Nicol Mere Primary School
Safeguarding Newsletter – September 2025

Dear parents/carers,

Welcome back to our first safeguarding newsletter of 2025. At Nicol Mere, keeping our children safe is our highest priority, and we put the children's health, wellbeing and safety at the centre of everything we do. We will be continuing to write a safeguarding newsletter every half term to keep you up-to-date with any important safeguarding updates and information.

Nicol Mere Safeguarding Team

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.

Safeguarding Links and Resources

In our termly newsletters, we will share any useful resources and information with you on how to keep your child and your family safe. The links below outline any resources, free webinars or sessions available to you at home.

Healthier Wigan has links to all services available within the Wigan borough including safeguarding and mental health services. Use the link: *https://healthierwigan.nhs.uk/*

The ***Wigan Borough Domestic Abuse Service*** run drop-in sessions across the borough for anyone suffering domestic abuse and need support. See the image below where the dates and times of the sessions are listed as well as the helpline number. **01942 311365.**

DIAS Domestic Abuse Centre
Rodney House, King Street, Wigan, WN1 1

Online Safety

Children learn how to keep themselves safe online through our Online Safety curriculum and also through our PSHE curriculum.
Keeping safe online is an essential life skill, especially now that children are living in an ever-changing online world.
To help support your child to staying safe online, there are a variety of websites you can use, including:

1. www.nspcc.org.uk/keeping-children-safe/online-safety/
2. www.saferinternet.org.uk
3. www.internetmatters.org.uk

Our PSHE Curriculum

This half term in PSHE, we will be focusing on the 'Relationships' unit of work across all year groups. The children will be learning about families and friendships, and what a healthy relationship looks like. To support their learning, all children will be taking part in a Healthy Relationships session with DIAS, who talk to the children about what a healthy and unhealthy relationship looks like.
Next half term, children will start to learn about Physical Health, and how they can keep themselves physically healthy in a variety of ways.

All the children throughout school have watched the NSPCC 'Pantosaurus' video. This was developed to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

This video can be shared at home using the following link Let's talk PANTS with Pantosaurus! | NSPCC

Please remember to speak to a member of the school safeguarding team or your child's class teacher if you have any concerns or worries.

#nicolmerefamily

Mental Health Support

As part of the Family Hub offer, the Mental Health Support Team in Schools are offering a series of parent/carer workshops to provide psychoeducation and support around anxiety and low mood during the October half term across each of the Family Hubs.

The workshops will outline what anxiety or low mood is, the symptoms, and how this impacts children and young people. We will provide support strategies to help manage the physical and emotional feelings of anxiety and low mood.

Workshops are 60 minutes long and will be delivered by the Mental Health Support Team.

All sessions must be booked via the link that is shared on our school Facebook page.

Westleigh Start Well Family Centre	
Tuesday 28th October	
Time	**Workshop**
10:00-11:00	Anxiety
13:00-14:00	Low Mood
15:30-16:30	Anxiety

Family Hub at the Meadows	
Tuesday 28th October 2025	
Time	**Workshop**
10:00-11:00	Anxiety
13:00-14:00	Low Mood
15:30-16:30	Anxiety
Wednesday 29th October 2025	
Time	**Workshop**
10:00-11:00	Anxiety

Family Hub at Formby Avenue	
Wednesday 29th October 2025	
Time	**Workshop**
10:00-11:00	Anxiety
13:00-14:00	Low Mood
15:30-16:30	Anxiety

Family Hub Clifton Street Wigan	
Wednesday 29th October 2025	
Time	**Workshop**
13:00-14:00	Low Mood
15:00-16:00	Anxiety

Family Hub at Mornington Road	
Thursday 30th October 2025	
Time	**Workshop**
10:00-11:00	Anxiety
13:00-14:00	Low Mood
15:30-16:30	Anxiety