Nicol Mere Primary School
Safeguarding Newsletter – February 2025

Dear parents/carers,

Welcome to this year's third edition of the Nicol Mere Safeguarding Newsletter. We hope that you find the information useful and that it gives you an insight into the many things we do here at school to keep our children safe.

Please remember that if you have any questions, you can contact school or speak to a member of the Designated Safeguarding Team for support.

Nicol Mere Well-Fayre 2025

This half term, we have hosted our Well-Fayre for Children's Mental Health Week. This year's focus was 'Know Yourself, Grow Yourself' with Disney's Inside Out as a theme alongside this.

To launch the week, all children watched the Inside Out movie in class and completed work based on this to support their understanding of emotions. Children were then invited to visit the cinema on Friday to watch Inside Out 2 to round off a brilliant week.

Throughout the week, children then visited the Well-Fayre stations, where they worked on developing six areas:

- Station 1: Recognising and expressing emotions
- Station 2: Self-awareness stories
- Station 3: What makes me, me?
- Station 4: Thinking about the future
- Station 5: Self-awareness and self-esteem
- Station 6: Know yourself, grow yourself!

With this as a focus, the aim has been to provide children with the tools to understand their own emotions as well as being proud of who are they are individuals.

Children have worked on their verbal communication skills and have taken part in activities to help them express themselves and know their self-worth.

Keeping a Positive Mental Health

Our Mental Health Champions have produced a video to provide tips and hints in how to look after our own Mental Health and Wellbeing, as well as sharing jokes and songs to lift everyone's spirits.

Please head over to our Facebook page to take a look! #nicolmerefamily

Stay Connected

Remember you are not alone.

If you are struggling with Mental Health, there is support out there. Please speak to a member of staff who will always listen and be here to provide support.

Below are some links to mental health resources:
https://www.mind.org.uk/

https://www.youngminds.org.uk/

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/

mind YOUNGMiNDS fighting for young people's mental health NSPCC

Alternatively, Wigan Central Family Hub is available to anyone who wishes to access additional support for themselves or their children's needs. They provide free workshops including Ride the Rapids or Embrace for families needing support for children with additional needs. Free sessions can be booked through the following link:

https://www.wigan.gov.uk/Resident/Education/Family-Hubs/Locations.aspx

Personal Development

Your child's personal development is important to us. As children grow through school, we want to provide them with a wide range of opportunities to help keep them safe and prepare them for later life. There are lots of wonderful things that we do at school to help develop your child's personal development. Here are some of the things we have done this term:
Enrichment clubs available to all – morning football, dance, martial arts, cross-country and rugby

- Sporting Competitions
- Experience days –Well-Fayre, Chinese New Year, TriKids
- Class Visits – Chinese restaurant, Palace Theatre
- School Council and Mental Health Champion Meetings
- Year 4 Brass Instrument Tuition
- Optional music tuition

Community Acts of Kindness

Children across the school have been taking part in community acts of kindness, including visiting Garswood House and community litter picking.

The children have enjoyed being responsible citizens and caring for their environment. This is a valuable skill for our children to grow their personal development and life skills as they grow into adults in the wider community of Ashton.

Meet the Designated Safeguarding Team

You may have seen the new posters around school. We would like to introduce our safeguarding and child protection team at school.

- Mrs Rebecca Parkinson - Designated Safeguarding Lead and Online Safety Lead
- Mrs Stephanie Swift – Deputy Designated Safeguarding Lead and Head teacher
- Mrs Laura Sedman – Deputy Designated Safeguarding Lead and Assistant Head teacher
- Miss Lesley Norris - Deputy Designated Safeguarding Lead and SENCO

The team are here if you have any concerns or worries about yourself or someone you know.

Alternatively, you can always speak to your child's class teacher who can pass your concerns on to a member of the team.

Online Safety Top Tips

Here are some top tips for parents and carers to help you support your child to stay safe and happy online.

- Make space for regular conversations about life online
- Take time for enjoying and exploring the online world together!
- Work as a family to agree on expectations for going online
- Learn about the apps, games and websites that your child is using
- Make space for supporting and reassuring your child if things go wrong