



Safeguarding Update April 2026

Reducing anxiety: useful tips

Calming the Body

Deep breathing exercises: Slow, steady breaths signal the nervous system to calm down. Techniques like “box breathing” (inhale–hold–exhale–hold for 4 seconds each) work well for all ages.

Physical activity: Movement helps release tension and lowers stress hormones. This can be as simple as walking, cycling, dancing or playing outside.

Sensory grounding: Activities like holding something warm, playing with clay, using textured objects, or doing “5-4-3-2-1 grounding” help bring attention back to the present moment.

Calming the Mind

Creative activities: Drawing, colouring, storytelling, Lego or crafts give the mind something soothing and structured to focus on.

Talking and reassurance: For children especially, anxiety often eases when they share their worries with a trusted adult who listens and validates their feelings.

Supporting Daily Wellbeing

Routine and predictability: Consistent routines help create safety, especially when external events feel unpredictable.

Outdoor time: Nature has a reliable calming effect—gardens, parks, beaches or simply noticing trees, birds or clouds.

Good sleep habits: Wind-down routines, dim lighting and predictable bedtimes help reduce anxiety over time

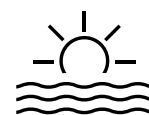
Summer safety

As the weather warms up and routines change, we want to remind families of some simple steps to help keep children safe, happy, and well during the summer months.

Sun safety

Help children enjoy the sunshine safely:

- Apply **high-factor sunscreen (SPF 30+)** regularly
- Encourage children to wear **hats and light clothing**
- Make sure children **drink plenty of water**
- Seek shade during the hottest part of the day (11am–3pm)



Water safety

Whether at the beach, river, or pool:

- Children should always be **supervised by an adult**
- Avoid swimming in unsupervised or unfamiliar waters
- Remind children **never to enter water without permission**
- Follow local water safety advice and warning flags

Road, scooter and bike safety

With more time outdoors:

- Wear **helmets** when cycling or scootering
- Follow basic **road safety rules**
- Be visible – especially near roads and driveways
- Younger children should be **closely supervised**



British Values: Individual liberty

At our school, we actively promote the British Value of **Individual Liberty**, helping children understand that they have the freedom to make their own choices while learning right from wrong.

In school, children are taught that they have a **voice** and that their thoughts, ideas, and feelings matter. Through everyday classroom practice, pupils are encouraged to express their opinions respectfully, make choices in their learning, and develop confidence in who they are.

Individual liberty is taught through:

- Classroom discussions where children are encouraged to share ideas and listen to others
- Opportunities to make choices, such as selecting activities, books, or roles of responsibility
- Learning about **rights and responsibilities**, helping children understand that freedom comes with boundaries to keep everyone safe
- Teaching children how to recognise and talk about worries, including knowing who trusted adults are and how to ask for help – ask your child about our special post box
- Promoting self-belief, resilience, and independence in age-appropriate ways

Children are also taught that individual liberty does not mean acting without consideration for others. Through positive behaviour expectations and safeguarding lessons, pupils learn how to make safe choices, respect rules, and understand that these are in place to protect everyone.

By embedding individual liberty into daily school life, we support children in becoming **confident, respectful, and responsible individuals**, prepared for life in modern Britain.

Useful links

Hamwic Online safety hub – lots of useful resources and tips [Online Safety Hub - Hamwic Education Trust](#)

Parents and carers safeguarding information Portsmouth [Parents & Carers - Portsmouth Safeguarding Children Partnership](#)

CEOP is a law enforcement agency designed to keep children and young people safe from sexual exploitation and abuse. [Report to CEOP](#)

Report Remove from Childline helps young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet. [Report Remove | Childline](#)

Report Harmful Content can help you to report harmful content online by providing up to date information on community standards and direct links to the correct reporting facilities across multiple platforms.

[Report Harmful Content – We Help You Remove Content](#)