



Farcet CofE Primary School

Safeguarding Newsletter

Spring 2025 (2) Issue 2

Dear Farcet Families

Welcome to the second edition of the 2025 Safeguarding Newsletter for parents. This edition will focus upon children's mental health and well-being.

What is safeguarding? Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with provision of safe and effective care
- Acting to enable all children and young people to have the best outcomes.

What to do if you are worried about a child

Firstly, please report your concern to one of the following DSLs at Farcet CofE Primary School: **Miss Sadler (Lead DSL/Headteacher)**, **Miss Roberts (Deputy DSL/Deputy Head)** or **Mrs Oldfield (DSL/Family Worker)**. Alternatively, during out of school hours, if you have concerns that a child is suffering from harm, please use the following link to report your concern: [Safeguarding children and child protection | Cambridgeshire County Council](#)

Who's who at Farcet CofE Primary School

Lead Designated Safeguarding Lead:
Miss Sadler
(Headteacher)

Deputy Designated Safeguarding Lead:
Miss Roberts (Deputy Head)

Designated Safeguarding Lead:
Mrs Oldfield (Family Worker)

Governor Responsible for Safeguarding:
Kayleigh Sergeant
(Chair of Governors)

Useful acronyms and vocabulary about safeguarding

DSL: Designated
Safeguarding Lead

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

CP: Child Protection

Early Help: Providing
Early Help support as
soon as problems
emerge at any point
in a child's life.

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

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



Mental Health

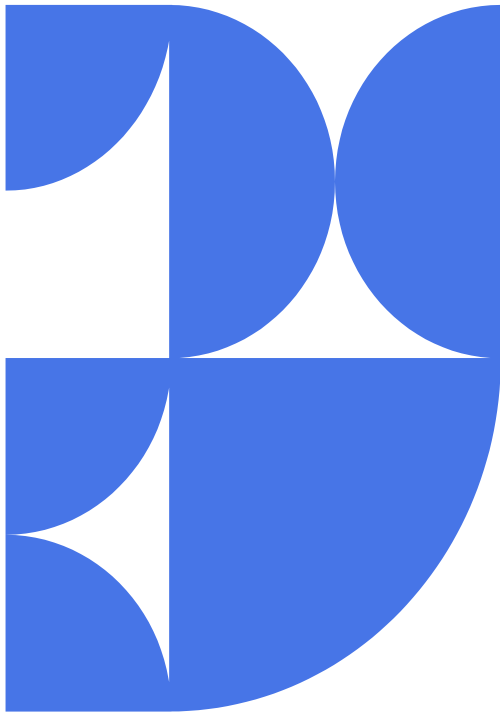
What is mental health? All of us have mental health. It affects how we think, feel and behave towards others. That is why it is important for all of us to look after our mental health. Our mental health can also change over time. Half of all mental health difficulties are thought to start before the age of fourteen (Cambridgeshire County Council, 2025).

In this respect, it is really important that we make time to listen to children to understand how they are feeling. This six minute video delivered by the Princess of Wales on behalf of the Anna Freud Institute will provide you with information about why it is so important to listen to children's thoughts and feelings. The second part of the video can be used with your children to help them better understand their thoughts and feelings too:

Talking Mental Health: <https://youtu.be/2hVAPFyukvY>



The Anna Freud National Centre for Children and Families have also produced a helpful leaflet for parents which provides ten prompts as to how you can make conversations about mental health with your child/children part of every-day life. Here is the link: [tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf](#)



How do we support children's mental health and well-being at Farcet CofE Primary School?

At Farcet CofE Primary School, we are committed to supporting the emotional health and wellbeing of all our pupils. We know that children can experience challenges in their life and that can make them very vulnerable. That is why we have a curriculum that supports children with their mental health and well-being. Here is a link to our mental health and well-being policy:

PSHE: Personal, Social, Health and Economic education lessons help to support children understand the importance of health and well-being, including mental health. Children in KS1 have the opportunity to explore their feelings and recognise how others are feeling too, plus understand the importance of sleep. At KS2, children have the opportunity to talk about strategies and behaviours to support good mental health, plus recognise the signs of when their mental health might not be at its best.

Nurture Breaks: During the morning timetable, we have a fifteen minute daily nurture break. This provides the children with the opportunity to have a healthy snack and a drink.

Salvation Army: Major Carol sometimes mentors children at school to help support them with their well-being and any difficulties that they might be experiencing.

Mrs Oldfield (Family Worker/DSL/Mental Health Lead): Mrs Oldfield might also run an intervention with any children struggling with their mental health.

Friendship and emotion intervention groups: We recognise that some of our children might sometimes struggle with their friendships and this can sometimes negatively impact their mental health. That is why we run interventions delivered by our teaching assistants and we monitor the progress the children make.

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- 1) Viewing inappropriate content
- 2) Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- 3) Contact from inappropriate people/grooming
- 4) Cyberbullying
- 5) Spending money on in-app purchases/scams.

What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have: <https://www.compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>





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

Firstly, make an appointment with your GP to discuss the concerns that you have regarding your child's mental health.

Secondly, make an appointment to speak to Mrs Oldfield (DSL/Family Worker and Mental Health Lead) and share your concerns with her, Mrs Oldfield will then speak to the teachers and teaching assistants that teach your child to share your concerns. Mrs Oldfield or a DSL may also speak to your child about how they are feeling too. We can then put a plan in place to support your child's mental health and well-being at school.

In some cases, we may make a referral to **YOUUnited**. **YOUUnited** offers help to children and young people with their emotional wellbeing and mental health registered with a GP in Cambridgeshire and Peterborough. **YOUUnited** offers a range of support therapies, counselling and guided self-help for children and both GPs and schools can make a referral, if they feel it is necessary. Referrals are then triaged and assessed to find the best possible way to support your child and families too.

YOUUnited is a partnership involving: Cambridgeshire and Peterborough NHS Foundation Trust, Cambridgeshire Community Services NHS Trust, Centre 33, and Ormiston Families.

The Benefits of Being Outdoors



Interestingly, research undertaken by Cardiff, Oxford and Manchester universities found that children who spend regular time in nature can have many benefits. Research has shown that nature positively impacts upon both children's and adult's mental health. The positive impacts of spending increased time in nature includes: Improved self-esteem, resilience, it decreases the feeling of anxiety and depression, leads to improved sleep patterns, plus improved physical health.

Furthermore, the Institute of Education, UCL, undertook research on behalf of The Wildlife Trusts and the research revealed that overall children's mental health and well-being improved as they spent time in nature. The research also showed that here were additional benefits from children spending more time outdoors which included:

- 1) 90% of children felt they learned something new about the natural world.
- 2) 79% felt that their experience could help their school work.
- 3) After their activities 84% of children felt that they were capable of doing new things when they tried.
- 4) 79% of children reported feeling more confident in themselves.
- 5) 81% agreed that they had better relationships with their teachers.
- 6) 79% reported better relationships with their peers.

(The Wildlife Trusts, 2019)

During the Easter holidays, see if you and child/children can make the most of the good weather and get outdoors to enjoy nature. That could time spent playing in the garden, a short walk, a bike ride, a trip to the local park or further afield.



Physical Activity, Exercise and Mental Health



What are the benefits of physical activity for mental health?

Physical activity has numerous benefits for mental health, here are some of the key ways it can positively impact mental well-being:

Improves Mood: Physical activity boosts serotonin and dopamine levels in the brain, which can elevate your mood and promote feelings of well-being.

Improves Sleep: Regular physical activity helps to regulate sleep patterns, making it easier to fall asleep and stay asleep.

Builds Self-Esteem and Confidence: Regular exercise can help improve physical health and fitness, which often leads to increased self-esteem and confidence. Feeling stronger and healthier can positively affect your overall sense of self-worth.

Social Interaction: Engaging in group sports or fitness classes can provide a sense of community and foster social connections, which is beneficial for mental health.

Provides a Sense of Accomplishment: Setting and achieving fitness goals, whether they're big or small, can help boost your sense of accomplishment and improve overall mental resilience.

Increases Relaxation: Physical activity can help improve relaxation and mindfulness. This contributes to mental clarity.

NHS guidance states children and young people need to do two types of physical activity each week: aerobic exercise and exercises to strengthen their muscles and bones. This should be completed for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week, through a variety of types and intensities of physical activity. This not only benefits children's physical health, but improves their mental health and wellbeing.

Parent Mental Health.

Being a parent is rewarding, but it can also be challenging at times too. That is why we have to remember that it is important for us to support our own mental health as well as our child's/children's mental health too.

The NHS Every Mind Matters provides very useful information to support adults improve their mental well-being too. We all need good mental health and well-being to live happy and healthy lives. The NHS Every Mind Matters provides seven areas of life 'where simple changes can make a big difference.'



Here are the seven areas of life:

- 1) Unhelpful thoughts
- 2) Living in the present
- 3) Good sleep patterns
- 4) Connecting with others
- 5) Living a healthy lifestyle
- 6) Doing something for yourself
- 7) Writing a letter to your future self.

If you are struggling with one or several of these areas of life, click on the link and read the advice provided by the NHS Every Mind Matters. [Top tips to improve mental wellbeing - Every Mind Matters - NHS](#)