

# Wellbeing & Safeguarding Newsletter

Rockmount Primary School Spring 2024



## YOUR VOICE MATTERS

At Rockmount, every year we celebrate Children's Mental Health Week. The theme this year was 'My Voice Matters'. All children were empowered to work together to create a positive change for their mental health and wellbeing. With the support of the Wellbeing Ambassadors, classes discussed their options and

decided what activities and learning they would enjoy to improve their wellbeing. During the week, classes took part in a range of activities including class discos, baking and creating a Games Room. The week ended with our annual 'Express Yourself' Day where children came to school dressed to express and celebrate their uniqueness!

*"We got to dance to my favourite songs. That always makes me feel good," Year 4 child.*



## Just for fun!!

Each week last half term, staff went on an exciting Easter egg hunt around the school, solving riddles to win an Easter Egg. Well done to all our lucky staff winners!



Can you solve this riddle?

### Riddle 1

Round and round is my favourite game. I keep on going, but it's always the same!

Answer: washing machine



# Child-on-Child Abuse



Child-on-child abuse is any form of physical, sexual, emotional or financial abuse, including coercive control, taking place between children and within children's relationships (both intimate and non-intimate), friendships and wider peer associations. Child-on-child abuse can happen both inside and outside of school and online.

Child-on-child abuse can include (but is not limited to):

- bullying (including cyberbullying)
- sexual violence and sexual harassment
- physical abuse such as hitting, kicking, shaking, biting, hair pulling, or otherwise causing physical harm
- sexting and initiation/hazing-type violence and rituals

## Signs of child-on-child abuse

Below is a list of possible signs and symptoms but like all forms of abuse, this list is not exhaustive and children may display all or none of the signs below:

- Absence from school or disengagement from school activities
- Physical injuries
- Mental or emotional health issues
- Becoming withdrawn – lack of self-esteem
- Lack of sleep
- Alcohol or substance misuse
- Changes in behaviour
- Inappropriate behaviour for age
- Abusive towards others
- Going missing/staying out late
- Change in peer groups

Behaviours associated with a child who may be abusive towards another child include:

- Aggression
- Impulsivity
- Short-temperedness
- Lack of empathy
- Easily frustrated
- Less likely to take responsibility for their actions
- A need to control or assert dominance

## How Staff support children

All our staff maintain an attitude of 'it could happen here'. They address inappropriate behaviours as soon as they happen, helping to prevent abusive/violent behaviour further down the line. Victims will be listened to and reports will be taken seriously.

Our staff know and can identify child-on-child abuse early to prevent it from escalating. We provide staff with regularly updated and appropriate safeguarding training that enables them to understand:

- Their role in preventing child-on-child abuse
- How to identify the indicators of abuse
- What to do if they have a concern about a child
- How to respond to a report of abuse
- How to offer support to the victim(s) and alleged perpetrator(s)
- Where to go if they need support

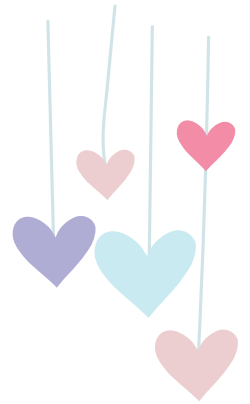


- That even if there are no reports in our school, it doesn't mean it's not happening
- The importance of challenging inappropriate and abusive behaviour
- That children can abuse other children inside and outside of school, as well as online

## How our curriculum challenges child-on-child abuse

Our curriculum ensures that children are taught about safeguarding, including how to stay safe online. Our PHSE/RSE curriculum teaches children in an age-appropriate and inclusive way. It tackles issues such as:

- Healthy and respectful relationships
- What respectful behaviour looks like
- Consent
- Gender roles, stereotyping and equality
- Body confidence and self-esteem
- Prejudiced behaviour
- Sexual violence and sexual harassment
- Cyber-bullying
- Sexting
- Peer pressure
- Self-esteem



The National Society for the Prevention of Cruelty to Children (NSPCC) has a range of safeguarding teaching resources including information on personal safety, healthy relationships and online bullying. Its 'Speak out Stay Safe' programme and PANTS lessons also includes interactive assemblies and workshops on safeguarding for pupils in KS1 and KS2 which has been added to our safeguarding curriculum.

## How to support your child

Below are tips for what parents and carers can do to help prevent child-on-child abuse happening, whether purposeful or by accident.

**Tip 1: Have age-appropriate conversations.** Make sure your child understands what child-on-child abuse is by having regular conversations.

**Tip 2: Set up privacy and security controls.** Most apps, platforms and devices have privacy and security settings users can use to keep themselves safe online.

**Tip 3: Watch out for the signs.** See signs of child-on-child abuse on page 2.

**Tip 4: Acknowledge their feelings.** Make space for what they might be feeling as a result of child-on-child abuse.

**Tip 5. Reach out to us.** If you are aware of child-on-child abuse that we are not, it is critical that you inform us so we can put our own safeguards in place to protect your child.

## What to do if your child targets another child

It can be hard to accept if your child is abusing another child - whether that's bullying or sending nudes. But here are some tips to support them in learning from their mistakes:

**1. Hold them accountable:** work with us to sort out consequences and help educate them on appropriate behaviour.

**2. Have calm conversations:** it is easy to get angry but speaking to them calmly to understand why they took the actions they did can help them understand their mistakes.

**3. Educate them:** in many cases, they may not realise the impact of their behaviour.



# MENTAL HEALTH, WELLBEING & SAFEGUARDING RESOURCES

## Croydon Mental Health & Wellbeing Support

*The Mental Health Support Team (MHST) work within our school providing additional emotional wellbeing support to children and families. You can request one-to-one support from our Wellbeing Practitioners through your child's class teacher or you can make a self-referral by emailing the MHST directly at [MHST@croydondropin.org.uk](mailto:MHST@croydondropin.org.uk).*



Jasmine is an Emotional Wellbeing Practitioner, who joined the MHST in December 2023. Jasmine has experience working with children and families in primary and secondary schools, and will be supporting us to continue promoting emotional wellbeing at Rockmount. Jasmine will be using evidence-based, low-intensity intervention for children who present with anxiety, low mood and behaviour difficulties. She will work primarily with parents and carers to achieve their child's goals and teach parents strategies to practice with their child. Jasmine is looking forward to working collaboratively with our school community to promote wellbeing.



Nora is a Counsellor/Mental Health Practitioner who joined the MHST in March 2021. She is delivering one-to-one sessions to children in Primary Schools across the borough. Nora is an HCPC Accredited Art Psychotherapist, who primarily uses art therapy during her sessions. The sessions are mostly non-directive and are planned together with the child in order to meet their individual needs. Nora hopes to build strong connections with the Rockmount team and to work together to promote the wellbeing of the children and their families.



Louisa is training at King's College London University as an Education Mental Health Practitioner. She joined the MHST team in January 2024 and provides children and families in primary and secondary schools with low-level Cognitive Behaviour Therapy (CBT) for anxiety, low mood, and common behavioural issues. She has a degree in Education and Learning and 10 years of experience working in educational settings. She has facilitated interventions in her previous roles for children with social, emotional and mental health needs. Louisa is looking forward to working with the Rockmount community and supporting the wellbeing of the pupils through parent led interventions.

## MHST Online Parent/ Carer Workshops

- Transition to Secondary School - Wed 22nd May 1pm
- Helping your Child's Behaviour (Primary age) - Wed 5th June 1pm
- Helping your Child with Anxiety and Worries - Wed 12th June 1pm
- Looking After Yourself for Parents - Wed 19th June 1pm
- Introduction to Autism- Wed 26th June 1pm
- Introduction to ADHD - Wed 3rd July 1pm



Click the image or scan the QR code for more information

