



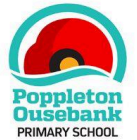
Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - March/April 2024

Our Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general well-being, please ensure that you speak with a member of our safeguarding team straight away.



01904 795930 OR EMAIL

V.MITCHINSON@POP.HSLT.ACADEMY | HEADTEACHER@POP.HSLT.ACADEMY | D.CARD@POP.HSLT.ACADEMY



**Vicky
Mitchinson**

VICE PRINCIPAL AND
DESIGNATED
SAFEGUARDING LEAD



**Linda
Collier**

PRINCIPAL AND
DEPUTY DESIGNATED
SAFEGUARDING LEAD



**Dave
Card**

DESIGNATED
GOVERNOR FOR
SAFEGUARDING



**Philippa
Goodwill**

EARLY YEARS LEADER
AND SAFEGUARDING
TEAM MEMBER



**Julie
McGregor**

HEALTH & SAFETY
AND SITE
MANAGEMENT

Safe Children | Safe Adults | Safe Environment

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.

Hope SENTAMU
LEARNING TRUST

City of York
Safeguarding Children Partnership

Yay!! We are nearly into Spring, which means sunshine, lighter mornings and evenings and the Easter holidays!

I hope you all have a lovely break when it comes and enjoy some quality family time.

Mrs Vicky Mitchinson

Designated Safeguarding Lead/Pastoral and Well being Lead

Key Dates

8th March - International Women's day <https://www.internationalwomensday.com/>

15th March - World Sleep Day <https://thesleepcharity.org.uk/>

11th - 17th March - Nutrition and Hydration week

<https://nutritionandhydrationweek.co.uk/>

20th March - World Happiness Day <https://www.dayofhappiness.net/>

7th April - World Health Day <https://www.who.int/campaigns/world-health-day>

22nd April - Earth Day <https://www.earthday.org/>

Who can you talk to at POPS?

Please email Mrs Mitchinson at v.mitchinson@pop.hslt.academy or email hello@pop.hslt.academy or alternatively call the school office to make an appointment

Action for happiness calendar - Mindful March

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together



Neurodiversity Celebration week - 18th - 24th March 2024



Sign-up Now

18th - 24th March, 2024

Introduction

Schools

Universities

Students

Parents

Organisations

Events/Media

What is Neurodiversity?

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about recognising those who think differently. And no matter whether you are a school, university or organisation you can benefit from different thinkers!

Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges. Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.

Click on the buttons below to find out more information about specific neurodifferences:

ADHD

Autism

DLD

Dyscalculia

For more information please click this link <https://www.neurodiversityweek.com/>

Little By Little, A Little Becomes A Lot

The theme **#LittleByLittle** highlights the transformative impact of consistent, small positive actions on over-all wellbeing. The Stress Management Society this year for Stress Awareness Month want to emphasize how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time.

We encourage you to focus on making manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!

▶ **Connect with someone**

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness

▶ **Go outside**

▶ **Get moving**

▶ **Be mindful**

▶ **Breathe deep**

▶ **Prioritise sleep**

Make small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time, make your bedroom a 'tech-free' zone, create a clean and restful environment, jot down what's on your mind and set it aside for tomorrow, avoid caffeine after 4pm

▶ **Practice mindfulness**

Small Actions To Make Big Changes

CONNECT WITH SOMEONE
Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP
Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.

MOVE IN YOUR OWN WAY
Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE
Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature

BREATHE DEEP
Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS
Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.

#LittleByLittle

Who to contact if you need support or are worried about a child or family



If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131.**

NSPCC - Helpline - 0808 800 5000 www.nspcc.org.uk



24-hour National Domestic Abuse Helpline - 0808 2000 247

For women and children.
Against domestic violence.



01823 334244 Helping Men escape domestic abuse



The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you.



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk

Online Safety

The NSPCC has some great advice for parents regarding online safety. Please take a look if you are concerned or would just like some more information.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

The screenshot shows a webpage with a navigation menu and three featured articles. The navigation menu includes: 'On this page', 'Online safety advice', 'Our online safety work', 'Inappropriate and sexual behaviour', 'Worried about something online?', 'Online safety guides for parents', 'Resources for professionals', 'Resources for children', 'Resources for children with SEND', and 'Help us keep children safe online'. The featured articles are: 'Talking to your child about online safety' (with a photo of a family), 'Online wellbeing' (with a photo of a child using a tablet), and 'Parental controls' (with a photo of a child using a tablet). A 'Back to top' button is visible at the bottom right of the featured articles section.