



Standens Barn Primary School

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Headteacher: Amie James

Monday 16th October 2023

Dear Parents & Carers,

During our whole school assemblies and as part of our PSHE lesson, the children have been focusing on BEST and how we can follow this in all areas of our lives, no matter where we are or who we are with. Our children have also watched films about the many emotions we can feel and how they can be mindful during times of anger or anxiety, which included how to try and use different coping strategies.

There has also been a particular focus on how our children can keep themselves safe and how they may need to be brave when they have worries or when they feel frightened.

We have discussed how their bodies may react when worries or fears are present and we have reminded them about what they should do when this happens. The children are aware that if they do not feel safe or if worries appear that they should always share them with a trusted adult.

Within our school, all the adults understand BEST and how to keep children safe so the children are encouraged to speak with adults who they feel comfortable with. The children are also aware that we have a safeguarding team and sometimes information may be shared with them. The adults on the safeguarding team may have further conversations with the children themselves and will then work with others, including parents, to ensure children remain safe, whether that be in school or at home or within another environment.

Throughout the school year, the children regularly discuss how to keep safe during general classroom discussions and through numerous specific learning opportunities, such as PSHE, so this information is not new to them; it is part of our ethos and culture.

I have attached our safeguarding information, which the children have seen and many of you may have seen before. Please use it as a starting point for discussion at home and also use it as a way to remind your child who their trusted adults are at home. It is vital that we encourage our children to understand they have a right to feel safe and to empower them with the understanding of what to do when faced with tricky situations.

Kind regards,
Amie James
Headteacher

