



Safeguarding Newsletter



HOW CHILDREN LEARN

As well as regular safeguarding assemblies, children are also taught about keeping healthy in a range of subjects across the year. This includes Physical Development and Personal, Social and Emotional Development in Early Years as well as in science, PE and PSHE and RSHE (Personal, Social, Emotional Health and Relationships, Sex, and Health Education) in Years 1 and 2.

KEEPING HEALTHY

CURRICULUM

WE HELP OUR CHILDREN LEARN:

- HAND WASHING, STOPPING THE SPREAD OF GERMS - 'CATCH IT, BIN IT, KILL IT'.
- HEALTHY DIET - HEALTHY LUNCHBOX
- EXERCISE - WHY IT IS IMPORTANT, WHAT THE BENEFITS ARE AND WAYS TO BE ACTIVE. · DENTAL HYGIENE - LOOKING AFTER OUR TEETH.
- MEDICINES - BEING SAFE AROUND THEM.
- AS WELL AS THE ABOVE, WE WILL CONTINUE TO TALK ABOUT WELLBEING AND WHAT WE CAN DO TO STAY MENTALLY HEALTHY.

PHYSICAL HEALTH

Did you know?

- Under fives need at least 3 hours of activity daily, spread throughout the day.
- Ages 5-18 should get at least 60 minutes of moderate or vigorous activity each day.
- From age 5, children should do aerobic activities and muscle and bone strengthening activities each week.

ADVICE

- <https://www.gov.uk/government/publications/health-matters-child-dentalhealth/health-matters-child-dental-health>
- <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Mrs Clayton	Mrs Warren	Mrs Nutley	Mrs Syms	Mrs Cassar
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Designated Safeguarding Lead



Deputy Designated Safeguarding Lead



Deputy Designated Safeguarding Lead



Learning Mentor



School Chaplain

OUR SAFEGUARDING TEAM

Our safeguarding Governor is: Sarah Starling (Chair of Governors)



Safeguarding Newsletter



FOOD SAFETY GUIDANCE



Guidance states that children under the age of 5 should not be given:

- whole nuts and peanuts as they pose a choking risk (children can be given crushed or ground nuts and smooth peanut butter from around 6 months old)
- raw eggs, runny boiled eggs or foods containing partially cooked eggs like uncooked cake mixture (unless they have the red lion stamp or you see the words "British Lion quality")
- foods high in salt such as sausages, bacon, crackers, crisps, ready meals and takeaways
- sugar, either in sugary snacks or added to food
- foods high in saturated fat such as biscuits, crisps and cakes
- fresh pate (meat, fish or vegetable-based) to reduce the risk of food poisoning
- unpasteurised milk, milk drinks and cheese, mould-ripened cheeses and soft blue-veined cheese, to reduce the risk of food poisoning (these cheeses can be used as part of a cooked recipe as listeria is killed by cooking)
- shark, swordfish and marlin, as the levels of mercury in these fish can affect a child's developing nervous system
- raw shellfish, to reduce the risk of food poisoning - make sure any shellfish you use is thoroughly cooked.
- raw jelly cubes, as these are a choking hazard
- slush ice drinks, sometimes known as slushies, as they may contain too much glycerol



KEEPING HEALTHY

CHOKING HAZARDS

CHILDREN CAN CHOKE ON MANY FOODS. TO REDUCE RISK:

REMOVE STONES, PIPS, BONES, AND SKINS; CUT ROUND OR HARD FOODS INTO THIN STRIPS OR QUARTERS; SOFTEN HARD FRUITS AND VEGETABLES; AVOID WHOLE NUTS, SEEDS, POPCORN, HARD SWEETS, MARSHMALLOWS, AND JELLY CUBES; DON'T GIVE RAISINS UNDER 12 MONTHS; CUT SAUSAGES AND CHEESE INTO STRIPS; AND AVOID DOUGHY BREAD—CUT ALL BREAD INTO STRIPS FOR YOUNG CHILDREN.



ORAL HEALTH

Did you know that almost a third of 5-year-olds and 12 percent of 3-year-olds in England have experienced tooth decay? This is something that can easily be avoided by brushing at least twice a day with fluoride toothpaste for at least 2-3 minutes, focussing on brushing all teeth—not just the front ones, limiting consumption of dietary sugars including drinks such as juice/squash. This is why we advocate water only in children's drink bottles.

