

Delapre Primary School

Safeguarding and Well-Being Update

Spring Term - January 2023

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for Delapre Primary School:

- o Mr Portrey
- o Mrs Furniss (Family Support Officer)
- o Mrs Leivers
- o Mr Fisher

They can be contacted via the school number 01604 761456 or email -

Safeguarding@delapre.northants.sch.uk

For a copy of our school's Safeguarding and Child Protection 2022 policy, please visit our school website.

**Keeping
children safe
is everyone's
responsibility**



Dear Parents and Carers

Next week is Children's Mental Health Week with a theme of 'Let's Connect'. As a school we will be taking part in various activities and all the children will be introduced to this in their assemblies, please take the opportunity to speak to your child about what they have learnt in the week. You will find some top tips on meaningful connections on the next page.

Please remember that if you are struggling with food, there is support available. Have a look through the directory of where you are able to go and we will be happy to support you with a referral.



Reporting concerns

If you suspect a child is being abused, or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on

0300 126 7000

If a child is in danger, call the police immediately on 999



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. **Connect by taking an interest in your child's world**

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. **Find time to connect as a family**

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. **Try to resolve conflict and re-connect after arguments**

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces - aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains - developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards - developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Please see below the list of places where you are able to get support with food. Where it states you need a referral, please contact Mrs Furniss at school on sfurniss@delapre.northants.sch.uk or telephone on 01604 761456

All requests will be treated in confidence.

FOOD AID

ALLIANCE WEST NORTHANTS

Day	Time	Service	Location	Referral Method	Criteria/Cost
Monday					
	10am-12pm	Castle Hill	Northampton Town Centre	Self referral/School	Short-term financial need
	10.30am-12.30pm	Daventry Food Bank	Daventry	Professional	Financial Crisis. 5 per year
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	12-3pm	Shine Food Bank	Northampton Town Centre	Self Referral	Financial Crisis
	12-2pm	Northampton Food Bank @ Spinney Hill	Spinney Hill, Northampton	Professional	Financial Crisis. 5 per year.
	1-3pm	Weston Favell Food Bank	Weston Favell, Northampton	Professional	Financial Crisis. 3 per year
	1.30-2.15pm	Roads Community Larder	Roads	Access to all	No Criteria. £10 Subscription, £5 p/w
	4-7pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
	By Arrangement	Springs Family Centre (SFC)	Spring Boroughs	Self/Professional	Working with SFC
Tuesday					
	9am-11am	4U Community Cafe, Kingsthorpe	Kingsthorpe, Northampton	Self/Professional	Short-term financial need
	11.30am-1.30pm	Northampton Food Bank @ Re:store Northampton	Northampton Town Centre	Professional	Financial Crisis. 5 per year.
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	12-2pm	Towcester Food Bank	Towcester	Self/Professional	Financial Crisis.
	2-3pm & 6-7pm	Woodford Halse Community Larder	Woodford Halse	Access to all	No Criteria. £10 Subscription, £5 p/w
	4-7pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
Wednesday					
	10am-1pm	Weston Favell Food Bank	Weston Favell, Northampton	Professional	Financial Crisis. 3 per year
	10am-11am	Hope Food Club @ Kings Heath	Kings Heath, Northampton	Pre-Registration Required	Low income. Cost £10pcm
	10.30am-12.30pm	Daventry Food Bank	Daventry	Professional	Financial Crisis. 5 per year
	11am-1pm	Dostiyo Community Fridge	Northampton Town Centre	Access to all	No Criteria
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	12-1pm	Hope Food Club @ Spring Boroughs	Northampton Town Centre	Pre-Registration Required	Low income. Cost £10pcm
	12-2pm	Northampton Food Bank @ Briar Hill	Briar Hill, Northampton	Professional	Financial Crisis. 5 per year.
	1.30-2.30pm	Daventry Community Larder	Daventry	Access to all	No Criteria. £10 Subscription, £5 p/w
	2.30pm-4pm	Bugbrooke Community Cafe	Bugbrooke	Self referral/School	Short-term financial need
	4.15-6pm	Towcester Community Larder	Towcester	Access to all	No Criteria. £10 Subscription, £5 p/w
	4.30-5.15pm	Brixworth Community Larder	Brixworth	Access to all	No Criteria. £10 Subscription, £5 p/w

FOOD AID

ALLIANCE WEST NORTHANTS

Day	Time	Service	Location	Referral Method	Criteria/Cost
	5.30-6.15pm	Moulton Community Larder	Moulton	Access to all	No Criteria. £10 Subscription, £5 p/w
	4-7pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
	By Arrangement	Springs Family Centre (SFC)	Spring Boroughs	Self/Professional	Working with SFC
Thursday	10am-11.30am	Towcester Community Larder	Towcester	Access to all	No Criteria. £10 Subscription, £5 p/w
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	11am-1pm	Dostiyo Community Fridge	Northampton Town Centre	Access to all	No Criteria
	12-3pm	Shine Food Bank	Northampton Town Centre	Self Referral	Financial Crisis
	12.30-2.30pm	Northampton Food Bank @ Far Cotton Food Aid	Far Cotton, Northampton	Professional	Financial Crisis. 5 per year.
	4-7pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
Friday	9am-12pm	Northampton Food Bank @ St Albans, Eastfield	Eastfield, Northampton	Professional	Financial Crisis. 5 per year.
	10am-11am	Hope Food Club @ Blackthorn	Blackthorn, Northampton	Pre-Registration Required	Low income. Cost £10pcm
	10am-12pm	Castle Hill	Northampton Town Centre	Self referral/School	Short-term financial need
	10am-12pm	Weston Favell Food Bank	Weston Favell, Northampton	Professional	Financial Crisis. 3 per year
	10.30am-12.30pm	Towcester Food Bank	Towcester	Self/Professional	Financial Crisis.
	10.30am-12.30pm	Daventry Food Bank	Daventry	Professional	Financial Crisis. 5 per year
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	12-1pm	Hope Food Club @ Lings	Lints, Northampton	Pre-Registration Required	Low income. Cost £10pcm
	2-3pm	Holy Ghost Zone Food Bank	Northampton Town Centre	Self Referral	Financial Crisis
	2.30pm-4pm	Bugbrooke Community Cafe	Bugbrooke	Self referral/School	Short-term financial need
	4-6pm	Afribank Zimwomen (food)	Northampton Town Centre	Self/Professional	Short-term financial need
	4-7pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
Saturday	9am-11am	4U Community Cafe, Kingsthorpe	Kingsthorpe, Northampton	Self/Professional	Short-term financial need
	10am-12pm	Northampton Food Bank @ Duston URC	Duston, Northampton	Professional	Financial Crisis. 5 per year.
	11am-1pm	United African Association	Northampton Town Centre	Self/Professional	African Food
	11.30am-1.30pm	Hope Centre Meals	Northampton Town Centre	No Referral -turn up	Homeless/NFA
	12-2pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
	By Arrangement	Springs Family Centre (SFC)	Spring Boroughs	Self/Professional	Working with SFC

FOOD AID

ALLIANCE WEST NORTHANTS

Day	Time	Service	Location	Referral Method	Criteria/Cost
Sunday	12-2pm	McCarthy Dixon Food Larder @ Swan & Helmet	Northampton Town Centre	No Referral -turn up	£5 per 8 items
Various Days	By Arrangement	Impact Now	Northampton	Self/Professional	Short-term financial need
		SCCYC (food aid & other help)	Northampton	Self Referral	Short-term financial need
		RBN & MLSS (food aid)	Northampton	No Referral -turn up	Short-term financial need