



Farcet CofE Primary School

Safeguarding Newsletter

Summer 2025 (1) Issue 3

Dear Farcet Families

Welcome to the third edition of the 2025 Safeguarding Newsletter for parents. This edition will focus upon children's attendance.

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)



Holidays During Term Time

Since January 2025, our whole school attendance has met or exceeded the national average on most weeks, which is excellent.

However, we know that during the summer term, 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 the school office, your child's absence will not be authorised for a holiday. I will only authorise absence for the following reasons:

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

Your responsibility as a parent

If your child is registered at a school you must ensure that they attend regularly.

- The regulations make it clear that parents do not have any right or entitlement to take a child out of school for the purposes of a term time holiday.
- If parents take their child on holiday or leave in term time, this will be counted as an unauthorised absence. This is the same as truancy and you may be at risk of a penalty notice fine being issued or prosecution in the Magistrates court.



Child Not In School Procedure

- 1.If a child is not in school when the registers close at 9am and no explanation has been via telephone or email, Mrs Oldfield will then call the first child's contact by 9.30am to gain an answer.
2. If there is no answer, a phone call will be made to the second child's contact to gain an explanation for their absence.
- 3.If no reasonable explanation is given, an email will be sent by Mrs Oldfield to the child's parents that a home visit will be conducted.
- 4.If there is no response by 10am, Designated Safeguarding Leads (DSLs) will conduct a home visit to check on the child's well-being and safety. They may speak to neighbours if there is no answer.
- 5.If no contact by 11:30am, the police will be contacted on a non-emergency number to report the child missing. The Local Authority will also be informed. DSLs will repeat a home visit daily until the whereabouts of the child is established.



Here are a few facts about absence from school if children are not attending regularly:

- Fall behind in their school work
- Find it difficult to make and keep friends
- Be unhappy when returning to school
- Misbehave so that others cannot see that they are finding the work difficult
- Learn poor attendance habits that follow through to secondary school and future employment

How can we help you to improve your child's attendance?



Mrs Oldfield (Family Worker/DSL/Mental Health Lead) is here to support the children in school and families too. Her job is to extend the link between home and school. Mrs Oldfield can support with any attendance and punctuality difficulties that families are experiencing, so please do not hesitate to get in touch with her to provide you with support.

Getting here on time every day really is important in helping your child to become a happy and successful learner. Every day really does count!



Feeling Anxious When Returning To School

We know that some children struggle with anxiety when returning to school after a school holiday. Here are a few tips to help you manage their anxiety.

Ten more ideas proven to help anxious children:



Quiet Hugs: Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety so sitting quietly with lots of cuddles and empathising can often work better.

See your calm space: Remember a time when you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.



5x5 Grounding: See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.



Draw your anxiety: Draw a picture of what you are worried about.



Blow bubbles: Research has shown that taking 10 deep breaths resets the automatic nervous system and helps to calm the amygdala in the brain. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or a straw and balled up paper offer other ways to do the same.

Pet a furry friend: Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10-15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.



Jumping Jacks: Anxiety often causes shallow breathing. Asking your child to do an exercise forces them to take deep breaths that can reset the anxious feelings.

Remember past success: Encourage your child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it may be hard.



Problem solve the fear: Help your child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst, can help calm the fear.

Destroy the worry: Have your child write their anxiety on a piece of paper, then tear it up and throw it away.

