

# Stay Safe Newsletter

Welcome to our Spring Term Stay Safe Newsletter! Each term we'll share helpful updates and resources to support you and your family.

## The Stay Safe Team

At Dallam Community Primary School, we care deeply about the safety and wellbeing of every child and family. Our Stay Safe Team works closely with Early Help and other professionals to provide support whenever you need it. Whether it's school concerns, health issues, or family matters, we're here to listen and help.



## School Early Help – How Can We Support Families

Life can bring challenges, and we're here to help in a non-judgmental way. Families come in all shapes and sizes, and we're here for everyone.

- Helping parents and carers get involved in school life
- Coordinating appointments and referrals for children's needs
- Support with mental or physical health issues
- Housing and financial worries
- Family relationship problems
- Bereavement and loss
- Settling in and new starts
- Training, education, and employment advice
- Parenting skills guidance

## Community Food Spaces

Did you know that across Warrington there are a range of affordable community food spaces that can help you save money on your food bills and stretch budgets further? These projects help tackle food waste, often using surplus food that would have gone into landfill. They are all welcoming, friendly spaces, run by local communities. **The Bread and Butter Thing runs on a Wednesday afternoon right here at the Family Hub at Dallam.** Click on the link for more information on this and all the other community food spaces.

[Community Food Spaces in Warrington](#)

# Online Safety



Lots of our children will have been lucky enough to receive new tech for Christmas. Most of these devices come with some form of parental settings which can help you and your child manage their experience while they go online. Remember that nothing is perfect and talking to your child about what they are doing and how to make good choices is still important, but parental controls can help to give you some peace of mind and understanding about how safe a device or service is.

Rather than trawling the web for each manufacturer's help guides, a great place to go is [internetmatters.org](http://internetmatters.org). They offer a huge range of help and support guides, but one of their site's best features is their parental controls section. It's a one-stop-shop for a huge range of devices and services.

# Young Carers

At Dallam, we are looking to celebrate and champion our wonderful Young Carers with lots of exciting events and activities planned across the year. Please see the attached poster for information on who could be considered a Young Carer.

**Warrington Carers Hub**

## Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated there are **700,000** Young Carers in the UK, many unaware of the impact that caring is having on their lives

Do the shopping, Clean, Pay bills, Cook, Look after brothers or sisters, Cheer someone up, Help with gardening, Help give emotional support

If so, then you could be a young carer, and we can help you. You are not alone, about one in 12 high school students are young carers. If you think you are a young carer there is support available. Letting someone in school or us know could help you get some support. Warrington Carers Hub supports young carers aged 5-18 through information, advice, one to one and group activities.

In your school you can speak to:

For support or more information about accessing support:  
Warrington Carers Hub  
T: 0300 303 0623 E: enquiries@warringtoncarershub.org.uk

If you think that your child may be a young carer and would like to join in some of the activities, then please pop into school and ask for Mrs Wilson or Mrs Horner. We will also be holding a **parent drop-in session at 9.30am on Tuesday 27<sup>th</sup> January at 10.30am** at school, where you can get more information about our Young Carers programme.

# Contact Us

If you have any concerns or need support, please speak to your child's class teacher or any member of the Stay Safe Team. We're here to listen and help.

