

HEXHAM FIRST SCHOOL

Safeguarding Newsletter - Spring term 2026

Dear Mums, Dads and Carers,

Welcome to the Spring 2026 safeguarding newsletter. As we start the year I would like to remind you all that at Hexham First School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families who comprise our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make.

Often when safeguarding is mentioned, the immediate thought is about child protection, when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Hexham First, we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe. With this in mind I will send out a half-termly newsletter informing you of any recent safeguarding updates as well as providing you with key information around a range of safeguarding issues. This issue will introduce you to the school's Designated Safeguarding Team, the DfE document 'Keeping Children Safe in Education' 2025 and the importance of attendance and punctuality. Mrs Overton (Designated Safeguarding Lead) and Miss Barton (Deputy Safeguarding Lead)

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact

Designated Safeguarding Lead

Mrs Overton

Deputy Safeguarding Lead

Miss Barton

If a child is in immediate danger, call the Police on 999

'[Keeping Children Safe in Education 2025](#)' is a statutory Department for Education document that all schools are required to follow when carrying out their duties to safeguard and promote the welfare of children. It covers many aspects of safeguarding, including different forms of abuse, early help processes, safer-recruitment, how concerns must be reported and the role of the Designated Safeguarding Leads. Safeguarding and promoting the welfare of children is defined as:

- Protecting children from maltreatment
- Preventing impairment of children's mental and physical health or development
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- Taking action to enable all children to have the best outcomes Click here for the full document: [Keeping Children Safe in Education 2025](#)

What is the PANTS Rule?

PANTS is an easy way for children to remember the key points about staying safe:

P – Privates are private No one should ask to see or touch the parts of your body covered by underwear. These parts are private.

A – Always remember your body belongs to you Your child should know they are in control of their body, and it's always okay to say no to unwanted touch — even from someone they know.

N – No means no Your child has the right to say "no," and that decision should always be respected.

T – Talk about secrets that upset you Some secrets are not okay to keep. Encourage your child to tell you or another trusted adult if something is worrying them.

S – Speak up, someone can help Children should know who they can talk to if something makes them feel uncomfortable, upset, or confused — whether that's you, a teacher, or another trusted adult.

Secrets vs. Surprises – What's the Difference?

Surprises

Surprises are meant to be shared later — like a birthday present, a party, or a special gift. They make people feel happy and excited. Everyone finds out the surprise in the end! - "Don't tell Daddy about his cake until his birthday!"

Secrets

Secrets are things someone asks you to keep forever or not to tell anyone, especially if they make you feel worried, sad, or uncomfortable. Safe adults never ask children to keep a secret about touching, being hurt, or something that feels wrong. How You Can Help at Home Have short, calm conversations using the PANTS rules. Use the NSPCC's friendly dinosaur, Pantosaurus, and watch the song together! – click on the link for resources [Pantosaurus video for families](#) Reassure your child that they can talk to you about anything. Have conversations around secrets and surprises.

ATTENDANCE MATTERS

How can you help your child attend school regularly and on time?

- ✓ Talk to your child about school
- ✓ Take a positive interest in your child's work, including their homework ✓
Make sure your child understands why school is important
- ✓ Show your child that you are interested in what they have done at school
- ✓ Get everything ready for school the night before
- ✓ Arrange appointments before or after school or during the school holidays wherever possible
- ✓ If an appointment must be taken during the school day, wherever possible bring your child to school before and after that time
- ✓ Take holidays during school holidays and not during term time
- ✓ Set your alarm and an alarm for your child – see who can beat the clock!
- ✓ If your child is just slightly under the weather, still send them in to school. Children often feel better as the day goes on and they get busy. If school is worried, we will call!
- ✓ Children can attend school if they are taking medication – speak to Mrs Burke in the school office.
- ✓ We can give children certain medications with your permission.

Please also ensure that you:

- ✓ Keep in touch with school staff – we may be able to help you with advice, rewards for your child or other incentives for coming in
- ✓ Contact school on the first day of absence if your child is unable to attend for whatever reason and keep in contact on subsequent days
- ✓ Make sure school has up-to-date contact details
- ✓ Attend meetings about your child's attendance if you are invited to do so. At these meetings we can agree an action plan so that school, parents and children can work together to improve things
- ✓ If your child is absent for an appointment, please show the office the appointment card or letter

Children who do not attend school regularly are more likely to:

- Fall behind in their school work
- Find it difficult to make and keep friends
- Be unhappy at school
- Misbehave so that others cannot see that they are finding the work difficult
- Learn poor attendance habits that follow through to middle school and future employment

Poor punctuality can also disadvantage children in many ways:

- Being frequently late adds up to lost learning. For example, arriving 15 minutes late every day is the same as being absent for 2 weeks of the year
- When children are late they find it harder to settle in to the routine of the day
- When children arrive late they often miss key messages and teaching which continues to have an effect on their learning for the rest of the lesson or day
- Poor punctuality disrupts the class and is embarrassing for the child
- Your child being late disturbs the learning of the whole class

Every day in school counts...



and every minute counts...

