

Safeguarding Update February 2026

Mental Health Support

We offer comprehensive pastoral support that plays a crucial role in fostering the personal development of our pupils. Through a holistic approach to education we ensure our pupils' emotional well-being and mental health are prioritised alongside their academic achievements.

To help support this we have Mrs Leslie our Inclusion Lead and Mrs Dalton our Child and Family Support Worker.

Our commitment to safeguarding and well-being is deeply integrated into our daily operations, providing children with the confidence and resilience needed to thrive both in and out of the classroom.

We also work closely with MHST (Mental Health Support Team), School Nursing service, Education Psychology and the Portsmouth ND Team.

Zones of Regulation

Each classroom has a dedicated Zones of Regulation check-in station where children can identify and communicate how they are feeling at the start of the day and again after lunchtime. These regular check-ins give pupils the opportunity to pause, reflect, and recognise their emotional state, helping them build self-awareness and emotional vocabulary. By linking their chosen zone to the strategies they have been taught, children learn how to regulate their feelings, prepare themselves for learning, and seek support when needed. This consistent routine promotes emotional wellbeing, independence, and a calm, ready-to-learn mindset across the school.



Worry Box

Our worry box provides pupils with a safe and private way to share any concerns they may have. Children can write their worry on a slip and post it into the box at any time, knowing it will be checked and emptied regularly by Mrs Leslie and Mrs Dalton. This system gives pupils the opportunity to express their feelings without pressure and ensures that worries are followed up sensitively. Each child can choose a trusted adult they feel comfortable talking to, allowing them to discuss their concern in a supportive and reassuring environment. The worry box helps promote

emotional wellbeing, trust, and open communication across the school. The box is located in the corridor so that all children have access to it.



Family Support Plans and Early Help

Family help and early intervention are forms of support aimed at improving outcomes for children or preventing escalating need or risk. Family Support Plans help can be given to families and children from a range of external agencies that can include school. Research suggests that early help and intervention can:

- protect children from harm;
- reduce the need for a referral to child protection services;
- improve children's long-term outcomes;
- improve children's home and family life;
- support children to develop strengths and skills to prepare them for adult life.

Please reach out to us if you feel this would be of benefit.

British Values: Democracy

In the UK, we have a system of government called democracy. We hold elections to choose someone to represent us. Most candidates who 'stand for election' belong to a political party - a group of people who share similar beliefs. Together, people who belong to the party agree on the changes they will make if they are elected.

These are called policies. Our democracy is a system of government with four special features:

1. Allows people a way of choosing and replacing their representatives through free and fair elections.
2. Protects the human rights of all citizens.
3. Depends on laws, which apply equally to all citizens.
4. Encourages citizens to participate in politics and community life.

Here is an example how we develop this in school. Year R are each given a token to choose which book they want read to them. They have 1 vote each and the book with the most tokens wins.