



Grove Primary School

Achieving Excellence Together

Safeguarding Newsletter

AUTUMN TERM
2026-2027

Welcome from the Safeguarding Team

Welcome to our Safeguarding Newsletter. Each term, we share relevant help, advice and guidance to support you and your family.

This edition covers: supporting wellbeing through routines; online safety and age-appropriate apps; and body safety matters. Working together to keep our young people safe.



Designated Safeguarding Leads



If you have any concerns about a child or family, please speak to one of our Designated Safeguarding Leads.

Ms B Komorowska – Headteacher & Deputy DSL

Miss J Elliott – Deputy DSL

Miss N Quince – DSL

Mrs E Carnihan – Deputy DSL

Please could you spare a few minutes to complete our Safeguarding Survey.

Your views are very important to us and will help us to understand how safe and supported our children and families feel at Grove Primary School. Your feedback will also help us to identify areas where we can continue to strengthen our safeguarding provision.

Safeguarding Survey - Parents and Carers





ONLINE SAFETY

AGE-APPROPRIATE APPS

Helping your child make safe, positive choices online starts with understanding which apps are right for their age and stage. Explore apps together and keep the conversation open.

What to check...

- ✓ The recommended age rating
- ✓ Review privacy, messaging and chat settings
- ✓ Look for moderation and reporting tools
- ✓ Explore the app together as a family
- ✓ Set clear family screen-time boundaries
- ✓ Choose apps that support creativity, learning or positive play

TOP 10 FUN MATH APPS FOR KIDS

- 1 The Maths Factor 
- 2 Khan Academy Kids
- 3 Prodigy 
- 4 DragonBox
- 5 Mathletics 
- 6 SplashLearn
- 7 DoodleMaths 
- 8 Moose Math
- 9 Bedtime Math 
- 10 Teach Your Monster Math 

Talk together

"Who can message you?"
"What would you do if something made you feel uncomfortable?"
"Who could you tell?"

SUPPORTING WELLBEING

WORKING TOGETHER TO KEEP OUR YOUNG PEOPLE SAFE AND HAPPY

SETTLING INTO THE NEW SCHOOL YEAR

As we begin a new school year, it's normal for children (and parents!) to feel a mix of excitement and nervousness. Establishing consistent daily routines can make a big difference to your child's emotional well-being and sense of security. Routines help children feel safe, supported and ready to learn – all of which are central to safeguarding their mental and emotional health.

TALK, LISTEN, REASSURE

Emotional check-ins help children feel heard and valued. Ask questions like:

- "What was something good that happened today?"
- "Did anything feel tricky?"

Let them talk at their own pace. Behaviour changes such as clinginess, tiredness and moodiness are common in September – patience and connection go a long way.

WHY ROUTINES MATTER



Routines create structure and predictability, helping children manage transitions, reduce anxiety and build independence.



A well-supported child is more confident, calm and able to thrive – both at school and at home.



Connection before correction:
pause, listen and reassure.

Key routines that support children's

WELL-BEING



1 Sleep time

- Regular bedtimes and wake times
- Avoid screens an hour before bed
- Try a calming wind-down routine (story, bath, quiet time)



2 Mealtimes

- Encourage family meals where possible
- Predictable meals help children feel nourished and safe



3 Mornings

- Keep mornings calm, encouraging and predictable
- Include a healthy, filling breakfast
- Prepare bags, lunches, and clothes the night before



4 After school

- Balance homework, play, and rest
- Allow for downtime or creative activities
- Prepare for the following day



5 Screen time

- Set clear limits, especially before bed
- Encourage screen-free moments to reconnect



@the_enlightened_parent



HELP AND SUPPORT

Finding Support and Connection

Help and Support

There is support available for parents and carers if you are worried about a child's safety, wellbeing or something happening online. You do not have to manage concerns alone. If you think a child is in immediate danger, contact emergency services.



Mental health is a shared journey. Reaching out offers comfort and guidance during challenging times.



NSPCC

Support and advice for adults worried about a child
[nspcc.org.uk](https://www.nspcc.org.uk)
0800 300 9000



Childline

Free confidential support for children using a helpline
[childline.org.uk](https://www.childline.org.uk)
0800 1111



YoungMinds

Advice for parents supporting a child's mental health
[youngminds.org.uk](https://www.youngminds.org.uk)



Family Lives

Advice for parents and families
[familylives.org.uk](https://www.familylives.org.uk)



Internet Matters

Guidance on online supporting a child's mental health
[internetmatters.org](https://www.internetmatters.org)



CEOP Education

Guidance on online safety and parental controls
[internetmatters.org](https://www.internetmatters.org)



Samaritans

Confidential emotional support
[samaritans.org](https://www.samaritans.org)
116 123



Shout

Free confidential text support
Text SHOUT to 85258

Please [thepandora.com](https://www.thepandora.com) for a list of support services. For more information, please contact your local authority or the NSPCC.

Get your well-being check by contacting your GP. Check your area for services and providers. Contact your local authority for more information.

Contact



Talk with trusted friends or family for understanding and emotional support.



Join community groups to find safe spaces and shared experiences.



Seek professional help for personalized advice and coping strategies.