



The Cambridge Primary School

We show that we care



Newsletter – Autumn 1 2026

Issue date: 25th September 2026

Welcome

This newsletter will be published in week 3 of every half term.

Safeguarding is everyone's responsibility

How our school community stays informed and keeps children safe



Children

Learn safe, healthy choices in PSHE, computing and assemblies, with everyday reminders and conversations.



Staff

Train regularly to recognise concerns, support children, and record and report concerns in our school context.



Governors

Train and oversee how well child protection policies and procedures work; the safeguarding governor receives updates.



Visitors and work experience students

Visitors read safeguarding guidance and wear different colour lanyards. Those without a current DBS check are accompanied; students sign a code of conduct.



Parents and carers

Receive updates, useful information and signposting through the safeguarding newsletter.

In this issue:

- Early Help Offer
- Our Safeguarding Curriculum
- After School Meltdowns
- Road Safety
- Halloween and Fireworks
- Online Safety
- What to do if you are concerned about a child

'Safeguarding at The Cambridge Primary School is the absolute bedrock of the school's culture. Leaders maintain an uncompromising, collective commitment to pupil safety, underpinned by a highly proactive, multi-agency approach. Staff at all levels are proactive, vigilant, and empowered to act swiftly, underpinned by a culture of relentless curiosity and continuous improvement.'

Puzzle Piece Safeguarding (external

review May 2026)

The Safeguarding Team

Our safeguarding team includes a Designated Safeguarding Lead (DSL) and Deputy Designated Safeguarding leads (DDSL).

Contact details:

safeguarding@cambridgeschool.hants.sch.uk

Tel: 01252314884

The named safeguarding governor is

Mrs Pitfield

chairofgovernors@cambridgeschool.hants.sch.uk

				
Miss Tancock DSL Head of School	Mrs Kennedy DDSL Executive Headteacher	Miss Holmes DDSL Assistant Headteacher	Mr Cahill DDSL Assistant Headteacher	Mrs Abbot-Cole DDSL SENCo
				
Mrs Vaiva DDSL Family Support Advisor	Mr McCormack DDSL DOSL	Mrs Hislop DDSL Phase Lead LKS1	Mr Barrios DDSL Phase Lead LKS2	Mr Irvine DDSL Phase Lead UKS2

Early Help Offer

We understand that from time-to-time, life can have its complications and sometimes families may need some extra help. To support and advise you as soon as a problem emerges, we have an [Early Help Offer](#).

We provide two levels of early help support:

Universal Early Help - support available to all families through our everyday school provision. This includes pastoral support, parent workshops, attendance support, and our nurture and wellbeing programmes. **All families** can access this support as part of our commitment to every child.

Targeted Family Help - more intensive, coordinated support when families need additional help from multiple services working together. This includes Early Help Hub coordination, multi-agency meetings, and family support workers. This level of support is provided when families need more than universal services can offer.



Please contact Mrs Vaiva, our Family Support Advisor if you would like to know more or to request support.
fsa@cambridgeschool.hants.sch.uk Tel: 01252314884

Our Safeguarding Curriculum



Through our safeguarding curriculum, children are taught when they might be at risk and what they can do to keep safe in an age-appropriate way. Children learn through PSHE and computing lessons, assemblies, visitors and workshops and through daily interactions and pastoral support.

Our curriculum is organised into safeguarding themes to help the children remember key aspect of keeping safe. Children revisit these ideas from Reception to Year 6, building knowledge and confidence as they grow.



TRUSTED ADULTS

Having trusted adults to talk to and seek support when needed.



WELLBEING

Looking after our mental health, happiness and emotional wellbeing.



RELATIONSHIPS

Building positive, respectful and healthy relationships with others.



MAKING SAFE CHOICES

Understanding risks and making responsible decisions.



PHYSICAL SAFETY

Keeping our bodies safe and knowing how to stay out of danger.



ONLINE SAFETY

Staying safe and responsible when using the internet and digital devices.

To find out more about our [safeguarding curriculum](#), please visit the safeguarding page of the school website.



After School 'Outbursts'



Why do children melt down after school?

Your child may manage their feelings all day at school, then become upset or overwhelmed when they get home. Sometimes called after-school dysregulation or restraint collapse, this can happen when home feels like a safe place to release the emotions they have been holding in.

The poster below gives strategies to support at home and there is more practical advice on [BBC Bitesize](https://www.bbc.com/health/child-mental-health/after-school-dysregulation).

A BITESIZE GUIDE TO

AFTER-SCHOOL DYSREGULATION

Practical research based support for parents and educators

What You See

- Intense doorstep meltdowns
- Extreme hyperactive behaviour
- Violent throwing of items
- Absolute silent social withdrawal
- Severe verbal aggression
- Defiant refusal of demands
- Intense sibling conflict
- Total physical exhaustion
- Collapse

**Be the ANCHOR
in the
STORM**

Why it happens

- Restraint collapse hits home
- Masking demands deplete energy
- High cognitive fatigue levels
- Safe environment releases pressure
- Sensory triggering environments overwhelm
- Depleted emotional self regulation

Communication

- Receptive language limits reached
- Questions cause extreme irritation
- Verbal input increases distress
- Silence offers deep recovery
- Simple welcoming cues suffice
- Avoid asking about day

What to Look for

- Slouched, exhausted or tense physical posture
- Clenched fists
- High pitch vocal tones
- Refusal of eye contact
- Stomping feet heavy walking
- Sudden extreme emotional volatility
- Speaking too much/too little

Core Strategies for Support

What they need	What you can do	Affirming Language
• Immediate decompression time • Low demand home arrivals • High carb safe snacks • Zero verbal questioning • Quiet physical environments • Safe sensory regulation space • Complete physical rest • Validated emotional release • Calming grounding adult presence	• Provide immediate car snacks • Drive home in silence • Lower the indoor lighting • Postpone any homework • Keep demands completely zero • Allow safe screen time • Create cozy recovery spaces • Manage sibling separation initially • Avoid asking school questions	• I love you and I am happy to see you • Let's all rest right for a bit • You are safe here • We can do 'x' later • I am close by if you need me • Wear your comfy clothes • What do you need right now? • You have worked so hard today

Post-school restraint collapse is a sign of ultimate safety at home.

Educational Psychology First



Road Safety



Schools and parents have a responsibility of sharing key road safety messages to ensure the young people in our community. This is so they are aware of the dangers of the road from an early age. It is wonderful to see so many families travelling to and from school on foot, scooters and bikes.

Important messages:

Pedestrian Safety-the roads can be busy around the community so it's important to make our children aware of how to keep themselves safe. Modelling and talking about safe behaviours are the best ways your child will learn. There are some great guides and Information on [Child Accident Prevention Trust](#) and [Royal Society for Prevention of Accidents](#) websites including a guide on [teaching road safety skills to children with additional needs](#).



Helmets-should be worn **every time** a child is cycling, skateboarding or scootering to prevent serious head injury from falls or crashes. [Road safety factsheet: Cycle helmets](#) It is also important that they fit properly. [Finding The Right Size Kids Bike Helmet | Halfords UK](#)



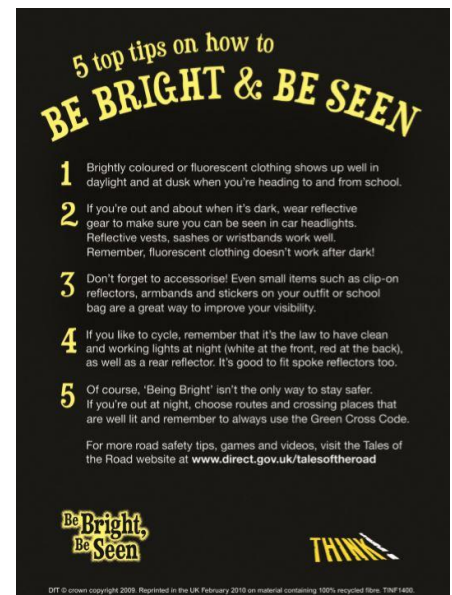
Be Bright, Be Seen-As the day light starts to get shorter, it's important to think about being seen when out. Look on the government [Think!](#) website and younger children might like to try the [be bright be seen online game](#).

Hampshire's Road Safety Team has produced a leaflet and parent webinar about modelling good road safety behaviour. The first webinar is on **Monday 16 November 2026, 12:00–12:30**. Parents and carers can [register here](#).

Junior Road Safety Officers



We will be selecting some new Junior Road Safety Officers soon! This scheme promotes peer to peer education with Year 5 & 6 children. They share key road safety messages throughout the school.



Halloween and Fireworks

It might seem early to be mentioning Halloween and Fireworks but they will soon be upon us! The children love these events and it's important to keep them safe!

Costume & Fire Safety

- Check the labels: Look for costumes labelled 'Flame Resistant' or 'Flame Retardant'.
- Layer up: Put heavy cotton or wool clothing underneath costumes to provide an extra layer of protection.
- Pumpkin Lanterns: Swap candles in lanterns for battery-operated tealights or glow sticks.
- Watch the fit: Avoid oversized masks that block vision and long, trailing capes that can cause trips or easily catch fire.
- Practice Stop, Drop, and Roll: Make sure children know exactly what to do if their clothes ever touch a flame.



Firework & Sparkler Rules

- Sparkler awareness: Sparklers burn at temperatures between 1,200°F and 2,000°F—hot enough to melt metal. They are not suitable for children under five.
- Gloves: Always give older children leather gloves when holding sparklers, and supervise them closely.
- Keep your distance: Keep back if using fireworks at home and never approach a firework that has failed to go off.
- Choose public events: Opt for and organised display. The PTA fireworks is planned for 4th November at school!



Sensory & Environmental Care

- Protect sensitive ears: Sudden bangs and bright flashes can be overwhelming. Ear defenders are great!
- Pets: Keep animals safely inside.

Online Safety

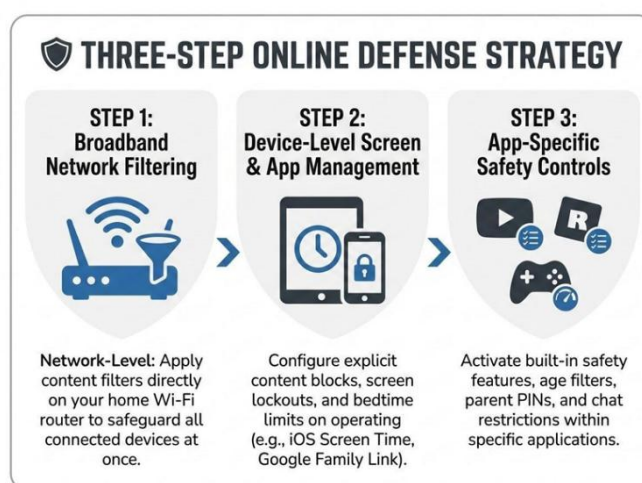


With the online world and its risks, developing and changing all the time, we need to keep up to date with what we can do to keep our children safe.

We have a clear and comprehensive [guide from Puzzle Piece Safeguarding](#) which includes everything you need to know including:

- **How to set up safety controls before handing over a device to a child** - checking privacy settings, age restrictions and built-in safeguards.
- **How to use three layers of protection** - filters on home broadband, controls on the device, and safety settings in each app or game.
- **Agreeing family rules together** - for screen time, device-free spaces and overnight charging with reviews on changing them as your child grows.
- **Keep talking** – including creating family digital agreements
- **What to do if your child sees something inappropriate** – includes reporting options.

THE "BEFORE YOU BUY" CHECKLIST



What to do if you are concerned about a child

If you are worried about a child or situation, please do not hesitate to contact a member of the **school safeguarding team**.
safeguarding@cambridgeschool.hants.sch.uk Tel: 01252314884

If you or someone else is in imminent danger, phone the **police** by dialling **999**. Call **101** if it is less urgent.

Contact **Hampshire Children's Services** for yourself, friends, family or the public.

To report a welfare or safeguarding issue:

- [Online Enquiry Form](#)
- Telephone - Monday to Thursday 8:30am to 5pm, Friday 8:30am to 4:30pm: **0300 555 1384**
Out of hours: **0300 555 1373**

[NSPCC Helpline](#)

If you have any suggestions for our safeguarding newsletter or would like to know more information about any safeguarding topics, please make contact with the team.