



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing, Safeguarding and SEND Newsletter - September 2025

Welcome

Welcome to the first safeguarding newsletter of a brand-new academic year! In particular, welcome to our new families. I hope you have all had a wonderful summer holiday and are ready for a new term.

As we start the year I would like to remind you all that at Poppleton Ousebank Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes into contact with the children and families who comprise our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Poppleton Ousebank we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

With this in mind I will continue to send out a monthly newsletter informing you of any recent updates as well as providing you with key information around a range of safeguarding, SEND and wellbeing issues. Please also have a look at the school website for more information.

I hope you find the information provided informative - please do ask questions if you are unsure or require more information.

Mrs Vicky Mitchinson
Vice Principal

Designated Safeguarding Lead/Pastoral and Well being Lead

Useful links

Keeping Children Safe in

Education https://assets.publishing.service.gov.uk/media/6650a1967b792fff71a83e8/Keeping_childr_en_safe_in_education_2024.pdf

Poppleton Ousebank Primary School

<https://pop.hslt.academy/>

Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general wellbeing, please ensure that you speak with a member of our safeguarding team straight away.



Vicky Mitchinson
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Julie McGregor
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If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.



**Poppleton
Ousebank**
PRIMARY SCHOOL

What is a Designated Safeguarding Lead?

Each school must have an appropriate senior member of staff to take lead responsibility for child protection. Key aspects of the 'Designated Safeguarding Lead' role include:

- Ensuring that all staff are aware of the processes for raising safeguarding concerns
- Ensuring all staff understand the signs of child abuse and neglect
- Referring any concerns to Social Care (MASH)
- Monitoring children who are the subject of Child Protection and CiN (Child in Need) Plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring these are implemented and reviewed regularly.

Safeguarding Governor Role

The Safeguarding Governors' responsibilities include:

- Ensuring the school is following safer recruitment procedures when recruiting any new staff members
- Reviewing all activity and policy relating to the physical and emotional well-being of all children
- Seeking improvement to ensure the school follows best practice in creating a productive and safe environment for all

The 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 assemblies which are delivered to all children from EYFS to Y6
- Online Safety days with age-appropriate workshops
- Online safety discussions within computing and other relevant lessons
- Involvement in Anti-Bullying Week and Mental Health Awareness Week
- Relationships, Sex & Health Education (RSHE) lessons
- Personal, Social, Health and Citizenship Education (PSHCE) lessons

Mental Health and Wellbeing at POPS

We are extremely fortunate at POPS to have a wonderful wellbeing offer. We have the Wellbeing In Mind Team (WBIM), Miss Rogers and Miss Comb (ELSA's) and practitioners from the wellbeing team at the Local Authority. On top of this both Miss Collier and I are Mental Health First Aiders and I am a Trauma Informed Practitioner as well as the Senior Mental Health Lead for our school. Miss Rogers and Miss Comb are DSO's (Designated Safeguarding Officer's) and are part of our safeguarding team in school (see poster above).

If you feel that your child may require some help in school please speak to their class teacher in the first instance.

What the wellbeing team are doing in school

- One to one CBT sessions with parents and children
- Daily wellbeing check ins
- One to one ELSA sessions with children throughout the school
- Training for staff around Trauma informed practice and Zones of regulation
- Small group work
- Self belief work with groups
- Bullying vs banter workshops
- In school we have 14 wellbeing ambassadors



<https://www.tevv.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parents-carers/>

Support information from the Local Authority <https://www.yor-ok.org.uk/sws.htm>

The WIMT team also holds monthly coffee mornings in the POPSOC building. Please see the poster below.

School website

Please do take the time to have a look at our school website, there is a wealth of information on there regarding wellbeing, our new school values and many, many more things.

Here is the link to our website <https://pop.hsllt.academy/mental-health-wellbeing/>



**WELLBEING
IN MIND TEAM**



Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT SESSIONS

**THE WELLBEING IN MIND TEAM ARE OFFERING
FOCSED SESSIONS COVERING A RANGE OF
TOPICS RELATED TO YOUR CHILD'S MENTAL
HEALTH & WELLBEING**

**THE SESSIONS WILL BE HELD IN THE POPSOC
BUILDING, STARTING AT 8:45AM AND WILL
RUN UNTIL 10AM**

DATES AND TOPICS:

**TUESDAY 23RD SEPTEMBER -
DROP IN**

**TUESDAY 21ST OCTOBER -
SLEEP**

**TUESDAY 25TH NOVEMBER -
ANXIETY**

Jigsaw and PSHE Curriculum

PSHE education is a subject through which enables pupils to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work. Through teaching this subject, we aim to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of three core themes: health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).

We have selected the Jigsaw scheme of work to deliver our PSHE curriculum. Jigsaw 3-11 offers a comprehensive programme for Primary PSHE, including statutory Relationships and Health Education, in a spiral, progressive and fully planned scheme of work, providing children with the knowledge and experiences to help them navigate their world and to develop positive relationships with themselves and others. PSHE is taught in all year groups following the resources and lesson plans from the Jigsaw scheme of work

The structure and sequencing of the curriculum helps children understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, All Jigsaw lessons also include mindfulness through the use of Chime Time. This allows children to develop their emotional awareness and self-regulation.



Action for Happiness Calendar -

Self-Care September 2025

MONDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

THURSDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

SUNDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn



ACTION FOR HAPPINESS

Happier · Kinder · Together

Online Safety - Smartphone free school

We aim to be a fully 'Smartphone Free school' in September. Smartphones and smart watches will not be allowed on school premises. We please ask that if you feel your child needs a phone at primary age, then you look to purchase a 'brick phone' as a basic communication device. The smartphone free childhood website has been updated significantly and has provided some really clear guides and recommendations for parents around devices, and trackers. Brick phones will be handed in to the class teacher. If a smartphone is seen or heard in school these will be confiscated and kept secure in the school office until a parent collects it.

SEND

If you have a concern relating to special educational needs for your child, please refer to the SEND Support Guide, that can be found [here](#). This pathway outlines how to raise your concern so that concerns are dealt with in a timely manner. There will be a qualified member of staff available on a Monday and Wednesday each week at Poppleton Ousebank Primary School during the interim period prior to the new SENDCo starting. Start dates of the new SENDCo will be confirmed at a later stage.

Please find all information relating to SEND at Poppleton Ousebank Primary School [here](#), and all information relating to York Local Offer here - <https://www.yorksend.org/> . This website has many useful links to support children with SEND in the city.

Local Authority Free Autism Support

Support offered by the local authority for parents or carers of those children with Autism include weekly afternoon drop-in sessions every Wednesday afternoon 1.30pm - 2.30pm at the YIKS All About Autism Hub, Clifton SEND Hub, YO30 6BF. This is in front of Clifton Green School. Dates have been published on the website from 3rd September 2025 until 10th December 2025 ([click here](#)).

The local authority also offers a fortnightly phonline session, whereby parents can book a 20 minute discussion with the relevant professional, and is booked on a first come first served basis. Please [click here](#) for further details.

Local Authority Free Portage Support - Portage is an educational service for pre-school children with special educational needs and disabilities (SEND)

Early Years Behaviour training. There are 2 classes running - one for parents / carers and one for professionals Tuesday 14 October 2025. The location of this event is still to be confirmed. For more information email: shahenaz.shaikh@york.gov.uk

Free NHS Speech, Language and Communication Training Sessions and Advice

The NHS offers a wide range of training sessions for parents / carers that can be found via their website, [click here](#). Alongside this they publish a vast amount of accessible advice and support for children with speech, language and communication difficulties, [click here](#)

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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Who to contact if you need support or are worried about a child or family



If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131**. <https://www.saferchildrenyork.org.uk/>



NSPCC - Helpline - 0808 800 5000 www.nspcc.org.uk



For women and children.
Against domestic violence.

24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



Your Family Hub Network

The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you. <https://www.raiseyork.co.uk/>



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk