Safeguarding @ Fourfields

01733 703611 help@fourfields.cambs.sch.uk www.fourfields.cambs.sch.uk @FourfieldsSc

Issue 2 **Term 2: 2025/2026**

Safeguarding at Fourfields is everyone's responsibility, every day

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 our Designated Safeguarding Leads straight away.

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

- **Mrs Blyth**
- **Mrs Hewerdine**
- **Mrs Park**
- **Mrs Jones**

They can be contacted via the school office help@fourfields.cambs.sch.uk or by telephone on 01733 703611.

You can also contact the Multi Agency Safeguarding Hub (MASH) on: 0345 045 5203

If you believe a child is in immediate danger, call the Police immediately on 999.

Dear Parents and Carers,

It might feel a little early but as we head into the festive season, we'd like to remind everyone that *safeguarding is everyone's responsibility*.

The holidays are a wonderful time for many families, but they can also bring new challenges — changes in routine, extra pressures, and more time online. This newsletter shares some key reminders and sources of support to help keep every child safe, happy and well this winter.

Safeguarding Over the Holidays

The Christmas break can bring excitement but also stress or uncertainty for children.
Please remember:

- **Keep routines steady** where possible – regular sleep and meal times help children feel secure.
- **Notice changes in behaviour** – mood swings, withdrawal, or anxiety can signal that a child is struggling.
- **Reach out early** – if you need advice or support, we're here to help and can connect you with the right people.

Holiday support contacts:

- **Cambridgeshire Children's Social Care:** 0345 045 5203
  (Out of hours emergency duty team: 01733 234 724)
- **Cambridgeshire Family Information Service:** 0345 045 1360 or www.cambridgeshire.gov.uk/fis
- **Early Help Hub:** early.help@cambridgeshire.gov.uk
- **NSPCC:** 0808 800 5000

Online Safety and New Devices

Many children will be receiving new technology this winter.
A few reminders:

- **Set parental controls** on new devices and Wi-Fi.
- **Talk regularly** about online activity — who your child chats to and what they play or watch.
- **Check age ratings** for apps and games.
- **Encourage open communication** — if something online upsets them, they can talk to you or a trusted adult.

Useful websites:
Internet Matters – parental control and setup guides
Thinkuknow – child-friendly online safety advice
NSPCC Online Safety Hub

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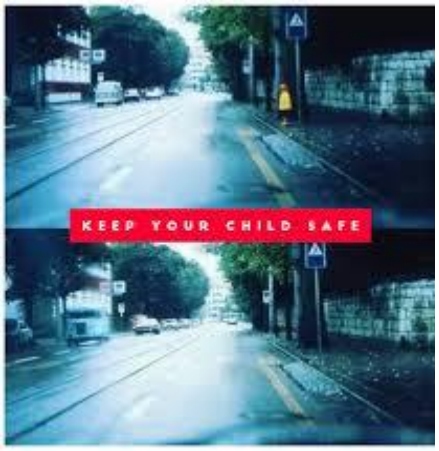
At this time of year, I always like to remind everyone about the vulnerability of children near our roads. With reduced visibility as evenings close in and the autumn / winter weather this becomes even more relevant. Below are my annual safety tips so that you can discuss with your child/ren how important it is to be visible when near roads.

These tips emphasise how wearing brightly coloured clothing shows up well in daylight but, as it gets dark, reflective clothing and accessories are far more effective in signalling pedestrians or cyclists to drivers. If you're a driver, remember it will be more difficult for you to see pedestrians and cyclists when it's dark or raining / snowing.

Unlike this image, not everyone will be dressed in bright colours or reflective clothing. Children and others often wear dark coloured school uniform, winter coats or blazers.



To illustrate the point, there's a child in the same position on both photos (left). Which one is easier to see? For more information and activities to do around this topic with your child(ren) please visit:

https://www.think.gov.uk/resource/be-bright-be-seen-game/

Did You Know?

New analysis of road safety data by 'Brake' revealed that every 19 days the equivalent of a whole class of children is killed or seriously injured on Britain's roads.

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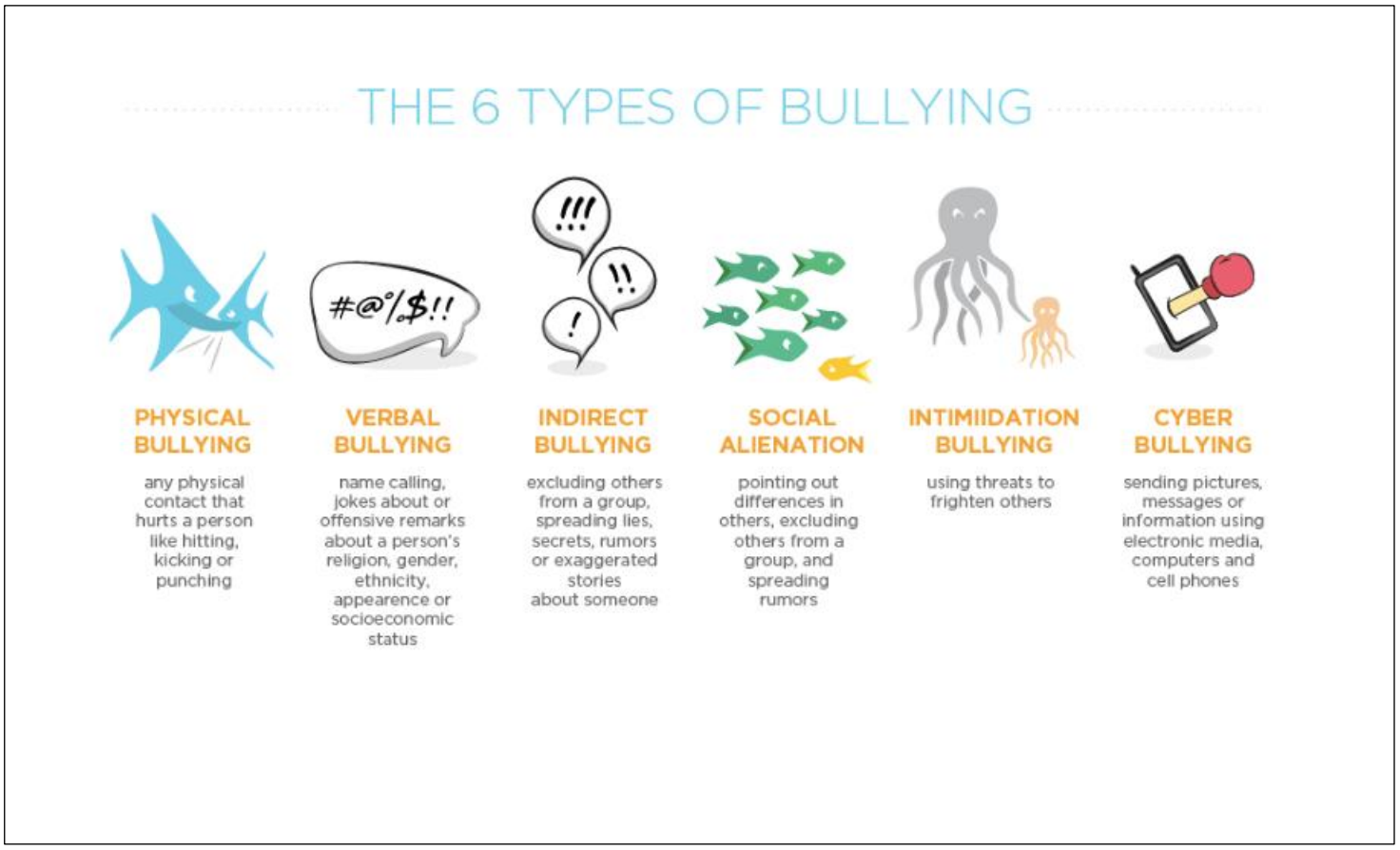
This year, Anti-Bullying week took place from Monday 10th to Friday 14th November with the theme 'Power for Good'. Lots of children (and staff) rocked their odd socks on the Monday to help us focus on what we were thinking about.

In school, children took part in a range of activities to explore the effects that bullying can have as well as how to tackle this head on if need be.

If you would like to explore this important topic a little more at home, there is a FREE Parent and Carer pack which will help you start the conversation about bullying no matter the age of your child(ren).

This can be found here:



Safeguarding @ Fourfields

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.

See full reference list on our website.

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