

St Peter's - Safeguarding information for parents

If you feel that you, or any member of your family, is in need of some additional support, please do reach out to professional organisations that can provide advice or resources specific to your need.

[Family Lives](#) – 0808 800 222. Family support for all challenges and issues experienced as a family.

[Young Minds](#) – 0808 802 5544 Supporting children's mental health.

[Oxfordshire Mind](#) – 01865 247788 Supporting mental health across the age ranges.

[Childline](#) – 0800 1111 Support for young people.

[Domestic Violence Helpline](#) – 0808 2000 247

[Samaritans](#) – 116 123 If you need to talk.

[MASH \(Multi-Agency Safeguarding Hub\)](#) – 0345 050 7666 For advice regarding concerns about a child.

[Carterton Food Bank](#) – application for a food parcel

In an emergency always dial 999.

If you ever feel that you, or your children are in danger you should call 999. If you cannot speak to the operator, for fear of your own safety or that of others, dial 55 when prompted by the automated system to alert the operator that you are in a genuine emergency.

[FirstPoint](#) has produced some helpful resources for providing advice regarding common concerns for primary aged children and directing them to websites that they may find helpful.

On their website the [NSPCC](#) has provide lots of information and advice to help support families during the lockdown.

As well as the resources on their website you can also email them – help@nspcc.org.uk or call their helpline on 0808 800 5000 if you want to ask a specific question.

If you have any safeguarding concerns you should still report these to Sam King, the school's Designated Safeguarding Lead (DSL). You can contact her on headteacher@stpeters.oxon.sch.uk or by calling the school on 01993 842535.

Remember the top tips for positive mental wellbeing for you and your children:

- accept that you cannot control everything,
- do your best,
- maintain a positive attitude,
- get enough sleep,
- exercise daily,
- take time out,
- take deep breaths.

All of us, but particularly children, really benefit from structure and routine. As much as you can, set up regular timetables and routines and stick to them.

If you have not done so already, check that all members of your family are safe online. Take some time to check parental controls and privacy settings. [Webwise](#) has lots of useful information about how to set up parental controls on a range of devices

Children should always use phones, tablets and computers in a public place, rather than alone in their bedrooms.

You may find the following sites helpful in discussing internet safety with your children

- [Safe Smartphone Use](#)
- [Internet Matters - Helping parents keep their children safe online](#)
- [Share Aware - helping children and parents talk about online safety](#)
- [Net Aware - a guide to social networks children use](#)