



Alverstoke Infant School

Safeguarding and SEND Newsletter - Autumn 2024

Emphasizing road safety for children is crucial, especially during the festive season when many will receive bikes and scooters. Here are key points to reinforce:

Wear Safety Gear: Ensure children wear helmets and bright or reflective clothing to stay visible to motorists, especially in low-light conditions.

Set a Good Example: Children learn by watching adults. Always stop, look both ways, and listen for traffic before crossing.

Hold Hands Near Roads: Young children should always hold an adult's hand when near roads, even if the road appears clear. Children can't judge traffic speed or hazards like adults can.

Never Let Children Near Roads Alone: Children should not be left alone near roads, even with older siblings. If your hands are full, have them hold onto your bag or pushchair.

Supervision is Key: Always supervise children when near roads. They lack the experience to judge distances and traffic speeds safely.

By following these tips, you can help ensure children stay safe



C is for Caring SCARF

This half term we have been focussing on the theme of Caring : "valuing difference".

In every year group the children have been recognising and celebrating difference, developing respect and accepting others, learning about what bullying is and how to deal with it. The children recognised Anti-bullying week and took part in daily mindfulness sessions. We also had a fantastic visit from the SCARF team who brought their pop up classroom in for our workshop day!

Next half term our theme is A for Aspiration and "Keeping safe". The children will be learning about keeping themselves safe, safe secrets, medicine safety and people who help to keep them safe. In school, staff wear green lanyards and children know that these adults are "safe" adults they know as "trusted adults".

If you would like to know more about our PSHE (SCARF) curriculum, please look at our website or ask your child's class teacher.

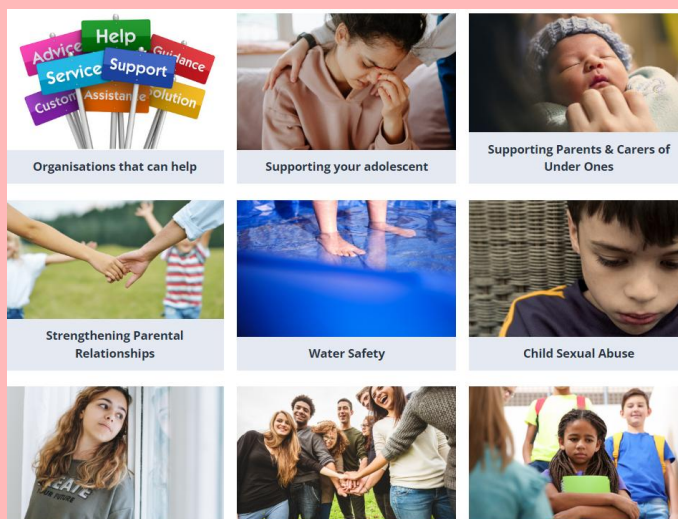


Hampshire
SafeGuarding
Children
Partnership

Hampshire Safeguarding Children Partnership (HSCP) provides a statutory function for keeping children safe and ensuring their wellbeing in the local authority area of Hampshire.

Via the attached link you will find a wealth of useful information around a whole range of topics.

[Parents & Carers - Hampshire SCP](#)





Understanding and supporting children's mental health at Christmas.

With all the presents, tasty treats and festive cheer – it can be hard to understand why children might struggle with their emotions over the Christmas period.

It is often hard to understand how such a lovely festive period can cause so much anxiety for children but that is the reality for many. If your children aren't meeting their emotional and physical needs, a negative reaction is always a possibility.

Although the overwhelming emotions we like to feel at Christmas are ones of positivity and happiness, changes to a child's normal routine can come as a shock to the system. Some of our emotional and physical needs struggle to be adequately met during the Christmas period and this can lead to both adults and children not feeling like their normal selves.

Take security for example. Every child has a routine that doesn't just help them process the world around them, but helps them feel secure. That often goes out of the window at Christmas. With lots of family to see, shops to visit and days out in the calendar, this can quickly become a lot to take in as they might not understand what to expect. Simply put, if they aren't aware of what is coming up, they won't know how to handle it.

Here are some top tips on how to support our children during the Christmas period.

Small, intentional actions can help your child navigate the challenges they may face, creating a sense of balance and security amidst the excitement.

- **Maintain Normal Routines**

Try to keep routines consistent in the lead-up to Christmas. Children thrive on predictability, so sticking to regular mealtimes, bedtimes, and daily routines can provide stabilising "anchor points". These familiar structures can help children feel secure. For example, if you always read a bedtime story, keep this ritual going, even on busy days.

- **Encourage Balanced Eating**

Festive treats are a big part of the Christmas celebrations, and your child should enjoy them guilt-free. However, help them balance these with nutritious meals to keep their brain and body healthy.

- **Prioritise Quality Sleep**

A good night's sleep is essential for both mental and physical well-being. Aim to maintain consistent bedtimes where possible, even during the holidays. Create a calming bedtime routine, such as dimming the lights, reading a favourite story, or using lavender-scented sprays, to help your child wind down after busy days.

- **Get Outdoors with Family Activities**

Fresh air and physical activity can work wonders for stress and mood.

- **Support Rest and Decompression Time**

Overstimulation is common during the holidays. Encourage your child to take breaks to recharge. Self-soothing activities like listening to calming music, colouring, or simply lying under a soft blanket with a favourite book can help them regulate their emotions and avoid sensory overwhelm.

- **Model Healthy Stress Management**

Children look to their parents for cues on handling stress. Show them how to stay calm in challenging moments. If something doesn't go as planned, take a deep breath and approach it with humour and perspective. Your ability to remain composed will be containing for your child and teach them valuable coping skills.

Above all, the important thing to understand over the Christmas period is that much of what we see as normal is still very new to our children. Talking to them before any event will help give them an idea of what to expect, taking away the emotional pulls, boosting their need for security and preventing them from feeling overwhelmed. Lastly, and perhaps most importantly have a wonderful Christmas.

