

Safeguarding Newsletter

April 2026



Westfield School

Chorus Education Trust

Safeguarding Cover

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1, 2, 7, 8 April

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30, 31 March & 10 April

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9 April Jan 07535593784

Helpful Numbers.

101 – Police

01142734855 –
Safeguarding Hub

111 – NHS

0800 1111 –
Childline



Your safety is important to us....

Support if you are struggling during the Easter Break

[How to Protect Children From Domestic Abuse | NSPCC](#)

[Help through Hardship helpline | Trussell](#)

[Grants and benefits to help you pay your energy bills - Citizens Advice](#)

<https://www.sheffielddirectory.org.uk/p/parent-hub-events/>



Child Anxiety - Top Tips

Healthy Coping Strategies
Talk to your child about their fears & worries. Learning a list of strategies to use in a moment of anxiety can help children to cope such as deep breathing, using a stress ball, writing it down or counting to 10.

Respect Your Child's Feelings
Listen and empathise when your child expresses their fears and worries. Avoid saying things such as, "There is nothing to worry about/You will be fine." Let them know you understand how they are feeling.

Focus on the positives
Children who are anxious can get lost in negative thoughts, self-criticism and worry about future events. Focus on your child's positive qualities; the more regularly you do this the more that it will encourage your child to focus on the positives.

Stay calm
Children pick up on their parent's emotions. If you're feeling anxious, your child could experience an increase in their own anxiety. Slow down your speech, take deep breaths to relax, & ensure your body language & facial expressions show that you are calm.

ONLINE SAFETY



School have recently been made aware that some children have been encouraged to access chat rooms such as OMETV, these sites are used by adults and often contain sexually explicit content including livestreaming. Please talk to your child about staying safe online and the reporting of any form of exploitation to the website, police and school.

Do's

- Make your accounts private
- Use a variety of passwords
- Set up 2 stage verification
- Talk to your parents or carers about where you go and what you do online, as you would in real life
- Regularly review your privacy settings on apps, phones, computers or tablets.
- Tell a trusted adult if something is worrying you online



Don't:

- Don't share personal details with anyone
- Don't share your personal passwords with anyone
- Don't post your location
- Don't agree to meet anyone in person that you met online
- Don't accept friend requests from people you don't know

Westfield school staff recently visited P.C. French at Crystal Peaks as part of contextual safeguarding community engagement. The feedback from P.C French was mostly positive; most of our students show respect and conduct themselves in a polite manner. We walked the centre and spoke with many children all politely engaged and were keen to have meaningful conversations. It was highlighted that only a small number of students do at times cause anti-social behaviour towards workers and customers in the centre. To further ensure all our children value our community we ask that you encourage your children to show respect consistently towards to all in our community. Thank you for your support and please praise your children for being excellent community members.

Organised Violence & Social Media

What can you do?

Talking and listening

The most important thing is to encourage the child to talk to you and to listen to each other. Share with them your concerns and highlight the risks of becoming involved in violent behaviour, so that they are clear of the physical and emotional impact on self and others. Encourage them not to associate with people who exhibiting or threatening violent behaviour.

Get to know your child's friends

When young people start to feel pressure to become involved with unsafe and dangerous behaviours, it can come from their friends and online.

Know what they are doing online

Communicate with the child about the potential negative consequences of online activity, including what he or she may post online. Spend time online with the child. Ask them to show you his or her favourite online activities, sites and online contacts.

Peer pressure

Help the child practice simple ways to respond to peer pressure. For example, if your child was challenged by a peer who says, 'if you were my friend, you would' your child can respond with, 'if you were my friend, you wouldn't ask.' Then he or she can walk away.

Find out what they know

Find a way to talk about knives directly. If it helps, use reports in the news or storylines on television programmes as a starting point. The child may know more than you think and will have opinions.

Offer encouragement, don't judge

Remember that they are growing up in a different time from you, facing unique challenges. Discuss their hopes and aspirations as well as their fears and worries. Praise them for their achievements and make sure they know you are always there for them. Take time out together Make time to have fun, eat meals together or take trips

How can you help keep your child safe?

As parents and carers, you play an important role in protecting young people but it can be difficult to know how.

The most important way is to maintain a close relationship with your child and keep talking. Having that close relationship will help you recognise any changes in their behaviour and their activities.

Why do young people carry knives?

There are many reasons why young people may carry a knife. The most common reasons are

- Peer pressure from friends and associates, because everyone is doing it or to be accepted by the group.
- Rebelling against parental/family principles or risk-taking behaviour – sometimes young persons will want to establish their own identity and do things that are against the beliefs of their family.
- For protection or out of genuine fear due to being targeted or bullied.

There is a strongly held belief amongst young people that carrying a knife makes them safer. Carrying a knife makes them far more likely to be stabbed themselves.

- A desire to be seen as bigger, stronger or tougher than the next person. To be the leader you have to bring something that no one else does, that could be carrying a knife or some other weapon that makes them stand out from the crowd

Approximately 74% of knives used in crime are domestic kitchen knives

Help Available

Contact Police 999
Safeguarding Hub
0114 2734855
School 0114 2485221

Peer pressure from friends and associates, because everyone is doing it or to be accepted by the group

What signs should parents look for:

- Is anything missing from your knife block, fishing tackle box etc? • Approximately 74% of knives used in crime are domestic kitchen knives. The next most common knife used is a combat style knife which accounts for 4% of those used in crime.
- Does the child have any unexplained injuries that they are trying to hide from you? How could these have happened and why is the child trying to hide them?
- Does the child appear nervous or fearful when they are going out? What could they be scared of and why?
- Is there a reluctance to say where they are going and who they are going out with? Could this be to somewhere they know you wouldn't approve of within a peer group who are a negative influence?
- Be aware of what online activity the child is involved in. In this technological age most people research things online first, before they do anything. Has the child been searching online for questions about knives or places to buy them?

If a young person stabs someone then there is the potential for life imprisonment, regardless of whether it is a fatal stabbing or not

If you're worried about something affecting your child's safety or wellbeing outside of school, please reach out to us, we are here to help.

We know that issues like peer pressure, online safety or community concerns (such as things happening in local parks, shopping centre etc) can be difficult to navigate alone. By sharing what you know, you help us create a safer environment for all our students. Your information sharing allows us to provide the right support and work together to keep our child safe.

Share a concern with the safeguarding team or pastoral team via 01142485221