



NSPCC Speak out. Stay safe. programme

Over the past two weeks, all the children in school have engaged in the "Speak Out, Stay Safe" programme, an important initiative designed to empower our children with the knowledge and skills necessary to protect themselves in various situations. This programme explains the fundamental principles of personal safety in a comprehensive and age-appropriate manner.

The Speak Out Stay Safe programme covers a range of essential topics, ranging from identifying safe and unsafe situations, to recognising trusted adults who can provide support. It encourages children to develop open communication channels, ensuring they feel secure in sharing any concerns regarding their wellbeing.

Over the year, as part of our commitment to fostering a safe environment, we continually emphasise the importance of staying safe. This includes exploring online safety, where we educate children on the responsible use of digital devices and social media platforms. In today's increasingly digital world, it is crucial that our children understand how to navigate the online space with confidence and caution. In addition to these discussions, we also address issues such as bullying and emotional wellbeing, equipping children to recognise harmful behaviours and encouraging them to seek help whenever necessary. Our holistic approach ensures that our children are well-informed and prepared to make safe choices both inside and outside of school. We believe that by reinforcing these key messages we create a culture of safety and support that empowers our children to speak out when they need assistance. Mr Mensah, Safeguarding Lead for the White Hills Trust came to ask some of our Year 1 and 2 children about their understanding of safety and he was really impressed with their knowledge and the eloquent way they could talk about a whole range of subjects on being safe.

Thank you for your continued support in reinforcing these vital concepts at home.



Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Childline - under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk **PANTS** is a simple conversation to help keep children safe from sexual abuse.

From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.



We know that the dark mornings and evenings in January along with the weather can make us feel a little gloomy. Children in Need and the BBC have produced a Family Moodbuster resource. Click on the logo above to access! Try a **Moodbooster activity at home to get your family moving and feeling good!** Famous faces from across the BBC and beyond including Dr Ranj Singh, Oti Mabuse, Ade Adepitan MBE, Rhys Stephenson and Bethany Shriever MBE lead videos to inspire everyone at home to boost their mood, feel good, and use movement to help them understand their emotions and manage feelings together as a family. There are 10 Moodboosters videos to use at home as a family that will help to encourage a sense of fun in your living room. By taking part with everyone in your home, you can both promote a sense of wellbeing, and offer everyone in the family some basic skills to feel good.

[Moodboosters | Free primary school mental health resources - BBC Teach](#)

Think your child may be entitle to Pupil Premium/Free School Meals?

If you currently claim for benefits such as Universal Credit, Income Support, Income Based Job Seekers Allowance, Income related Jobseekers Allowance, Child Tax Credit (see link for full list of qualifying benefits) then please apply. The application is simple via this link [Citizen Portal - Sign in \(nottsc.gov.uk\)](http://Citizen Portal - Sign in (nottsc.gov.uk)) or calling FSM on 0300 500 80 80. The information needed to register include, personal details (including national insurance number and date of birth) for the parent/carers, child's details in full, including their date of birth and the school they attend. It is worth applying if eligible as the school will receive funding to provide extra support to children. We also fund half price trips and clubs and milk. More information is on our website too [fsm-website.pdf \(primarysite-prod-sorted.s3.amazonaws.com\)](#)

Diary dates

- Friday 31st January - Parent/carer coffee and chat (see information below)
- Tuesday 11th February 2024- Safer Internet Day
- Half term: Monday, 17th February 2025 to Friday, 21st February 2025
- Monday 24th February 2025 - First day of term
- Thursday 6th March 2025 - World Book Day
- Monday 24th March and Wednesday 26th March 2024 - F2 Parents evening (Classes 1 and 2)
- Tuesday 25th March and Thursday 27th March 2024 - KS1 Parents evening (Classes 3,4,5 and 6)
- Friday 4th April 2024- Last day of term

Summer

- Tuesday 22nd April - First day of summer Term
- Half term - Monday 26 May 2025 to Friday 30 May 2025
- W/C 9th June 2024 - Year 1 Phonics Screening
- Thursday 12th June 2025 - Year 2 Residential to Gulliver's Valley - details to follow
- Wednesday 18th June 2025 9.30 am - KS1 Sports day 9.30am
- Tuesday 25th June 2025 - F1/F2 Sports day 10.00am / 2.00pm
- Friday 4th July 2024- INSET DAY
- Thursday 24th July 2025 - Year 2 Leavers assembly 2.00pm
- Friday 25th July 2025- Last day of term- END OF ACADEMIC YEAR

Have a great weekend everyone!



**Parent/Carer
Coffee and Chat**

Does your child have difficulties at school, at home or in the community?

Would you like to talk, voice the challenges, share ideas, and help to improve things for you and your child?

Session 2: Friday 31st Jan, 9.30 - 11am
Session 3: Friday 14th March, 9.30 - 11am
Where: Phoenix Infant & Nursery

Project for Inclusion of Neurodiversity in Schools [PIiNS]

For further information please contact: enquiries@nottspcf.org

Parent Carer
empowering the voice

Integrated Care System
Nottingham & Nottinghamshire

This project is independent of schools, or the educational dept of Nottinghamshire County Council. It is funded by Health and is being run by Nottinghamshire Parent Carer Forum - an independent charity run by and for parent carers.

‘Theatre Kids’

Saturday Mornings from the 11th January 2025
(Term Time Only) with Ms Key
10.00 - 11.00am
@ Phoenix Infant and Nursery School
For all children in Yr 1 – Yr 6
£5.00 per session
★ Drama ★ Dance ★ Singing ★



★ Songs from Musicals
★ Drama and acting games
★ Dance routines ★

To book, email charissaakey@gmail.com

Free taster session for all newcomers!