

Wellbeing & Safeguarding Newsletter

Rockmount Primary School Summer 2025



Welcome back to another exciting and eventful term! This edition of our termly Wellbeing & Safeguarding newsletter has also been emailed to you, so you can easily access any links and refer back to it whenever needed.

Wellbeing Club!!

Earlier this year, our school took part in an exciting project all about wellbeing! We joined forces with three other primary schools in Croydon to help support the mental health and happiness of our pupils. This special project was part of the Turing Scheme, which supports international learning experiences for young people. To start, we created a 6-week Wellbeing Programme for some of our Year 4 children, based on the "5 Ways to Wellbeing". The wellbeing club included a variety of activities including gardening, cooking, art and sculpture making which the children enjoyed very much. The project ended with an amazing trip to Sweden. To read more about this amazing experience, click below.



In the summer term, we participated in Croydon's 'Wellbeing in Education' conference. It was inspiring to hear from speakers such as Floella Benjamin about all the work she has done to ensure that children are protected across the country.

We were also proud to see Amelia, in Sapphire class, speak to answer questions about her trip to Sweden so confidently to a room full of teachers!

We are so pleased to have achieved Croydon's Wellbeing Mark. This demonstrates our continued commitment to prioritising the wellbeing of our school community.

ROCKMOUNT SAFEGUARDING SHOWCASE

Many thanks to all the organisations who joined us to share valuable information, resources and support with our school community. If you missed this informative event, you can still access the details by clicking the posters below to visit each organisation's website.



We were delighted to welcome Kassim from Kooth. Kooth is a free, safe, and anonymous online mental health and wellbeing service, designed to support young people. To learn more about Kooth, you can visit: www.kooth.com



STOP VIOLENCE AGAINST WOMEN AND GIRLS



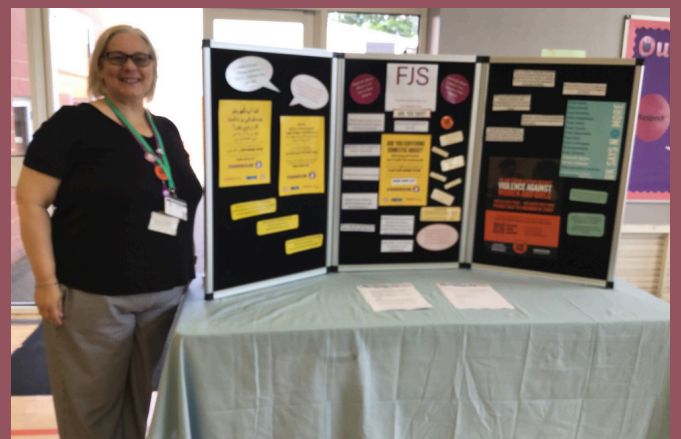
SCAN FOR
SUPPORT

NO EXCUSE
#VAWG
#CROYDON

**SAFER
CROYDON**
WORKING TOGETHER
FOR A SAFER BOROUGH

CROYDON
www.croydon.gov.uk

Cath Bennett, Croydon's Violence Against Women & Girls (VAWG) Education lead, offered guidance and support available from The Family Justice Service (FJS). The FJS is dedicated to domestic abuse services in Croydon, offering independent, confidential and non-judgmental support to individuals of all genders. It was a great opportunity for families to ask questions and learn about available help during times of family change or difficulty. To learn more about VAWG scan the QR code opposite or [click here to visit Croydon's FJS website](#).



TALK PANTS AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE
Parts of your body covered by underwear are private. No one should ask to see, or touch them. No one should ask you to touch or look at parts of their body that are covered by underwear. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first.

A ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.

N O MEANS NO
You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.

T TALK ABOUT SECRETS THAT UPSET YOU
Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

S PEAK UP. SOMEONE CAN HELP
Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.



Showcasing examples from our safeguarding curriculum, we shared how we teach children in a simple and age-appropriate way to stay safe from sexual abuse. It's delivered through the "Talk PANTS" campaign, using a friendly character called Pantosaurus to help children understand important safety messages. [Click here to visit the NSPCC website for access to parent resources.](#)



3 clever, easy steps

1. Don't tell your kids to fear strangers, instead talk to them about who they are allowed to go with: Mum, Dad, Grandma, the childminder, best friend's parents, etc. Settle on a short list of 'safe' people. Kids usually love this bit and always come up with some funny suggestions.
2. Tell your kids how clever they are and that you want them to use their cleverness when they're outside so they can stay safe.
3. Tell them there's one easy rule to remember: **CLEVER NEVER GOES.**

! CLEVER NEVER GOES MEANS NEVER GO ANYWHERE WITH ANYONE UNLESS IT WAS PLANNED BEFOREHAND. !

Clever Never Goes programme, teaches children how to recognise unsafe situations rather than focusing on strangers. Through fun, age-appropriate activities, they learn how to make safe choices, say no when something doesn't feel right and always stay with their trusted adult. Visit <https://clevernevergoes.org/parents-2/> for more information.



Wellbeing Way has become a part of Rockmount's school culture, supporting our children in building resilience, emotional awareness and

a positive mindset throughout their learning journey. Thanks to Elizabeth Spendlove, Croydon's Health & Wellbeing Education Adviser for taking the time to share resources available which offer simple ways to improve our wellbeing every day. [Click here for more information on Wellbeing Way.](#)

The Zones of Regulation are now fully embedded in our school curriculum, helping children develop emotional awareness and self-regulation skills. A group of confident Year 6 pupils proudly showcased their learning to the school community, explaining how understanding and managing emotions can support wellbeing and positive behaviour across all year groups.

