

## Autumn 2024 Newsletter



NSPCC

Staff at Mossy Lea are constantly updating their knowledge of Safeguarding. As part of this ongoing training, staff and governors attended an inset day on 4th September led by Vickie Wallace. Vickie is Lancashire's lead safeguarding officer. She delivered training where she talked to us about some updates to Keeping Children Safe in Education and best practices for keeping all children at Mossy Lea safe.

This is the responsibility of **every** member of staff in school.

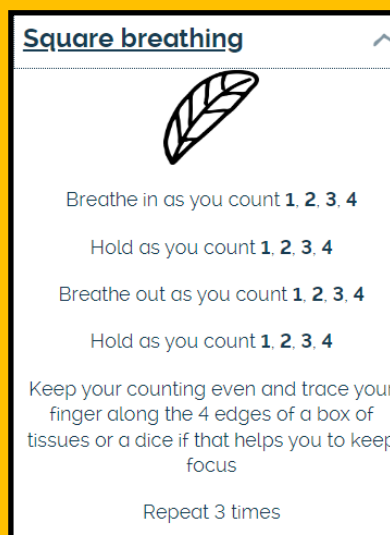
If you have any questions about Safeguarding at Mossy Lea, please don't hesitate to speak to Andy or Antonella

### Supporting a child who feels anxious, worried or stressed


Sometimes a children may be feeling worried or apprehensive about an upcoming event or they might feel this way for a number of reasons or an unknown reason. Childline have some great tips and advice for coping with these feelings:

#### 5 things that you can try

1. writing or drawing how you feel
2. exercise and sports
3. planning what you do
4. having healthy food and drink
5. take deep breaths.



**Square breathing**



Breathe in as you count **1. 2. 3. 4**

Hold as you count **1. 2. 3. 4**

Breathe out as you count **1. 2. 3. 4**

Hold as you count **1. 2. 3. 4**

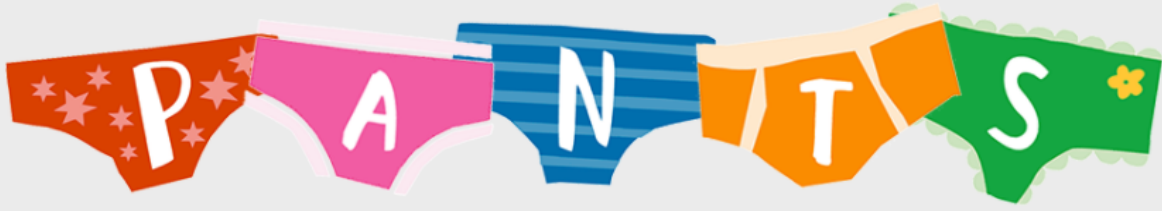
Keep your counting even and trace your finger along the 4 edges of a box of tissues or a dice if that helps you to keep focus

Repeat 3 times

Childline also have the Calm Zone which has some great calming activities

<https://www.childline.org.uk/toolbox/calm-zone/>

# What are the PANTS rules?



Privates are private



Always remember your body belongs to you



No means no



Talk about secrets that upset you



Speak up, someone can help



## When's the right time to talk PANTS?

- **bathtime**, applying cream or when getting your child dressed
- **car journeys**
- going **swimming** and saying that what's covered by swimwear is private
- during a **TV show** that features a sensitive storyline
- **singing** along to the PANTS song with Pantosaurus (you can find this using the link below)

## Worried about a Child?

If you're worried about a child or young person, you can contact the NSPCC Helpline for support and advice for free - call us on [0808 800 5000](tel:08088005000) or [contact us online](#).

Children can contact [Childline](#) on 0800 111 or online any time to get support themselves.