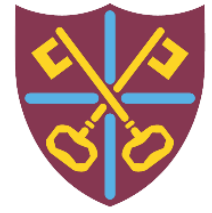


# St Peter's Catholic Primary School



## Safeguarding & Child Protection Newsletter

### Issue 3: April 2023

At St. Peter's, we believe that every child matters and everything we do has each and every child at heart. Your child's wellbeing, safety, achievement and their happiness underpins every decision that we make and determines how we work. Often when safeguarding is talked about the assumption is that it is just child protection - when a child is suffering harm, or is in danger from suffering harm.

However, safeguarding is much broader than this and takes into account a very wide range of areas.

St. Peter's Safeguarding Team will publish a regular newsletter that will give you current advice and information about issues that will hopefully keep all of our children safe in school and at home.

### **Who is responsible for Safeguarding?**

Everyone who works with children has a responsibility for keeping them safe. We are dedicated to working with the wider community, including the parish community and our families to tackle any safeguarding concerns and keep all children safe.

### **Who is St. Peter's Safeguarding Team?**

- Designated Safeguarding Lead – Mr McKenzie (Head teacher)
- Deputy designated Safeguarding Lead -Mrs McDonnell (Deputy Headteacher)
- Deputy Designated Safeguarding Lead – Mrs Hall (Assistant Headteacher)
- Deputy Designated Safeguarding Lead – Miss Greene (SENCO)
- Deputy Designated Safeguarding Lead– Mrs Walsh (Family Support Worker)
- Designated Safeguarding Governor– Mrs Bevan

Posters displaying this information are placed around school as a reminder for adults and children of who to go to if there are any concerns.

## **What is the role of the Designated Safeguarding Lead (DSL) and the Deputy Designated Safeguarding Lead (DDSL)?**

The Designated Safeguarding Lead and the Deputy Designated Safeguard Leads have a crucial role in taking responsibility for child protection issues in school. The DSL must be a senior member of the school's leadership team. DSL's and DDSL's are trained to take on this role and that training is updated every two years with additional training and conferences in between. The DSL and DDSL have many responsibilities including working with staff and agencies involved in safeguarding children, working with parents and families, giving advice to staff, training staff, managing referrals from staff and investigating concerns passing them onto the correct body as necessary, and managing the records of safeguarding and Child Protection concerns.

### **What's the importance of sleep?**

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, follow these top tips:

- 1. Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20 to 30 minutes at a time.**
- 2. Make sure you are tired before going to bed - the less time you have to spend awake on bed, the better.**
- 3. Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.**
- 4. Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.**
- 5. Try having a lukewarm bath as this can help your body to relax.**
- 6. Try to go to bed at the same time every day once you have a settled routine**
- 7. Choose a relaxing activity before bed, such as reading or listening to calm music.**
- 8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?**



## Do you know how much sleep your child needs?

The amount of sleep that your child is recommended to have is based upon their age. The NHS recommends the following:

Age	Amount of sleep
5 years	11 hours
6 years	10 hours 45 minutes
7 years	10 hours 30 minutes
8 years	10 hours 15 minutes
9 years	10 hours
10 years	9 hours 45 minutes
11 years	9 hours 30 minutes
12 and 13 years	9 hours 15 minutes
14 -16 years	9 hours

### Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

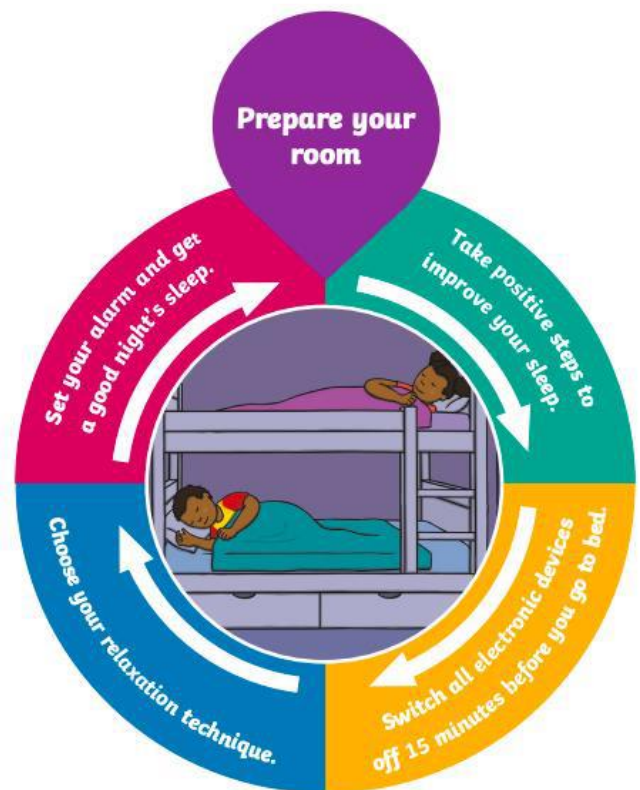
Older children may also stay up late or even wake in the middle of the night to use social media.

Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room. Encourage your child to stop using screens an hour before bedtime.

### Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24 degrees. If you can, fit some thick curtains to block out any daylight, especially now as the days are getting longer.

**If you have tried these tips, but your child is regularly having problems sleeping, you may feel that you need further support. You can speak with your GP or health visitor who may be able to provide additional information. Of course, you are also very welcome to speak to a member of staff at school.**



## Stage 1

During this time, our eyes and muscles are active but much slower than when we are awake. Our heart rate and breathing also slows down but we can be aware of noises around us and are easily woken from this stage.

Dreaming is very rare but sometimes our muscles will contract and we get the feeling of falling!



## Stage 5

During REM sleep, our brain waves look the same as when we are awake, as do our temperature, heart rate and breathing rate, which all rise during REM. Our eyes move very quickly from side-to-side but stay closed. This is when we have most of our dreams. As we get older, we spend less time in this stage, for example, babies may spend 80% of their total sleep in REM whereas an adult spends around 25%.



# The Sleep Cycle

## Stage 2

Our eyes stop moving, our body temperature gets lower and our brain waves and heart rate slow down further. We are unaware of sounds around us and our brains start to process information we have gathered throughout the day. This tends to be the longest part of our cycle - over 45% of our total sleep time.

## Stage 3

Our slow brain waves (which are called delta waves) are interrupted with little bursts of faster waves.

This is you in a deep sleep. However, this is also the stage when some people can talk in their sleep or even sleep walk! This is rare but will usually happen when our cycle moves from non-REM to REM sleep.



## Stage 4

We are now in a deep sleep with our brain waves mostly staying slow. At this point, our heart rate and body temperature are at their lowest points. If you are woken during stage 4, you can feel a little confused for a couple of minutes.



## **Here are some ways in which you can build chill out time into your regular routine**

- Make 'down time' a rule for everyone in the house.
- Encourage good use of 'down time' by making new books available to read, introducing a new style of music to listen to or helping your child to learn a craft.
- Don't over fill your child's week with organised clubs and activities.
- Encourage good time-management techniques. Younger children can be shown how to learn a couple of spellings a night rather than leaving them all to the last minute, for example. Older children can learn to pack their bags the night before school or make a 'to do' list.
- Try to eat together as a family as often as possible and ban phones and other devices from the table. Family meal time is a great time to talk and reflect on the day and share ideas.
- Plan regular family activities such as a bike ride, movie night or trip to the local park
- Play board games or card games together. Teach your child the games you knew as a youngster and let them teach you their favourites.
- Prioritise sleep. Younger children in particular benefit from a regular bedtime routine. Make late nights an exceptional treat, even at weekends.
- Regularly review your child's workload, to include school work, socialising time, clubs, sports and activities. Make sure that you continue to be able to achieve a daily spell of 'down time'. As they get older, include them in this.
- Let your child see you following 'down time' rules too. Teach them that stress is a fact of life for everyone and that what matters is being able to manage it effectively.