



St Nicholas Primary School

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Executive Headteacher: Mrs S Waller

Head of School: Mrs S Leaf

Safeguarding Newsletter – Spring Term 2025

Welcome to our latest edition of the Newsletter from the St. Nicholas Primary School Safeguarding Team. We aim to bring you all the latest relevant help and advice we feel will be of importance to you.

Safeguarding & Child Protection is of paramount importance for the children of St. Nicholas therefore we have decided to have a termly newsletter that shares key information and advice with parents and carers, so that we can all work together with the same aim of keeping children safe in school, at home and in the wider community.

Our Safeguarding Team



St Nicholas Safeguarding & Child Protection Team



Mrs S Leaf
Designated
Safeguarding Lead
and Operation
Encompass Lead
PSHE Lead



Mrs G Wood
Deputy Safeguarding
Lead and Emotional
Wellbeing Officer



Miss Millett
E-Safety Lead

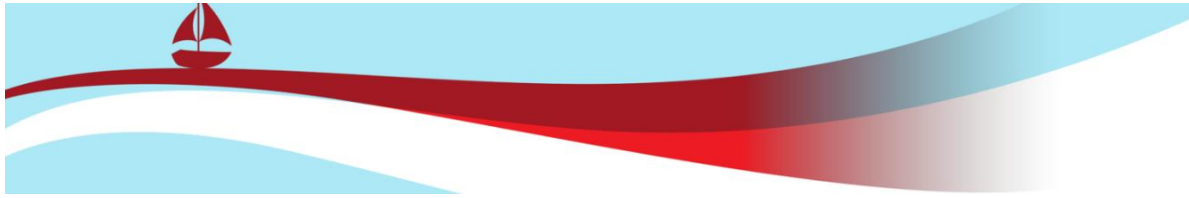


Mrs Butler
Attendance Assistant



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E Safety

E Safety is important to all of us. We will be holding parent workshops in February and we encourage all parents to come to them.

'As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.' Internet Matters. <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Have a conversation

It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- What games do you and your friends like to play online? Can you show me the websites you visit the most? Shall we play your favourite game online together?
- Ask them about how they stay safe online.
- What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help.
- Where can they go to find the safety advice, privacy settings and how to report or block on the services they use?
- Think about how you each use the internet.
- What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Children's Mental Health Week

This term the whole school will participate in Children's Mental Health Week. We will be sharing different resources with the children and parents via class dojo and our twitter feed.

The theme this year is 'Know Yourself, Grow Yourself'. We want Children's Mental Health Week 2025 to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them. As parents and carers, you play an important role in your child's mental health.

Please visit [Families - Children's Mental Health Week](#) for more guidance and support.

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Ambassadors

Well done to our newly appointed ambassadors. You all interviewed brilliantly! They have already been working hard and are excited to continue working with Mrs Leaf.

E-safety Ambassadors

Jayden
Amelia

Reading Ambassadors

Isabelle
Imogen
Hettie

Well - Being Ambassadors

Amber
Olivia

Religion and World Views Ambassadors

Ouseman
Mckenzie

School Council

Mrs Liversedge is working with our School Councillors to deliver important assemblies linked to our safeguarding calendar. Well done to all the children who made posters for our Anti – Bullying competition! This half term, they will present assemblies on:

- Internet Safety
- RNLI SOS day
- Children's Mental Health Week
- Red Nose Day
- Wildlife Day
- British Sign Language
- Elimination of Racial Discrimination

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What is happening this term in PSHE?

Our units this term are 'Dreams and Goals' and 'Healthy Me'.

Dreams and Goals looks at children setting their own goals and talking about how it makes them feel. In the older year groups, it looks at comparing and contrasting hopes and dreams of young people from other cultures.

Healthy Me covers two main areas of health: Emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this unit.

NSPCC – Speak out. Stay safe.

We are still participating in the NSPCC's Speak out. Stay safe. online programme. Which consists of an online assembly and supporting classroom-based activities. Speak out. Stay safe. is a safeguarding programme available to all primary schools in the United Kingdom. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way.

Useful contacts:

- **Women's Aid:** helpline@womensaid.org.uk
- **Andy's Mans Club:** info@andysmanclub.co.uk – talking groups for men to help you through those storms
- **Early Help and Safeguarding Hub (EHASH):** 01482 448879
- **Preston Road Women's Centre:** 01482 790310
- **Kids Hull SENDIASS:** 01482 467541 – advice and support for parents relating to education, health and social care for families of children and young people aged 0 – 25 in Hull.
- **Hull Food Bank Distribution Centre:** 01482 224783

Contact Information

- School contact: Mrs S Leaf on **01482 444215**, admin@stnicholas.het.academy
- Contact the EHASH for Hull on **01482 448879**
- If your concern is urgent and there is an immediate risk of harm, then please contact the police on 999
- If your concern is less urgent but you are worried about the welfare of the child, then please contact EHASH for Hull on **01482 448879**

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