



Stanburn Primary School

Safeguarding Newsletter
Spring 1 2026



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 co-ordinate 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,

It's been lovely welcoming the children back to school. It seems like a while ago now but we really enjoyed hearing all of their excited chatter about what they had been up to with you and their wider families during the festive break.

I'm sure many of the children will have received gifts that enable them to go online so it is a good opportunity to give some thought as to how we can all support them to stay safe in the virtual world, particularly with the rise of AI technology and the associated difficulties that this brings in terms of distinguishing between the fake and real world. For some, it will be the first time they have owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

With that in mind, there is a strong focus in this half-term's newsletter on online safety.

Mrs R. Malik (Designated Safeguarding Lead)

As we begin 2026, we'd like to remind families that regular, consistent attendance is vital to your child's success. Being in school every day helps children gain the full benefit of our learning experiences and the important social connections that school offers. At Stanburn, our shared goal is to achieve attendance of 97% or higher for all pupils.

Where is your child currently on the attendance ladder?



Useful contacts

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

[Childline](#) 0800 1111

[NSPCC](#) 0808 8005000



Spotlight on Safeguarding

Understanding Child-to-Parent Violence (CPV)

Child-to-Parent Violence, also known as CPV, is something more families experience than many people realise - yet it's rarely talked about openly. It can be incredibly distressing for parents and carers, and it's common to feel ashamed, isolated or unsure of where to turn. This newsletter aims to give clear, compassionate information and guidance, without judgement or blame.

What is Child-to-Parent Violence?

CPV describes situations where a child or young person uses physical aggression, verbal abuse, intimidation or controlling behaviours towards a parent or caregiver.

It can look like:

- Hitting, kicking, pushing or throwing objects
- Shouting, name-calling or threats Destroying property
- Controlling routines, money or family rules
- Emotional manipulation or explosive outbursts

Important reassurance for parents and carers

- **You are not alone.** Many families experience some form of CPV, even if no one talks about it.
- **It is not a sign of 'bad parenting'.** CPV often emerges from a young person's difficulty managing big emotions, unmet needs, developmental differences, trauma or additional pressures in their life.
- **You deserve support.** Looking for help is a sign of strength, not failure.
- **Your relationship with your child still matters deeply** - and can improve. This is behaviour, not an identity. Children exhibiting violence are not 'bad kids'.

They are struggling and need guidance, boundaries and connection.

What parents and carers can do - supportive steps

Stay calm where possible - safety first



If an incident is escalating, prioritise safety. Step back and create space until your child has calmed.

Notice triggers



Identify what tends to spark outbursts:

- Transitions (bedtime, homework, school)
- Overwhelm, hunger or tiredness
- Demands they find difficult
- Sibling conflict
- Sudden changes

Validate feelings, while holding boundaries



You can say things like:

- "I can see you're upset."
- "Your feelings are real, I'm here to help."
- "It's okay to be angry, but it's not okay to hurt."

Validation helps children feel seen, while boundaries keep everyone safe.

Teach regulation skills - gradually



Try practising:

- Deep breathing
- Counting backwards
- Sensory tools (stretch bands, fidget items, weighted blanket)
- Visual schedules

Make these tools normal, not punitive.

Repair after conflict



Once everyone is calm, reflect gently:

- "What happened?"
- "How were you feeling?"
- "What could help next time?"

This builds connection and growth.

E Safety Top Tips

1 People you don't know are strangers. They're not always who they say they are.



2 Be nice to people like you would on the playground.



3 Keep your personal information private.



4 If you ever get that 'uh oh' feeling, tell a grown-up you trust.



Staying safe online

Always set a password



If your child's new device has a password protection feature, use it! It'll help keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!)

Keep numbers and devices private



Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger and never put it down somewhere that other people could steal it or take it to use without asking.

Pay attention to age ratings



One of the first things children want to do with any device is play games and explore apps. Before they download or install a new console game, check its age rating. Many popular games and apps have content that is not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games appropriate for their age.

Have 'the money conversation'



Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain or have made a purchase by accident

Explain secure WiFi Networks



Your home WiFi is protected by a password that only your family knows, whereas public networks (like those in coffee shops for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them knowing.

Discourage device dependency



Of course, children who've just got a new device will naturally want to spend as much time on it as possible but, whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun too and the device will still be there when they get back.

Limit screen time



Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child stay fresh and focused in order to perform well at school

Spotlight on Safeguarding

Only pair with known Bluetooth devices



Your child may want to connect to another device via Bluetooth so they can listen to music wirelessly or share pictures and videos with nearby friends. But, if they use Bluetooth to link with a device they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus to their device

Turn location settings off



It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

Stay aware of the surroundings



It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your children that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

Be there if they need to talk



Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

Minimum age for popular apps



Facebook (minimum age 13) – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



Instagram (minimum age 13) – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



Snapchat (minimum age 13) – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



TikTok (minimum age 13) – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



X (minimum age 13) – a social network that lets users send and read messages limited to 280 characters.



Tumblr (minimum age 16) – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



WhatsApp (minimum age 13) – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



YouTube (minimum age 13) – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.