



Safeguarding at St Paul's C of E School and Nursery Spring 2026



Together we are growing in strength, growing in wisdom and growing in faith

School Values: Courage, Respect, Hope, Enjoyment, Community

MEET YOUR SAFEGUARDING TEAM

		
DSL Mrs Dennis Headteacher	Deputy DSL Mrs Robinson Assistant Head	Deputy DSL Mrs Wingrove Assistant Head

As always, safeguarding remains high priority for all staff at St Paul's.

This newsletter provides updates, resources and reminders about the importance of safeguarding practices to ensure a safe and supportive environment for every child.

Reporting Concerns

If you have any concerns about a child's safety or well-being, it is vital you report them immediately. Our safeguarding team is here to listen, support, and take appropriate action.

Safeguarding Newsletter – Keeping Our Children Safe



St Paul's Safeguarding Update:

Spotting Signs of Concern

We encourage families to speak up if they notice:

- Sudden changes in behaviour
- Persistent tiredness, hunger or illness
- Worrying things children say about others or their home life
- Excessive secrecy online or emotional upset after using devices
- Together, we can act early to protect children from harm.

Online Safety: What's New This Year



Please take a look at this website: Molly vs the Machines - the Molly Rose Foundation [Molly Rose Foundation](#)

and the Channel 4 film [Channel 4 Molly vs the Machines](#)

This is for parents rather than for your children to watch, but it highlights the impact of social media and harmful content upon young people.

With new legislation in place under the **Online Safety Act**, schools and families must work together to protect children from:

- Inappropriate content
- Cyberbullying
- Contact from strangers
- AI-generated content and deepfakes

Please check:

- Parental controls are turned on

- ✓ Games and apps are age-appropriate
- ✓ Children know how to report/block harmful content

Need help? Visit www.internetmatters.org or ask your child's teacher.

VPN



VPNs what we need to know

VPN stands for virtual private network. It's a tool which helps people hide their real location and browse the internet more privately. When a user connects to the internet through a VPN, websites are not able to track where they come from. While this can make it harder for people to track you online, there are also risks. Children in particular could risk viruses and online harm if they don't understand how VPNs work.

It can be tricky to spot VPN use, but some possible signs include:

- Certain apps or websites that were previously blocked are now accessible;
- Your parental controls or filters stop working as expected;
- Browsing history is missing or doesn't match expected usage;
- Your child becomes more secretive about their devices or time online;
- Unexpected apps appear on their device.

Is VPN use safe for children?

VPN use among children causes several concerns:

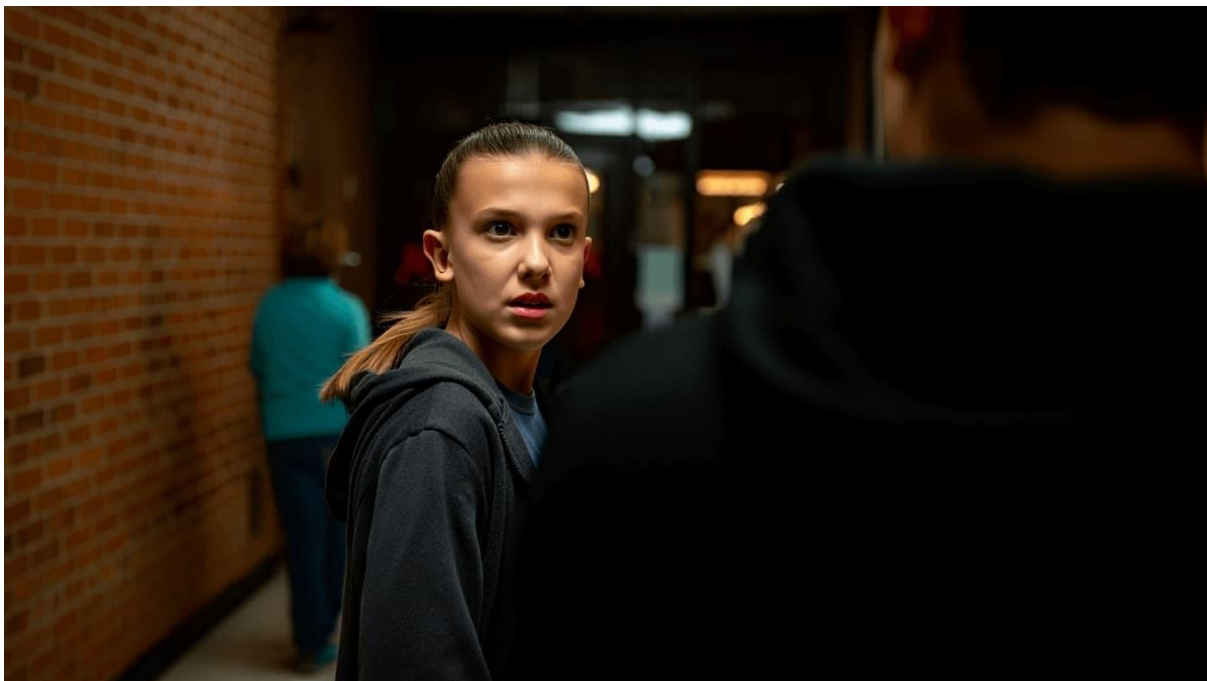
- Bypassing filters and parental controls: Virtual private networks can make it harder for parents and schools to manage what children access online.
- Exposure to harmful or inappropriate content: Online safety laws in the UK make it harder for all users, including children, to access adult content online. However, some children might try to use these networks to bypass restrictions, leaving them exposed to online harms.
- Reduced transparency: VPN use makes it difficult to monitor online behaviour or understand what children are doing online.
- Risk of harmful apps: Some free VPNs can carry malware, track activity or misuse data.

If you notice any of these signs, it's a good time to complete a safety check on their devices. You can find out how to do this on the internet matters website.

Taken from Internet Matters website VPN guide for parents. You can read more about VPNs on the Internet Matters website.

[VPN - Internet Matters](#)

Stranger Safety & Local Awareness



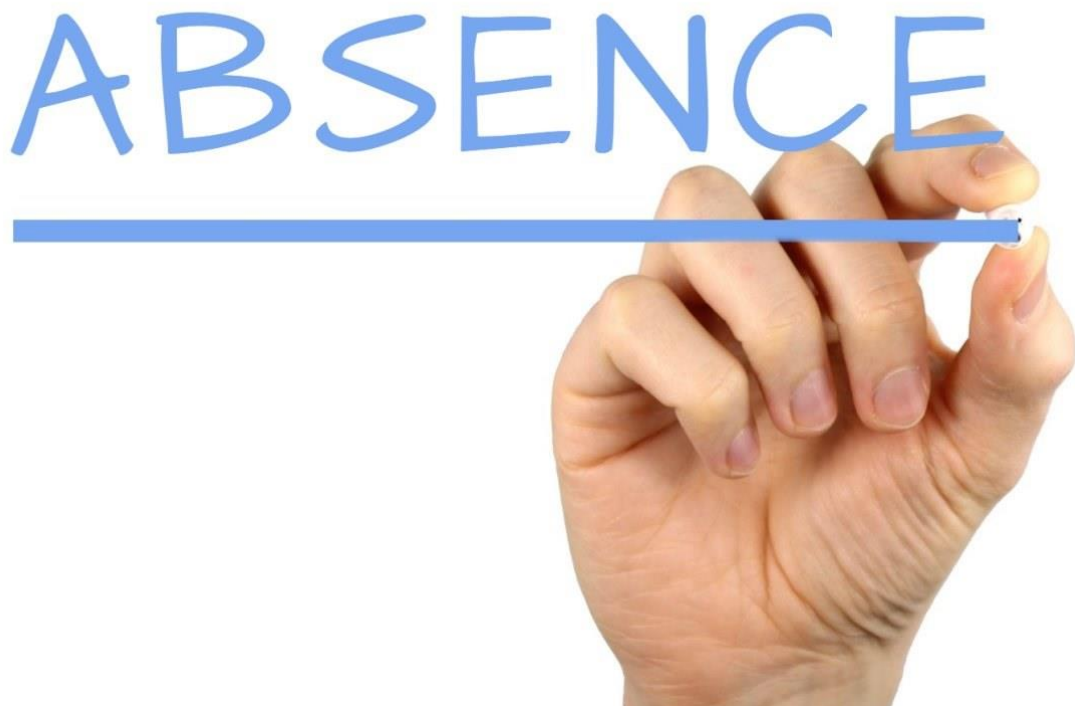
We continue to teach children:

- To stay in groups on the way to/from school

- Not to speak to adults they don't know
- How to get help if they feel unsafe
- You can help by reinforcing this at home and walking safe routes together.

Contextual Safeguarding risks outside the home need to be considered whenever children are out and about. Are they safe out with their friends, in their wider peer and community groups and online spaces? It is always worth a reminder of your own family rules about timings, locations and making contact when children are out and about.

Attendance & Safeguarding Go Hand in Hand





Good attendance is vital for your child's well-being, safety, and learning. Children who miss school regularly can become more vulnerable to safeguarding concerns, fall behind socially and academically, and miss key support.

Please make sure your child is in school every day unless they are too unwell to attend. Always let us know the reason for absence by 9:00am.

Common Reasons for Lateness

- Difficulty waking up
- Poor sleep or late bedtimes
- Anxiety about the school day
- Slow morning routines
- Lack of organisation
- Sibling routines or childcare pressures
- Transport difficulties

Strategies to Improve Punctuality

1. A Calm Morning Routine

Prepare everything the night before

Use a morning checklist

Keep alarms out of reach

Allow extra time for transitions if your child needs it

2. Support Emotional Readiness

A 5–10 minute quiet activity before leaving (e.g., deep breathing, stretching)

Talk through the day ahead to reduce uncertainty

3. Practise Time Awareness

- Use visual timers or phone timers
- Set “leave the house” reminders
- Reward punctual mornings

4. Plan Transport

- Check traffic or bus times in advance
- Consider walking with friends or car-sharing where appropriate
- Let school know if transport challenges are ongoing — we can help problem-solve

The Impact of Poor Punctuality

Being late to school or lessons by just a few minutes can have a huge impact on a child. It can affect the following areas:

Missed Learning Time - Even being late by 5–10 minutes each day adds up quickly, and important learning is often delivered at the start of lessons.

This means children can miss:

- Key explanations
- Starter activities
- Instructions for the lesson
- Opportunities to ask early questions
- Time to settle and get focused

Over weeks and months, this can equal hours of lost learning.

Arriving late can make children feel rushed or unsettled, which affects concentration and confidence for the rest of the lesson.

Punctuality can be affected by many day-to-day issues. We can work with you to build routines and reduce stress.

Lower Confidence & Increased Anxiety

Walking into a classroom already in progress can feel uncomfortable for many students. This can lead to:

- Worry about entering late
- Anxiety about missing information
- Difficulty catching up

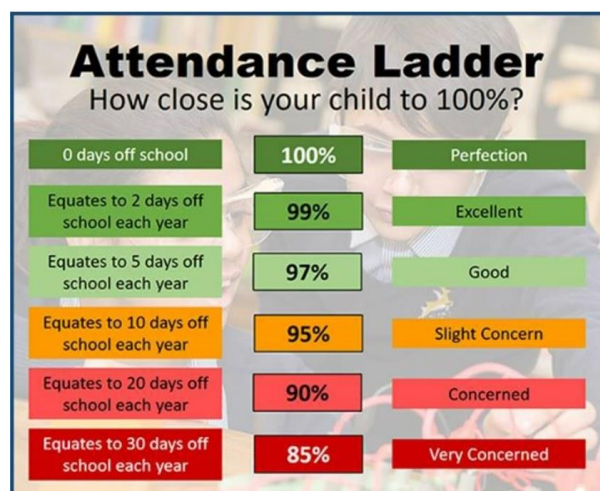
Missing Social Time

Morning arrival time is when children connect with friends, chat, and prepare for the day. Being late means missing these positive social moments.

Affects Academic Progress Over Time

Repeated lateness can create gaps in understanding, making later learning harder. Good punctuality keeps children on track and fully involved in each lesson.

If you're struggling with routines, transport or other barriers, let us know—**we are here to help.**



Total minutes late to lessons	Impact on your attendance in 1 year
5 Minutes per day =	3.4 Days missed 17 missed learning hours 98.3% Attendance
10 Minutes per day =	6.9 Days missed 34.5 missed learning hours 96.5% Attendance
15 Minutes per day =	10.3 Days missed 51.5 missed learning hours 94.7% Attendance
20 Minutes per day =	13.8 Days missed 69 missed learning hours 92.9% Attendance
30 Minutes per day =	20.7 Days missed 103.5 missed learning hours 89.4% Attendance

How our values at St Paul's C of E School can help us keep safe



Our Values at St Paul's: Courage, Respect, Enjoyment, Hope, and Community

At St Paul's, our school values are at the heart of our safeguarding culture. They help guide children in making safe choices, building positive relationships, and knowing when and how to seek help:

Courage – Children are encouraged to speak up if something doesn't feel right, whether it's about themselves or someone else. We teach them that asking for help is a brave and important action.

Respect – We promote respectful behaviour in person and online, helping children understand appropriate boundaries and how to treat others with kindness and care.

Enjoyment – A happy, engaging school life supports children's emotional well-being. When children feel safe and enjoy coming to school, they are more confident and resilient.

Hope – We help children understand that difficult times can improve and that trusted adults are here to support them. Hope builds emotional strength and helps children recover from setbacks.

Community – Everyone plays a part in keeping each other safe. We teach children that being part of a community means looking out for one another and telling a trusted adult if they're worried about a friend.

Through these values, we support children to feel secure, listened to, and empowered—key foundations of effective safeguarding.

Where can parents/carers get further help to support their children?

[Parent leaflets from NSPCC](#)

[Bucks Safeguarding including link to report concerns](#)

[CEOP for parents](#)

[CEOP for children aged 4-7](#)

[CEOP for children 8-10](#)



If you need to report a concern to Buckinghamshire Council First Response Team



[Report a concern](#)

Our safeguarding team are here to listen and help. If you are concerned, you can make an appointment to discuss your concerns with one of our team.

MEET YOUR SAFEGUARDING TEAM

		
DSL Mrs Dennis Headteacher	Deputy DSL Mrs Robinson Assistant Head	Deputy DSL Mrs Wingrove Assistant Head