



# Alverstoke Infant and Pre-School

Safeguarding and SEND Newsletter - Autumn 2025

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



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 Harold the giraffe along to help us all learn about being healthy.



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.



## **Understanding and supporting children's mental health at Christmas.**

With all the excitement of Christmas, it can be difficult to understand why some children struggle emotionally. However, the festive period can be overwhelming, especially when children's emotional and physical needs are not fully met.

Although Christmas is often seen as a happy time, changes to routine can be unsettling for children. Busy days, family visits and outings can leave them feeling unsure and out of balance.

Routine helps children feel safe and understand what to expect. At Christmas, this structure often disappears, which can make children feel overwhelmed. When they don't know what is coming next, it can be harder for them to cope.

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

Small, thoughtful actions can help your child feel safe and balanced during the excitement of Christmas.

#### **Keep routines where possible**

Children feel more secure when they know what to expect. Try to stick to familiar mealtimes, bedtimes and daily habits. Simple routines, like a regular bedtime story, can provide comfort even on busy days.

#### **Encourage balanced eating**

Festive treats are part of the fun and should be enjoyed. Alongside these, aim for regular, nourishing meals to support your child's energy, mood and focus.

#### **Protect sleep**

Sleep is essential for emotional wellbeing. Keep bedtimes as consistent as you can and create a calming routine, such as dim lights, quiet reading or gentle music, to help your child wind down.

#### **Spend time outdoors**

Fresh air and movement can greatly improve mood and reduce stress. Family walks or outdoor play can help children release built-up energy.

#### **Allow time to rest and reset**

Christmas can be overwhelming. Encourage quiet moments to recharge, such as colouring, listening to calming music, or relaxing with a favourite book.

#### **Model calm behaviour**

Children learn how to handle stress by watching you. Staying calm, taking a breath, and responding with patience helps your child feel contained and teaches them healthy ways to cope.

Above all, it's important to remember that many things we see as normal at Christmas are still very new to our children. Talking to them before events helps them understand what to expect, supports their sense of security and reduces the risk of them feeling overwhelmed.



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](#)

