

# Farcet CofE School

## Safeguarding

## Newsletter

October 2025

### Attendance Matters

#### 96+% Whole School Attendance Goal

Last academic year, our whole school attendance average was 95%. This academic year, we want to achieve 96%+.

We know that it is often tempting for parents to take their child/children on holiday during term time, since flights and hotels are much cheaper. Whilst you might benefit from a cheaper holiday, your child's learning will suffer. There are 190 statutory school days in one academic year and 175 days (weekends or school holidays) available to use for holidays. Therefore every school day counts.

Whilst you can fill out an *Application of Leave during Term Time* form, which can be found from outside the school office, your child's absence will not be authorised for a holiday or day trips. Absences will only be authorised for the following reasons:

- Sickness
- Unavoidable medical or dental appointments
- Days of religious observance.

Attendance this week (9.10.25)

95%



**Farcet**  
C of E Primary School

### We ARE FARCET

We are *Forgiving*

We are *Ambitious*

We are *Resilient*

We are *Compassionate*

We are *Equal*

We are *Together*

**'Let Your Light  
Shine'**

**(Matthew 5:16)**

# Here to Help



**Farcet C of E Primary School**

*'Let your light shine.' Matthew 5:16*

***Our Designated Child Protection staff members are:***



Miss Caroline Sadler

Lead DSL

Headteacher and Prevent Lead



Mrs Donna Oldfield

Deputy DSL

Family Link Worker



Miss Kimberley Roberts

Deputy DSL

Deputy Headteacher

## **Contact the Local Authority Designated Officer (LADO)**

Email: [LADO@cambridgeshire.gov.uk](mailto:LADO@cambridgeshire.gov.uk)

### **Professionals:**

Telephone: 01223 727 967 (Monday to Friday during office opening hours)  
Telephone: 01733 234 724 (Emergency Duty Team - out of hours queries)

### **Members of the public**

Telephone: 0345 045 5203 (Monday to Friday 9am – 5pm)  
Telephone 01733 234 724 (Emergency Duty team – out of hours queries)

**TAC: Team Around the Child (part of Early Help)**

**TAF: Team Around the Family (part of Early Help).**

**CP: Child Protection**

**DSL: Designated Safeguarding Lead**

**PREVENT: Part of the Governments Counter Terrorism Strategy to stop children/adults being drawn into extremism**

# World Mental Health Day

## *Supporting your child's mental health*

On the 10<sup>th</sup> of October 2025, we recognised **World Mental Health Day**. The children came to school wearing one thing that made them feel happy and in the afternoon, they learnt about a range of strategies to manage their feelings such as anxiety, fear and anger. We hope that these strategies help enable children to manage their feelings. We also reinforced the message that it is important that they talk to their parents, a teacher or a teaching assistant about their feelings.

It is important that we teach children about mental health, since mental health is all about how we are feeling and it can affect our behavior and the decisions that we make too. We want the children at Farcet CofE Primary School to thrive and enjoy their lives. Therefore, we try to empower them so that they know what to do we they experience troubling thoughts or feelings.

You can also help to keep your child's mind healthy by encouraging the following:

- Make time to talk to your child about how they are feeling.
- Encourage them to be physically active.
- Encourage them to drink plenty of water.
- Encourage them to spend time doing something that they love that makes them happy such as drawing.
- Make sure that they get enough sleep.
- Limit their time online and watching TV.
- Only view, use or play age appropriate material.



If you have a safeguarding concern during out of school hours, please use the following link to report your concern: [\*\*Cambridgeshire County Council: Safeguarding children and child protection | Cambridgeshire County Council\*\*](#)

# What are the signs of poor mental health?

Sometimes children find it hard to manage their thoughts and feelings. This can have a negative impact upon their mental health. Some signs that they might be struggling with their mental health might include:

- Anxiety that impacts their home and school life.
- Loss of interests.
- Feeling sad or irritable.
- Sudden changes of mood.
- Extreme distress and anger.
- Not able to sleep.
- Feeling worthless.
- Becoming very quiet or withdrawn.
- Appetite changes.

## What to do if you are worried about your child's mental health

- 1) Speak to the Lead DSL (Miss Sadler) or Deputy DSLs (Miss Roberts and Mrs Oldfield)
- 2) Contact your GP and make an appointment to discuss your concerns with them.
- 3) Call the NSPCC on 0808 800 5000.
- 4) Visit [www.youngminds.org.uk](http://www.youngminds.org.uk).
- 5) Call 999 if your child is in immediate danger

