

Stanburn Primary School



Safeguarding Newsletter Autumn



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead, Child protection officer or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:



Designated Safeguarding Lead

Mrs R. Malik



Child Protection Officer

Mr M. Lynch



Deputy Designated Safeguarding Leads

Mrs K. Hartland

Miss C. Crane

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe.

They regularly attend training to ensure their skills and knowledge are up to date.

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):

Dear Parents and Carers,

Welcome to our first safeguarding newsletter of the 2025-26 academic year! In particular, welcome to our new families. What a great start to term we have had. It has been a real joy to see the children back at school and hear all their news. So many children have already stood out in their effort and attitude as they transitioned to new year groups and new challenges.

At Stanburn Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families within our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make.

At Stanburn we ensure that all of our staff are well trained in all aspects of safeguarding and that this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe. With this in mind I will continue to send out a half-termly newsletter informing you of any recent safeguarding updates as well as providing you with key information around a range of safeguarding issues.

Mrs R. Malik (Designated Safeguarding Lead)

Useful contacts

[Harrow Safeguarding Children Partnership](#) 020 8901 2690

[Childline](#) 0800 1111

[NSPCC](#) 0808 8005000



Spotlight on Safeguarding

Supporting well-being through routines

Establishing consistent daily routines can make a big difference to your child's emotional well-being and sense of security. Routines help children feel safe, supported and ready to learn – all of which are central to safeguarding their mental and emotional health.

Why routines matter

Routines create structure and predictability, helping children manage transitions, reduce anxiety and build independence. A well-supported child is more confident, calm and able to thrive – both at school and at home.

Talk, listen, reassure

Emotional check-ins help children feel heard and valued. Ask questions like:

- “What was something good that happened today?”
- “Did anything feel tricky?”
- Let them talk at their own pace. Behaviour changes (clinginess, tiredness, moodiness) are common at the beginning of the year — patience and connection go a long way.






Five Minute habits that matter

- A morning hug or chat
- A quick bag check and praise
- A bedtime moment to reflect on the day

Small things, done regularly, build big emotional strength .

Key routines that support children's

WELL-BEING

- 1 Sleep time**
 - Regular bedtimes and wake times
 - Avoid screens an hour before bed
 - Try a calming wind-down routine (story, bath, quiet time)
- 2 Mealtimes**
 - Encourage family meals where possible
 - Predictable meals help children feel nourished and safe
- 3 Mornings**
 - Keep mornings calm, encouraging and predictable where possible
 - Include a healthy, filling breakfast
 - Prepare bags, lunches, and clothes the night before
- 4 After school**
 - Balance homework, play, and rest
 - Allow for downtime or creative activities
 - Prepare for the following day
- 5 Screen time**
 - Set clear limits, especially before bed
 - Encourage screen-free moments to reconnect

@the_enlightened_parent



For more information on children's mental health click on this [NHS link](#).

When to talk to school

If you notice:

On going changes in mood or behaviour or withdrawal, aggression or trouble sleeping, please reach out. Our safeguarding and well being mentors are here to support both you and your child.

Spotlight on Safeguarding

Artificial intelligence

What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to grow, and examples include:

- **Search engines** such as Google now include an AI generated overview as part of their results.
- **Virtual assistants** like Alexa, Meta AI and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat.

Opportunities

AI can be an effective tool when used correctly, for instance:

- **Homework** – children can use AI to support and assist their learning.
- **Advice** – AI can be used to provide information and suggestions on a variety of topics.

Risks and concerns

- **Misinformation** – ensure your child understands that AI can sometimes provide incorrect or misleading information.
- **Privacy issues** – read any privacy policies before using.
- **Chat apps** - a simple search of “AI Chat” within the App store highlights the number of apps already available that are not suitable for children as many are rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos that can be used to spread misinformation or cause harm.

How can I protect my child?

To help keep your child safe online, it is important to:

- Check age ratings of any apps or websites that your child accesses.
- Develop your child’s digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information can be found by clicking this [link](#).

If you are worried that your child has an AI friend then click on this [link](#).

Spotlight on Safeguarding

Age Restrictions for Social Media Platforms

13 is the minimum age for account holders on these social media sites and apps.

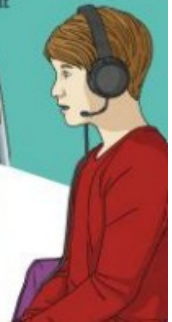


Age Restrictions for Social Media Platforms

16 is the minimum age for account holders on these social media sites and apps.



18 is the minimum age for account holders on these social media sites and apps.



Age restrictions on apps and games are there for a reason. Help your children to stay safe. Make sure you know what they are playing and who they are talking to at all times.