



Farcet CofE Primary School

Safeguarding Newsletter

Summer 2025 (2) Issue 4

Dear Farcet Families

Welcome to the forth edition of the 2025 Safeguarding Newsletter for parents. This edition will focus upon children's local resources that can be used during the summer holidays and online safety too.

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)**

Summer Holidays-Cost of Food

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).

We know that the summer holidays can be a very expensive time for families. Therefore, our wonderful school governors have got some suggestions that can be found below that might help to cut the cost of feeding your child/children during the summer holidays if you are not able to access a Food Bank.



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm	LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App
ASDA Kids eat for £1 daily, with no adult spend	MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend
ASK ITALIAN Kids under 10 eat for £1 during school holidays	MORRISONS Kids Eat FREE all day, every day with a £5 spend
BEEFEATER Kids Eat FREE with Newsletter Voucher this Summer	PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend after 3pm
BELLA ITALIA Children eat for £1 with any adult main	PREMIER INN & TRAVELODGE 2 kids eat for FREE with 1 adult breakfast
BILLS Kids Eat Free weekdays, 21st July – 29th Sept	PRETO Kids up to age 10 eat free with 1 paying adult
BREWERS FAYRE Kids Eat FREE with Newsletter Voucher this Summer	PUREZZA Kids under 10 get free pizza with every adult meal
BREWDOG 2 Kids eat free with 1 adult, 19th July - 31st August	SA BRAINS PUBS Kids eat for £1 on Wednesdays
BURGER KING From 28th July - 31st August, Kids Eat Free (via app)	SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm
CHIQUITO Kids eat FREE Daily Until August 31st	TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult
DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch	TESCO Kids Eat FREE with a 60p spend until Aug 31st
FRANKIE & BENNY'S Kids Eat Free from 14 th July – 31 st August 2025	TGI FRIDAYS Kids Eat Free with any adult meal (Via App)
FUTURE INNS Under 5s eat for free with any adult meal	THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend
GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day	TOBY CARVERY Kids eat for £1 all day (weekdays) until Aug 29th
HARVESTER Kids eat for £1, Mon - Fri via the App	WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast
HUNGRY HORSE Kids eat for £1 on Mondays	YO! SUSHI Kids eat free all day (weekdays) in school holidays
IKEA Kids get a meal from 95p daily from 11am	ZIZZI Kids eat free this summer holidays (ex Saturdays)

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Summer Holidays-Activities for no or little cost

If you are stuck for ideas, our wonderful school governors have found some activities in the local area that you might want your child/children to take part in for no to very little cost.



Peterborough City Council

26 Jun • 🌐

☀️ FREE family events this summer! ☀️

Peterborough Family Hubs invite you to j...see more

FREE!

2025 SUMMER FAMILY FUN

- Ice Skating**
Join us for for an hour of free ice skating every Tuesday afternoon!
📅 Every Tuesday (29 July-2 Sept)
🕒 2.30pm-3.30pm
📍 Planet Ice, PE3 8YN
- Circus Fun**
Watch amazing performances and take part in different activities
📅 Thursday 31 July
🕒 11am-2pm
📍 George Alcock Centre, PE2 8QS
📅 Thursday 21 August
🕒 11am-2pm
📍 Bretton Rugby Club, PE3 8DG
- Gaming Fun Day**
Game of cards, a board game or bring your own
📅 Wednesday 6 August
🕒 10am-12pm
📍 Angle Gaming Lounge, PE4 6AF
- Outdoor Adventure**
Den building, painting and more fun activities. Includes lunch
📅 Tuesday 12 August
🕒 10am-1pm
📍 WestRaven Gardens, PE3 7LX
- Family BBQ**
Fun afternoon full of games and amazing BBQ food!
📅 Thursday 28 August
🕒 11am-2pm
📍 The Fleet, PE2 8DL

Book your place
🚶 walk in open event 📅 booking required

Peterborough Family Hubs



Bretton Water Park and Central Park Paddling Pool will open for the summer season tomorrow, Tuesday 22 July, at 10am.

Central Park Paddling Pool will operate during the school summer holidays from 10am - 6pm Tuesdays to Sundays. The park has a number of other attractions, including children's play areas, a sandpit, sunken garden and sensory garden, as well as various sports facilities.

Bretton Water Park, in Barnstock, will be open Tuesdays to Sundays from 10am - 4pm until Sunday 31 August. Changing rooms at the site will not be available. The park is also ideal for the family and is surrounded by large grass play areas, football pitches and children's playgrounds.

Entry to both the paddling pool and water park is free.





National Literacy Trust in Peterborough · [Follow](#)

14 Jul · 🌐



Join us for the launch of the Summer Story Hunt!

We're kicking off our August-long adventure on Tuesday 5 August at Central Park from 10am–12pm.

Enjoy performances from brilliant local author [Mark Grist](#), and get stuck into fun activities with our amazing partners - including the chance to sign up for the [Peterborough Libraries](#) Summer Reading Challenge.

This event is perfect for children of all ages and marks the start of a month-long story hunt! Keep your eyes peeled throughout August, because if you find one of our special vouchers, you can claim a free book!



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.

Keeping your child/children safe online

We know that it is highly likely that your children will spend more time online during the summer holidays. Therefore, it is important that you know how to keep your children safe whilst online.

Online safety is about being aware of the possible threats that your child could be exposed to whilst online. KCSIE (2024) state that there are four possible threats:

Content

'Content: being exposed to illegal, inappropriate or harmful content, for example: pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation and extremism' (KCSIE 2024).

Contact

'Contact: being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes' (KCSIE 2024).

Conduct

'Conduct: personal online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images (e.g. consensual and non-consensual sharing of nudes and semi-nudes and/or pornography, sharing other explicit images and online bullying' (KCSIE 2024).

Commerce

'Commerce – risks such as online gambling, inappropriate advertising, phishing and or financial scams' (KCSIE 2024).

Therefore, it is important that you closely monitor what your child is accessing at home. If you have any concerns, please use the following links to help you report those concerns:

CEOPS (Child Exploitation & Online Protection Centre) ThinkYouKnow: The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children about Internet safety and online safety. [Visit the CEOP website.](#)

More detailed information and the facility to report online abuse and get advice is available by visiting the [Thinkuknow](#) website.

Report harmful content: This website allows parents/ students/ staff to report harmful content for specific social media apps: [Submit a Report of Harmful Content for Review](#)

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

NOS National Online Safety®
#WakeUpWednesday



Summer Holiday Camp

Youth Dreams Project

If you are stuck for childcare during the summer holidays, the Youth Dreams Project offers both council funded and paid for holiday camps in the local area.

If you are interested, please click on the link to find out more:

[Book A Camp - Youth Dreams Project](#)



