



Parent's Questions

What does school mean by a healthy lunchbox?

At school we are always looking at how we can keep our children happy, safe and healthy. We do this in many ways such as empowering them to make healthy choices and taking responsibility. However most of what children learn comes from parents and carers and they can make decisions which last a life-time from what parents and carers do. We have found that after lockdown we have had an increase in children being overweight and we want to work with families to promote a healthy body image and provide support for children around healthy choices and good mental health. Providing children with healthy options for lunch is just one way we can help our children. We will not be challenging children about lunchboxes as we understand that it is parents and carers who pack these and not the children. Attached to this newsletter is a booklet all about healthy lunchboxes and the reason you need to make changes for your child. Please read through this and if you have any questions please get in contact.

<https://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunch%20Boxes.pdf>

KEEPING CHILDREN SAFE IN EDUCATION WHAT YOU NEED TO KNOW



A child means everyone under the age of 18.



Children need the right help at the right time to address risks



Remember 'it could happen here' where safeguarding is concerned.



We are all responsible for the welfare of children and keeping the environment safe, whatever our job.

What is safeguarding?

Safeguarding and promoting the welfare of children is defined as: protecting children from maltreatment; preventing impairment of children's health or development; ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and taking action to enable all children to have the best outcomes.



What do I need to do?



ALWAYS ACT in the best interests of the child. Never promise confidentiality.



KNOW HOW to identify children who may benefit from early help.



KNOW THE DIFFERENT types of abuse and neglect, so that you can identify children who may be in need of help or protection.



Know what to do if a child tells you they are being abused or neglected.



Know who the Designated Safeguarding Lead is and talk to them as soon as you are concerned.



Everyone must read: Keeping Children Safe in Education Part One and Annex A, Child Protection policy, Staff behaviour policy



Any staff member can make a referral to children's social care, but they should inform the designated safeguarding lead as soon as possible.



If a teacher finds Female Genital Mutilation appears to have been carried out on a girl under the age of 18, the teacher must report this to the police.



All concerns, discussions and decisions made and the reasons for those decisions should be recorded in writing.

Staff Behaviour



If you are concerned about the behaviour of any staff member, you should speak to the headteacher. Concerns about the headteacher should be referred to the Chair of Governors.

Whistleblowing



If you're worried about poor or unsafe safeguarding practices, or potential failures in the school, talk to the Designated Safeguarding Lead, any senior leader, or the Chair of Governors. If you feel unable to talk someone in school, you can call the NSPCC whistleblowing helpline on 0800 028 0285 or email: help@nspcc.org.uk.

For consultancy, training and advice, go to www.safeguardingschools.co.uk

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