



The Cambridge Primary School



Newsletter – Summer 2 Issued 27th June 2025

The Safeguarding Team

We have a safeguarding team at the school including a Designated Safeguarding Lead (DSL) and Deputy Designated Safeguarding leads (DDSL).



Miss Tancock
Assistant Head
DSL



Mrs Kennedy
Head Teacher
DDSL



Mr Tomlinson
Assistant Head
SENCO & Inclusion
DDSL



Miss Holmes
Assistant Head
Upper School Lead
DDSL



Mrs Vaiva
Family Support
Adviser (DDSL)



Mrs Edwards
Assistant Head
Lower School Lead
DDSL



Mr McCormack
Class Teacher
DDSL

The named safeguarding governor is Mrs Pitfield

If you would like to view our Child Protection and Safeguarding Policy, please click the link. [Child Protection and Safeguarding Policy 2024](#) The policy will be updated in September 2025 in line with the statutory guidance.

Content of our Safeguarding Newsletters

A safeguarding newsletter will be published in week 3 of every half term. It will include general and specific safeguarding information and advice with regular online safety news.

If you have any suggestions for our safeguarding newsletter or would like to know more information about any safeguarding topics, please contact:

info@cambridgeschool.hants.sch.uk or speak to one of the DSL team.

Safeguarding is Everyone's Responsibility

All staff and governors undertake regular safeguarding training. This includes specific safeguarding themes, in addition to how to support the children, what to look out for, recording and reporting concerns.

The children are taught how to keep themselves safe both formally through assemblies and in lessons (e.g. PSHE and computing) and informally, through reminders, discussions and reflective conversations.

There is a whole school safeguarding culture.

External safeguarding audit (February 2025)

Safeguarding at The Cambridge is a high priority, where leaders, staff and governors work collaboratively to ensure robust systems and procedures are in place with an emphasis on prevention, ongoing reflection, and continuous improvement. Pupils speak positively about their experiences at school and feel safe, supported, and listened to. They describe the adults as "kind, considerate, and always help you no matter what," and say they trust them to keep them safe.

Summer Safety

With the warmer weather, lighter evenings and summer holidays approaching, there are many activities to look forward to. There are also some risks to consider. Please see the following information about keeping safe.

Water Safety

Last week was Water Safety Week, which is also known as Drowning Prevention Week. The main goal of Water Safety Week is to teach children the necessary skills and knowledge that they need to be safe and have fun in the water. We will be talking to the children about water safety in assembly over the next two weeks.

The [Royal Life Saving Society](#) and [Hampshire Safeguarding Childrens Partnership](#) have many resources and information for parents. These include keeping safe on holiday, at home, at the beach and in swimming pools.

There are also videos available to share with children including one from the [Society](#) and another presented by an engaging otter from [Swim England](#).

ALWAYS FOLLOW THE WATER SAFETY CODE

ROYAL LIFE SAVING SOCIETY UK

Whenever you are around water:

STOP AND THINK
Take time to assess your surroundings. Look for the dangers and always research local signs and advice.

STAY TOGETHER
When around water always go with friends or family. Swim at a lifeguarded venue.

In an emergency:

CALL 999
If you are at the coast, call 999 and ask for the Coastguard. Don't enter the water to rescue.

FLOAT
Fall in or become tired - stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.

Enjoy Water Safety

Want basic lifesaving and CPR skills. Visit www.rlss.org.uk

Talk to your child about the Water Safety Code.

Holiday Clubs

Things to consider when booking a holiday club for your child.



Choosing a club, tutor or coach for your child?

- Can I observe the sessions?
- Is there a policy on safeguarding children?
- Are staff trained in safeguarding and first aid?
- Is there a written code of conduct for staff and volunteers?
- Is there a health and safety policy in place?
- Is there any safety information available (leaflets or on website)?
- What are the emergency procedures?
- Who do I speak to if I have any concerns?
- Where do I go for help and advice?

Home or Out Alone

As your child gets older, it's likely they will want a bit more independence. Staying home or going out without you is a natural step for them to take, when the time is right. It can be hard to decide whether your child is ready. There's a lot to think about. And a lot you might be worried about. The NSPCC has produced [a guide](#) designed to reduce that worry, by helping you make the right decision for you and your child. There are some key points from the guide below.

Things to know before they stay or go:

The first thing you might think about is their age and maturity.

- **Do you think they're old enough?**
- **How long could they cope on their own?**
Remember, for a younger child half an hour can feel like a long time.
- **Can they deal with risks?**
- **Will they behave responsibly?**
- **Will they be safe?**
- **Perhaps most importantly, how does your child feel about this idea?**

Some children like to take every opportunity to show they can be grown up, they might be really keen to be left 'in charge'.

Others will feel nervous about the responsibility.

Need to know

There are a few basic things your child should know before they can stay home or go out alone.

For staying home

- ☑ **Their parent or carer's number**
- ☐ **Another trusted adult's number**
- ☐ **A trusted adult they could go to in person, in an emergency**

For going out

- ☐ **Their full name**
- ☐ **Their address**
- ☐ **Two trusted adults' phone numbers (include the home number, if you have one)**
- ☐ **How to cross roads safely**

Things to know before they stay home alone:

- **A baby or young child should never be left alone, not even for a few minutes – whether they're asleep or awake**
Most accidents happen at home, and children under five are most at risk of getting hurt.

- **Is your home safe for them?**
Check that the fire alarms, locks and windows are working, leave a spare set of keys out and make sure they can get food or use the bathroom if they need to.

Consider if there's anything that could hurt them and how you could reduce that risk, eg by putting sharp objects, alcohol and medicine out of reach or view.

- **Can they contact you? Or someone else?**
Make sure they have your number and have access to a phone, so they can call you if they need you. Keep your phone on you, on loud if possible.

Also leave a list of other trusted adults to call: neighbours, relatives or family friends who live nearby. And, just in case, remind them to call 999 if there's an emergency.

Things to know before they go out alone:

- **Where do they want to go?**
- **What do they want to do?**
- **Who will they be with?**
- **How far will they travel?**
There's a big difference between walking to the corner shop and going into town, for example.
- **What time will they be out?**
Consider if it's safe for them to be out late, or after dark.

What ifs

Talk to your child early on about scenarios they might face and how to stay safe. Ask them what they'd do and how they feel about them. Doing this will give you both peace of mind.

When they're home alone, what if...

- ☐ **They're hungry and want some food?**
- ☐ **There's a power cut?**
- ☐ **They smell gas?**
- ☐ **A broken tap floods the bathroom?**
- ☐ **There's a fire?**
- ☐ **A stranger knocks at the door?**
- ☐ **You're out for longer than you thought?**
- ☐ **They hurt themselves?**

When they're out alone, what if...

- ☐ **A stranger tries to talk to them, or take them somewhere?**
- ☐ **Someone they know tries to take them somewhere, without asking you?**
- ☐ **Someone bullies them?**
- ☐ **Someone offers them alcohol or drugs?**
- ☐ **Someone asks them to do something they're not comfortable with?**
- ☐ **They're stopped by the police?**
- ☐ **Their phone battery dies? (if they have one)**
- ☐ **They get hurt?**





Online Safety



For parents and families, it's not easy to keep up with the digital world. With a huge increase in device ownership and use of online services, it is important to ensure that your children are safe when enjoying the potential of technology.

There are no exact rules about the right age to give your child access to technology but whether you're handing down an old device or buying your child a new bit of tech, it's important to think about the age you give your children their own device and the access your child has to online platforms and services.

Here are some helpful (age-related) tips to help you determine what's right for your child in terms of tech ownership and usage throughout childhood.

Children under 5

- **Supervise use** – Allow use of using technology only when fully supported by a parent or carer.
- **Use family devices, accounts and services** – Use child friendly devices and services like children's tablets and child versions of popular video sites.
- **Check content first** – Check the content on apps and games each time before use and turn off features like 'autoplay' so you can be in control of what is shown next.
- **Set up your parental controls** – make use of safety settings across your home Wi-Fi, devices and accounts.
- **Start safety conversations** - it's important to start talking about safety online as soon as your child is using technology. The [Technosaurus](#) might help with this..
- **Establish healthy habits** - Make technology use purposeful from a young age by making sure it's [playing a positive role](#) in your family.

Children under 10

- **Enable access to devices with limited features** - This could include tablets without data and non-smart phones that only allow calls and texts.
- **Keep tech use visible in the home** - Keep tech use in shared family spaces so you are aware of what they are doing online.
- **Follow age ratings** – Apps, sites and games come with age ratings which are important to follow. [Common Sense Media's reviews](#).
- **Use safety settings** – Explore the in-app and device safety settings.
- **Revisit parental controls** –Keep checking these regularly to make sure they are in place.
- **Have regular safety conversations** –online safety conversations should be happening regularly. Visit our [advice on talking to your child about online safety](#).
- **Build healthy habits** - acknowledge the positives it brings as part of your safety conversations and agree rules and boundaries together as a family.

Pre-teens and teens

Follow age requirements - Many popular Apps, sites and games are 13+, it's important to check and follow these with pre-teens.

Speak to phone providers - If your child owns their own smartphone then contact the service provider to make sure it is registered as a child's device. This means additional safety restrictions can be put in place.

Support your child with their settings - Support your child to manage their safety and wellbeing settings across devices and accounts.

Focus on regular safety conversations – It's important to keep conversations regular at this age. Check [this advice](#) from Barnardos on tackling challenging conversations.

Share youth facing help and support - Make sure your child knows about services that can help like Childline. You could start by sharing the [online safety advice content](#) and the [Report Remove tool](#) created by the IWF and Childline.

Revisit parental controls – you will likely need to revisit your parental controls again at this age and adjust them. Keep checking these regularly to make sure they are in place.

Explore healthy habits together – Healthy habits work best when all the family agrees to following them. This could be agreeing to charge devices away from beds to support sleep and not using devices during mealtimes to help take breaks.

Follow the link to see how to make a [family digital agreement!](#)

Screen Time

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Steps for ensuring a positive outcome when managing your child's screen time

Determine a suitable screen time limit

Have in your mind what you think a suitable amount of screen time for your family is. However, be willing to compromise with your child.



Talk to your child

Initiate discussions with your child regarding the impact of excessive screen time and encourage them to participate in other activities as well.



Make a plan, with your child

Set boundaries for your child's screen time. Be open to finding a middle ground since your perspective may differ greatly from your child's.



Keep them busy

Find activities for them to do when they are not on their devices.



How to regulate screen time over the summer holiday

During school holidays, children enjoy a break from their regular schedules and rules, allowing for more flexibility. This may involve staying up later, sleeping in longer, extending curfews and increasing screen time or gaming. Some children may spend most of their day on screens or playing games, leaving little room for other activities. The six weeks of freedom can make it challenging to establish positive routines before the new term begins in September.

If you are exploring ways to limit your child's screen time without conflicts, these four steps could be helpful.

Initiating discussions with your child regarding screen time restrictions might appear challenging. You might worry about potential conflicts arising between you and your child. It is beneficial to begin with steps one and two well before the summer holiday begins. Starting conversations about the adverse effects of screen time now can pave the way for smoother discussions in the future.

Conversation starters:

- 'Have you seen the news report on the negative impact of too much screen time?'
- 'So you don't spend the whole summer on your phone/computer, what other activities shall we plan for you?'

Access [online safety expert insight videos](#) here

Who to contact if you are concerned about a child

If you are worried about a child's safety, please do not hesitate to contact a member of the DSL Team via the school office info@cambridgeschol.hans.sch.uk

For general concerns about a child's safety: Contact Hampshire Children's Services at 0300 555 1384 during office hours or 0300 555 1373 out of hours.

For urgent/ emergency safeguarding issues, especially those requiring immediate police intervention: Call 999.

For less urgent police matters, you can call 101.