



Marston Moreteyne VC School

Safeguarding Newsletter

Spring 2024 - Issue 5



Welcome back after our Christmas break, our aim, as always, is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. Further information can also be found on our website <https://www.marstonmoreteyneschool.org/safeguarding/>



Meet the Team



Miss Short

Deputy Designated
Safeguarding Lead -
EVFS



Mrs Straccia

Deputy Designated
Safeguarding Lead



Mr Storey

Headteacher



Mrs Watts

Designated
Safeguarding Lead



Mrs Di-Folco

Deputy Designated
Safeguarding Lead - EVFS



Mrs Eames

Nominated
Governor
for Safeguarding



Free Parenting advice and support on a wide range of digital parenting topics including social media, screen time, setting safety features on all devices ... A superb resource for all parents and carers which is quick and easy to use!

To create your account, please follow <https://nationalonlinesafety.com/enrol/marston-moreteyne-vc-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Safeguarding Curriculum

We believe that one of the best ways to safeguard children is to equip them with the knowledge and skills to be able to keep themselves safe. Safeguarding themes are interwoven throughout our curriculum and the opportunities we offer in school. Some examples include:

- Our 'Values' assemblies which are delivered to all children from EYFS to Year 4
- NSPCC Stay Safe Assemblies
- NSPCC Pants
- Focussed Online Safety lesson delivered throughout the year
- Online safety discussions within computing and other relevant lessons
- Involvement in Anti-Bullying Week and Mental Health Awareness Week
- Relationships, Health Education curriculum
- Personal, Social, Health and Education (PSHE) lessons
- Bikeability in Year 4

We have developed an open and safe learning environment in which pupils express their views, seek help, and help others. The promotion of equality of opportunity and diversity, for pupils and staff, helps prevent any form of direct or indirect discriminatory behaviour.

Our children learn to not tolerate any prejudiced behaviour. Our behaviour policy promotes making good choices and exhibiting good learning behaviours. Class times are a time for sharing ideas, addressing concerns, and promoting important values.

LUTON
ALL WOMEN'S
CENTRE



Want to feel more confident to talk to your child about the challenges they face and how to keep themselves safe?

Then, join our:

'Parenting 24' webinar

This 45-minute online session will help you to learn more about violence against women and girls (VAWG), how it can start and develop and how to discuss this with your child (male or female).

Thursday 25th January at 4pm
Tuesday 20th February at 6.30pm
Monday 18th March at 1pm

Specifically aimed at parents with the purpose of:

- Understanding what VAWG is, who is affected and how
- Providing a space and platform to discuss why it is a problem
- Learning how to talk to our children about VAWG
- Raising our girls and boys in 2024

To reserve your place and register for the Zoom link, email:

jo@lawc.org.uk

This webinar is fully funded by the Home Office in conjunction with Bedfordshire Police as part of the Safer Streets 5 initiative.

LUTON
ALL WOMEN'S
CENTRE



Want to feel more confident raising your sons?

Then, join our:

"Raising Boys" webinar

This 45-minute online session will help you to gain more understanding of violence against women and girls (VAWG), the challenges boys might face around this and develop your confidence to discuss the topic with them

Tuesday 30th January at 1pm
Monday 26th February at 4pm
Thursday 28th March at 6.30pm

Specifically aimed at parents with the purpose of:

- Understanding male roles and new challenges
- Providing a space and platform for discussion
- Understanding the pressures that boys & men face
- Learning how we can change our narrative to help

To reserve your place and register for the Zoom link, email:

jo@lawc.org.uk

This webinar is fully funded by the Home Office in conjunction with Bedfordshire Police as part of the Safer Streets 5 initiative.



IS MY CHILD READY
TO BE LEFT
HOME ALONE?



When is your Child ready to go out or stay home alone?

Deciding when your child is old enough to go out or stay home alone is often an anxious time for parents. Every child is different and ready for increased level of independence at different times. The NSPCC provides advice on guidance to parent and carers with points to consider <https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/>

Is it legal to leave a child home alone?

A child who isn't old enough or who doesn't feel comfortable should never be left home alone. If this is the case, it's best to look into childcare options that might work for your family.

There's no legal age a child can be left home alone, but it's **against the law to leave a child alone if it puts them at risk**. Every child matures differently, so it would be almost impossible to have a "one size fits all" law.

Checking your child feels safe home alone

As your child gets older, talk to them about how they feel about being left home alone. If they're worried, work out what parts of being home alone worry them. Do they feel safe in the neighbourhood? Are they afraid of the dark?

Talk about anything that's bothering them and discuss a solution. Understanding why they don't feel comfortable will give you an idea of how to help - or why they might not be ready to be left alone.

The NSPCC would always recommend leaving a child younger than 12 years old with family, a friend or in childcare and not at home alone.

Further advice and guidance can be found in this booklet

<https://learning.nspcc.org.uk/media/3271/home-or-out-alone-guide.pdf>

BEDFORDSHIRE DOMESTIC ABUSE PARTNERSHIP

Support Hub

What is a Support Hub?

- a place for you to go if you need to access support
- a place where you can contact a domestic abuse support service who will be able to help you safely

IT DOESN'T HURT TO ASK FOR HELP!

For more information, speak to a member of staff or contact BDAP@centralbedfordshire.gov.uk

@bedsdv
bedsdv.org.uk



Winter Water Safety

We want to warn, inform and educate members of the public of how they can enjoy the great outdoors in winter, safely and what to do in an emergency situation. Many people will be near open water to enjoy the countryside, for dog walking, fishing etc.

Stop and Think - Keep back from slippery banks and wear footwear with good grip

Stick to well-lit areas - plan your walks in daylight or well lit areas.

Ice can be extremely vulnerable even during prolonged periods of cold - **Never go out on to ice**

In an Emergency - ICE

What to do if you fall through the ice:

- Keep calm and shout for 'help'.
- Spread your arms across the surface of the ice in front of you.
- If the ice is strong enough, kick your legs to slide onto the ice.
- Lie flat and pull yourself towards the bank.
- If the ice breaks, work your way to the bank-breaking the ice in front of you.
- If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keep your legs together. Keep your head clear of the water.
- Once you are safe, go to hospital immediately for a check up

What to do if you see someone fall through the ice:

- Shout for assistance and phone the emergency services - call 999 or 112.
- Do not walk or climb onto the ice to attempt a rescue.
- Shout to the casualty to 'keep still' and offer reassurance to keep them calm.
- Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.
- When reaching from the bank, lie down to avoid being pulled onto the ice.
- If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way.
- If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty.

If you see someone struggling in the water:

- **DON'T JUMP IN!**
- **CALL 999**
- **ASK FOR FIRE SERVICE**
- **SHOUT & SIGNAL**

Use  what3words
for precise location 

THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank- you may find it easier to roll

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for **'HELP'** and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to **'KEEP STILL'** and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

StyWise

If you have a concern about the safety of a child please speak to a member of the safeguarding team or you can call:

Central Bedfordshire Access and Referral Hub - 0300 300 8585
Bedford Borough Integrated Front Door - 01234 718700

For further safeguarding information and advice please visit our school website
<https://www.marstonmoreteyneschool.org/safeguarding/>

Family Support & Help for Marston Families

At Marston Moreteyne VC School, we understand that many children and families might experience difficult times. The cost of living crisis continues to place our community under increasing financial pressure which, understandably, can cause stress and anxiety in the home.

Teresa Gibbons is our Family Support Worker and she is able to help families with a range of issues including advice with debt management, food supplies, housing issues, bereavement and much more. Teresa can be contacted via email Family.Support@marstonmoreteyneschool.org or by calling the school office.

Further Help

https://helpforhouseholds.campaign.gov.uk/?utm_campaign=H4H_UK&utm_medium=Search&utm_source=Google&utm_content=Brand&qclid=EAIAIQobChMIitfvsfjL_AIVAp7tCh0J_gFBEAAYASAAEgLSYvD_BwE&qclsrc=aw.ds

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

https://www.centralbedfordshire.gov.uk/info/165/support_with_the_cost_of_living

<https://www.marstonmoreteyneschool.org/family-support/>



Support for Marston Families



Help the families in our community have enough food each and every day.

We are in need of the following items:

Tinned / bottled goods: sliced carrots, potatoes, baked beans, spaghetti in tomato sauce, hot dogs, pasta sauce, jam, vegetable oil

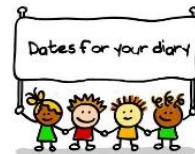
Dried Goods: Biscuits, pasta & cereals,

Toiletries: Nappies, baby wipes, toothpaste, shampoo, conditioner, shower gel, deodorant, sanitary items, washing detergent and fabric conditioner



Drop off Locations are at both school site receptions
Church Walk, MK43 ONE or
Great Linns, MK43 ODD

If you would benefit from support with food please contact Teresa Gibbons at family.support@marstonmoreteyneschool.org



- Weekly Coffee Morning 8.30 - 10.30 a.m. at the Community Centre with Teresa Gibbons
- 'Pop up Shop' every Thursday at Church End and Forest End

BETTER HOUSING BETTER HEALTH CAN HELP WITH:

ENERGY BILL
SUPPORT

HOME
ENERGY
VISITS

FINANCIAL
ASSISTANCE

PRIORITY
SERVICES
REGISTER



GET IN TOUCH
0800 107 0044

www.bhbh.org.uk