

SAFEGUARDING NEWSLETTER

APRIL 2026

WELCOME

Dear parents and carers, welcome to the Parent Safeguarding newsletter. We hope that you find the information included in this newsletter useful. Should you require any further information, please speak to our very friendly safeguarding team.

Aims:

This safeguarding newsletter is aimed to enhance parental vigilance concerning child safety. It seeks to provide essential information on recognising signs of potential harm, particularly amidst the rising concerns of online abuse. Our goal is to empower parents and carers with knowledge and strategies for safeguarding children effectively, and knowing where to find help and support should it ever be needed.

SAFEGUARDING TOPICS COVERED IN SCHOOL THIS MONTH:

- PANTS rule reminder
- Inappropriate/appropriate touch
- Bullying
- Consent
- Trusted adults reminder
- Types of abuse reminder

Our objective is to explore a diverse range of Safeguarding topics each month through various channels, including: whole school and class assemblies; PSHE and RSE curriculum; computing lessons in conjunction with our Digital Leaders; School Council and through consistent signage and posters displayed around the school.

Our Safeguarding Team



Mrs Shepherd
Designated
Safeguarding
Lead



Mrs Kinder
Deputy
Safeguarding
Lead



Ms Nicholson
Deputy
Safeguarding
Lead

If you have an urgent concern out of school hours, you can contact the safeguarding team by emailing safeguarding@redwood.derby.sch.uk

CHILDREN'S MENTAL HEALTH

Here are some useful links to services that can provide support, advice, and guidance for your child's mental health and wellbeing:

- Derby/South Derbyshire Urgent Care Team: 07901 330724 (10 AM–10 PM, 7 days).
- [CAMHS \(Child and Adolescent Mental Health Services\)](#): Provides NHS assessments and treatments for children (0-18) with moderate to severe mental health issues.
- [Compass Changing Lives](#): Offers free, confidential early intervention emotional health and wellbeing support (5-18 years) across Derby & Derbyshire.
- [Build Sound Minds \(Action for Children\)](#): Provides mental health support in Derbyshire.
- [Derbyshire Mental Health Helpline](#): 0800 028 0077 (24/7 service for emotional support)

MENTAL-HEALTH AND WELL-BEING

Mental health among primary school children has become an increasingly important topic, as educators and parents recognise that emotional wellbeing is just as vital as academic success. During these early years, children develop the foundations for how they understand themselves, relate to others, and cope with challenges. When mental health needs are overlooked at this stage, it can affect confidence, behaviour, and learning outcomes.

Several factors influence a child's mental health. Family environment plays a major role—stable, supportive relationships can foster resilience, while conflict or neglect may contribute to anxiety or insecurity. School experiences are equally significant. Positive teacher relationships, friendships, and a sense of belonging can help children feel safe and valued. On the other hand, bullying, academic pressure, or social isolation can lead to stress and emotional difficulties even at a young age.

Common mental health concerns in primary-aged children include anxiety, low mood, and behavioural challenges. These may appear as frequent worries, difficulty concentrating, irritability, or withdrawal from activities they once enjoyed. Because children often struggle to express their feelings clearly, adults need to pay close attention to changes in behaviour rather than relying solely on verbal communication.



Mental Health Support Service for children and young people in Derby and Derbyshire



CAMHS

Child & Adolescent Mental Health Services

HOW CAN I SUPPORT MY CHILD'S WELLBEING?

The 5 Ways to Wellbeing are simple, practical ideas you can use at home to support your child's mental health. By modelling these habits and encouraging your child to take part, you can help them build positive routines that support their emotional wellbeing.

1

Connect Spending time together helps your child feel valued and secure.

Make space each day to talk and listen, even if it's just a few minutes.

Encourage your child to connect with others in ways that feel comfortable for them—this might be chatting with a friend, playing together, or even writing a message.

Try this: Ask your child about their day and share something about yours too.

Encourage them to ask others the same.

2

Get Active. Physical activity isn't just good for the body—it can boost mood, improve sleep, and reduce stress. You don't need anything complicated; small, fun activities can make a big difference.

Try this: Put on some music and have a dance together, go for a walk, or play a simple game in the garden or park.

3

Take Notice. Helping your child slow down and notice the world around them can improve their awareness of their feelings and surroundings. It also helps them enjoy the moment rather than rushing through it.

Try this: Encourage your child to pause and use their senses—what can they see, hear, smell, taste, or feel? You can do this together on a walk or at home.

4

Learn. Learning new things helps children build confidence and self-esteem. This doesn't have to be schoolwork—it can be anything that sparks their curiosity.

Try this: Learn something new together, like a word of the day, a fun fact, or a simple skill. Let your child choose something they're interested in.

5

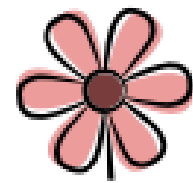
Give. Helping others can boost your child's happiness and sense of purpose. It also teaches kindness and empathy.

Try this: Encourage your child to help with small tasks at home or support a friend or sibling who might be struggling.

By practising these five simple steps together, you're not only supporting your child's mental health—you're also helping them learn habits they can carry with them as they grow.



The Nest



At Redwood Primary School, we offer lots of support to our children and families - just pop in and say hello!

Who are we?



Mrs Ratcliffe



Miss Beswick



Miss Nicholson



Mrs Roe

What do we do?

- Offer group Nurture sessions
- Support children 1:1 with emotional wellbeing
- Meet and greet children on their arrival at school
- Support families with attendance
- Offer food and clothing through our community 'bank'
- Signpost to other agencies who might be able to help
- Most importantly, we listen and we care
- Pop in and have a cup of tea

SELF-HARM

IF A YOUNG PERSON IN YOUR LIFE IS SELF-HARMING IT CAN BE DISTRESSING AND CONFUSING.

They might be doing it because they don't have the words to explain what they're experiencing. But it's important to know that you can support them. There are places to find help and advice for children and young people on Childline.

<https://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/>



If a child is in any immediate danger, you should always call 999.

The reasons children and teenagers self-harm will be different for everyone. They might not be able to name any one reason they're self-harming.

For many young people, the physical pain is a distraction from the emotional pain they're struggling with.

Some experiences or emotions can make self-harm more likely in children, including:

- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse or neglect
- grieving or having issues with family relationships
- feeling angry, numb or like they don't control their lives.

KNOWING THE SIGNS...

It can be hard to recognise the signs of self-harm in children and teenagers, but as a parent or carer it's important to trust your instincts if you're worried something's wrong.

Signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs.

HOW TO SUPPORT A CHILD WHO SELF-HARMS

Offer them emotional support

Finding out that your child's self-harmed can be hard to accept, and it's natural to feel anxious or upset. Some parents and carers might blame themselves or feel powerless to help. But you can try:

- showing them you're there whenever and however they choose to talk. They may prefer to message you about it rather than speak directly
- listening and not asking too many questions about why they've self-harmed, which may make them feel judged
- letting them know that you care about them and want to help them find healthier ways to cope
- reassuring them it's OK to be honest with you about what they're going through.
- Focus on what's causing the self-harm
- Remember, an underlying problem often causes self-harm. It can be more helpful to focus on what's causing their feelings rather than on the self-harm itself.
- You can talk to their GP, someone at their school or the NSPCC Helpline. It can also help to ask their GP about a referral to Child and Adolescent Mental Health Services (CAMHS).
- Hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them. Let them know they can tell you when they feel they want to hurt themselves.
- Any serious injuries should be treated right away in a hospital.

Encourage them to find healthy ways to cope

Suggesting something your child could do to cope with difficult feelings can be helpful.

Young people who've spoken to us have found it helpful to:

- paint, draw or scribble in red ink
- hold an ice cube in their hand until it melts
- write down their negative feelings, then rip the paper up
- listen to music
- punch or scream into a pillow
- talk to friends or family
- take a bath or shower
- exercise
- watch their favourite funny film.



Childline has many [self-harm coping techniques](#) for children and young people. The [wall of expression game](#) can also be a helpful way for young people to deal with difficult feelings.

NSPCC

Helpline

For any concerns about a child
help@nspcc.org.uk | 0808 800 5000

What

if

I'm

wrong?

**What if you're right?
If you think a child might
need help, talk to us?**

Whether you're worried about a child,
or are looking for guidance or support,
our child protection specialists can help.



Search **NSPCC Helpline**