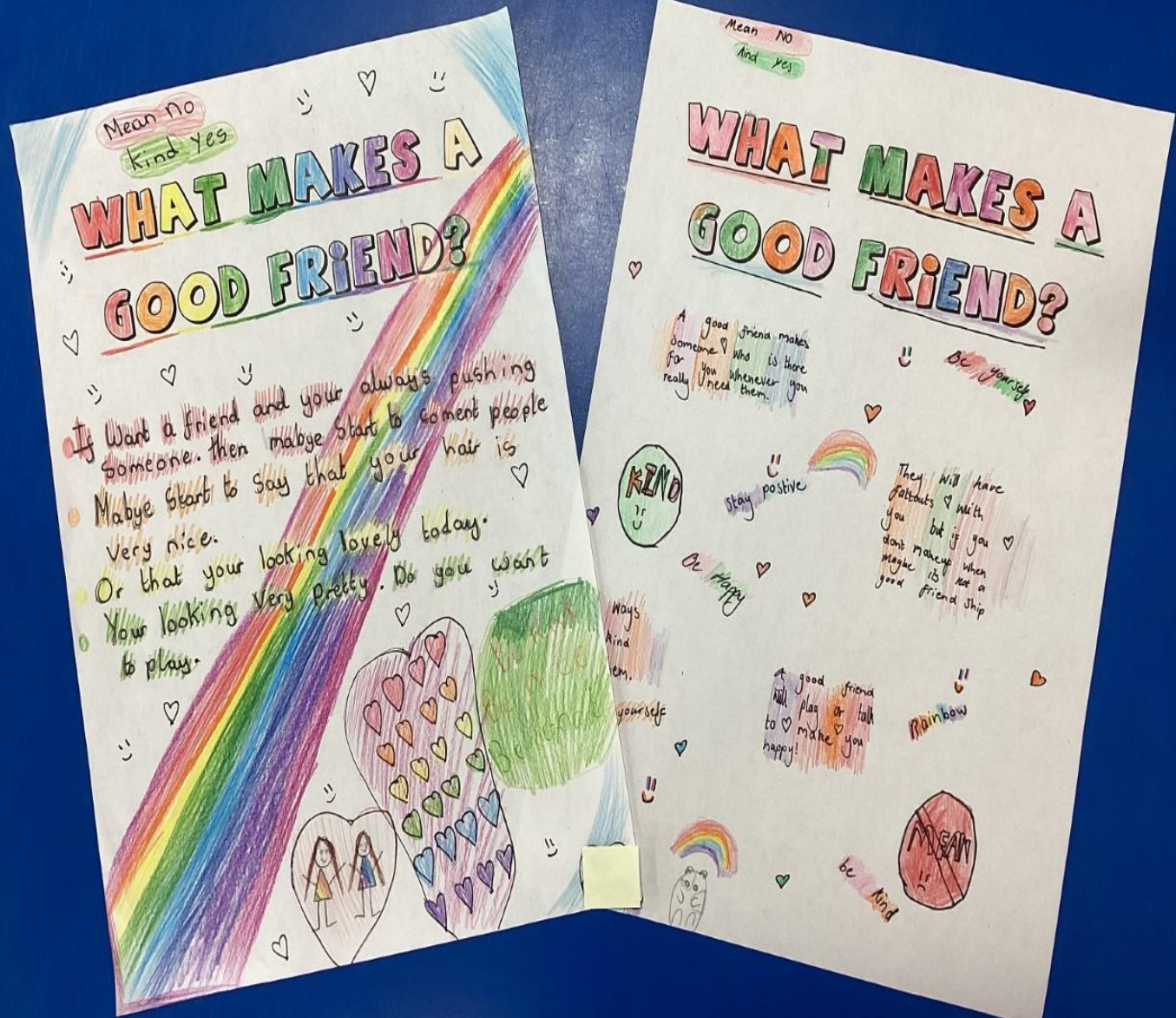
Keeping Children Safe in the Dark

As the clocks go back and the nights draw in, follow our simple steps to stay safe, wherever you are going.

Visibility is key here. Everybody needs to be seen, not just by motorists and cyclists, but by other pedestrians. It is vital that children should have good road safety basics from an early age. It is unsafe for young children to run ahead from their accompanying adult, or to whizz past on their scooters. Drivers may not spot a child on their own.



Teenagers should be discouraged from having headphones in their ears and should not be concentrating on their phones. Being pre-occupied and distracted will make teenagers more vulnerable and less likely to hear traffic coming.



At Shavington Primary School the Year 4 children have been exploring what it means to be a good friend.

SHAVINGTON PRIMARY SCHOOL

EGERTON PRIMARY SCHOOL

Two members of Egerton staff have completed Monkey Bob Training. This has been used to support in EYFS and Key Stage One.

The children have also been learning about the people who keep them safe.

The sessions were supported with pictures of staff, child line posters, emergency contact numbers, and emotional picture books.



ALSAGER SCHOOL

Alsager School have recruited new anti-bullying ambassadors. They have worked with Sixth Formers (some of whom were ambassadors in lower school) to produce and deliver a presentation to forms during Anti-Bullying week.

Going forward, the ambassadors will be meeting regularly to raise awareness on bullying and how to report it and to liaise with the senior leadership team to highlight areas of concern to pupils.



Welcome to our Assembly

All about our time at 'Crucial Crewe'
A Safeguarding event for Primary children.

I'm George and I'm the Year 6 Safeguarding Councillor
I'm Bliss and I'm the Year 6 School Councillor
I'm Freya and I'm E-Safety Ambassador
I'm Olivia and I'm E-Safety Ambassador



Cheshire Police were there talking about being safe online

Would you tell anyone your password?
Would you send a picture to someone online who you don't really know?
Would you meet up with someone you'd met on a game?
Who would you talk to if you were worried about something online?



Young People's Substance Misuse Service were there to talk to us about alcohol.

We wore special glasses that made us feel drunk. We tried some activities which were very difficult.

Touch the cones
Beanbag in a bucket
Walk in a straight line

We saw a pretend liver in a jar which was damaged because of alcohol abuse. It was disgusting!



We then moved on to POWERWISE They talked to us about being safe around electricity



We tried on the gloves that the workmen wear when they mend power-lines (they were really thick & heavy for safety) Freya wore a hard hat, it was a bit big on her!
Would you fly a kite close to power-lines?
Is it safe to turn on a light switch with wet hands?

Would you use this socket?
Do you think this is safe?



Next we moved to o-19 School Nursing Cheshire East They talked to us about well-being and mental health. This is really important to us at Scholar Green. Who can we talk to at school if we are worried?



This was amazing! First of all, we held hands to see if we lit up the tube. What do you think? Why? Then we touched noses. Do you think we created electricity? Lastly, 2 of us put our fingers in water. Do you think we created electricity?

Next, it was DogsTrust who talked to us about being safe around dogs



Here are some of the things we talked about:

Do not stroke a dog who is eating
Do not approach a strange dog without asking their owner first. Then, be calm and quiet and let the dog approach you.
Do not stroke a dog's head, they much prefer a chin rub.
Do not stroke a sleeping dog (they may be having a dream)
BE DOG SMART



Lastly, we met GIST. They talked to us about safety around lorries and being safe on the road. They are going to visit us here at SG so be prepared for the jokes. They're terrible! Mrs Ashworth sang a safety song with Paul. He's really funny!

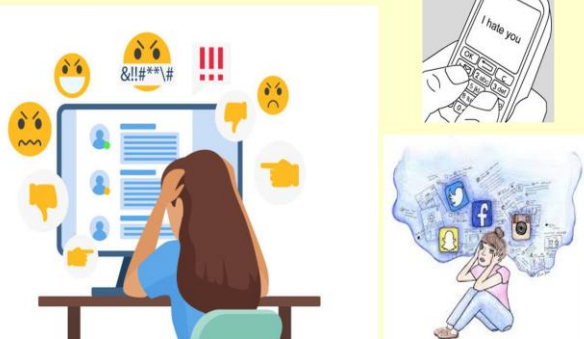


Thank you for listening to our assembly about our visit to Crucial Crewe Safeguarding Event.

Scholar Green is a -




Online bullying is just as bad as bullying someone face to face.



SCHOLAR GREEN PRIMARY & NURSERY SCHOOL

The Scholar Green Safeguarding Council and E-Safety Ambassadors have recently held two separate assemblies. One all about their visit to Crucial Crewe and the other during anti-bullying week.



WOODCOCKS' WELL C OF E PRIMARY SCHOOL

The Safeguarding
Councilors at
Woodcocks' Well
C of E Primary School
have been very busy
with their Worry
Monsters and
“BURT” bags.

Calming Corner

Each classroom has it's own calming corner, very own worry monster and a “BURT” bag. The bags were handmade and designed by Edward Allen and contain a dragon named BURT (Breath Understand Relax Think) and have lots of wonderful activities for when a little extra help is needed with emotions.

Wellbeing Board

Each month the work the children have been doing is displayed along with guides to wellbeing and calendars to encourage gratitude, kindness and positive affirmations.



Road Safety and Be Bright Be Seen

During Road Safety week there were many activities in school for the event. A display board was designed and in worship they encouraged children to take part by completing a puzzle, writing a poem or making a poster.

A big thank you to all of the schools who have contributed to this newsletter.

Let us know what your Safeguarding Groups have been up recently.

We will put any articles and photographs in the next edition of the Super Safeguarding Newsletter.

Send articles and photographs to Sciesteameast@cheshireeast.gov.uk

Ideas for safeguarding groups at school:

- **Deliver an assembly about keeping safe during the cold winter months and the dark nights.**
- **Carry out safety display walk with an adult in school. Is there enough information for children and students about keeping safe? What posters are on display? Are they in the best place to be seen? Are there any posters or information that isn't on display that could be added?**
- **Ask a selection of children and students from each year group to name three things that they have learnt recently that help them to keep safe and three things that they would like to learn about more.**
- **Create your own school safeguarding newsletter, leaflet or page on the school website to inform other pupils and students about the work you have been doing in school to stay safe.**

