



Waddington All Saints Academy
A L.E.A.D. Academy

Safeguarding Newsletter

Spring 2025

Welcome to our third newsletter of the academic year!

At Waddington All Saints Academy, keeping our children safe and happy is at the heart of everything we do. Safeguarding is everyone's responsibility. Through these newsletters, we want to help parents understand what it means and where to turn for support if needed. We will share how we work as a school to protect and support our children, as well as an overview of what they've been learning this term.

It's also been Mental Health Week. We're including some useful tips on helping children understand emotions and look after their mental well-being. As always, if you have any questions or would like support, please don't hesitate to reach out to a member of our team—we are here to help.

Please remember, you can access all our previous Newsletters on our website. Please visit [Safeguarding - Waddington All Saints Academy](#).

Mandana John

Deputy Headteacher and Deputy Safeguarding Lead

Meet Our Designated Safeguarding Team

Our Deputy Safeguarding Leads are:



Mrs Mandana John
Deputy Headteacher



Mrs Kelly Dudley
Welfare Officer

Our Designated Safeguarding Lead is:



Mrs Zoe Jepson
Head Teacher
Prevent Lead

Our safeguarding team is responsible for the academy's efforts to keep children safe. They participate in regular training to ensure their knowledge and skills are up to date.

If you have any concerns about a child's welfare or safety, please speak to a member of our safeguarding team.

Celebrating Diversity through Stories: Inspiring Reads from our Assemblies

We are committed to teaching our pupils learn about the diverse world they are a part of. Through key historical figures, who have shaped our world and the exploration of different cultures, we help develop and broaden children's understanding of diversity.

Our assemblies are designed to explore important themes together. We have carefully chosen books from some of our favourite and most inspiring authors. Their stories allow us to spark children's curiosity, encourage discussions and provide opportunities to ask questions. Please see some of stories that have been read and discussed with our pupils, so far.



Children's Mental Health Week at Waddington All Saints

This year's Children's Mental Health Week theme is Know Yourself, Grow Yourself.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.

This year's theme, "Know Yourself, Grow Yourself!", encouraged children to explore their identity and personal growth. Children participated in various activities, including a live assembly and a creative art project using different media. Through these activities, they reflected on the roots of their identity, what matters most to them, alongside what helps them grow.

Just like our physical health, there are things we can do to help take care of our mental health too!

Ways to look after your mental health

- Sleep
- A healthy diet
- Keep active
- Spend time with friends, family and people you trust
- Develop new skills and set realistic goals and challenges
- Relax and enjoy hobbies
- Recognise and talk about your feelings



FOR FAMILIES

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.place2be.co.uk)



Emotional Well-Being

We encourage children to openly express their feelings, helping them understand that talking about their emotions is both important and healthy. Our goal is to create a supportive environment where children learn to respect one another and appreciate different personal experiences and emotions.

Through our PSHE lessons, we help children develop an understanding of mental health. By recognising their own emotions, we teach our pupils how to communicate with empathy and understanding, helping them to become more confident in expressing themselves and treating others with kindness and respect.

Teaching Online Safety

During the Autumn term, the whole school focused on using technology safely.

- KS1 explored safe use of devices.
- KS2 learned about internet safety, including recognising secure webpages and creating strong passwords.

This term, the entire school will participate in Safer Internet Day, with a focus on identifying scams and learning how to protect themselves online. We will also be learning about Online Relationships, including recognising risks with strangers, supporting and respecting others and understanding the importance of asking for permission.

PSHE Curriculum

Personal:
Developing self-awareness, self-management, and self-reflection skills

Social:
Developing skills for positive relationships, empathy, and communication

Health:
Developing knowledge of how lifestyle choices affect health and wellbeing

Economic:
Developing knowledge of economic wellbeing and careers

Intervention Programmes

We have interventions in place to support the social, emotional and mental health needs of pupils. These included ELSA interventions, Healthy Minds resources, and recommendations from outside agencies. Where a pupil needs further specialist support, we will make a referral to Healthy Minds or access therapeutic support.