



Safeguarding Newsletter – Spring 2026

Designated Safeguarding Leads: safeguarding is everyone's concern. The Designated Safeguarding Leads, who have received additional training, within All Saints' are:

Mrs. Stephenson Mrs. Conlin Mrs. Dunn Mrs. Pearson

Online Safety, Screen Time and Healthy Lifestyles: We ask all parents and carers to continue playing an active role in supporting children to stay safe online. Children and teenagers need regular supervision when using devices, including checking what they are watching, the games they are playing and who they may be communicating with. Many online platforms look 'child friendly' but still contain adverts, chat functions or links that can lead children to unsuitable content. Find out information about what your child is accessing online here:

[Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)

Please also review how much time your child spends on screens each day. Long periods online can affect sleep, behaviour and concentration. Setting clear limits, keeping devices out of bedrooms and talking openly about what they use their devices for can make a big difference. As the weather improves, we encourage families to make the most of outdoor play and real-world activities. Fresh air, exercise and time away from screens help children to relax, build friendships and stay healthy.

Lighter Nights and Staying Safe Outdoors: As the lighter nights return, many children will naturally spend more time playing outdoors. This is a positive part of childhood and we encourage families to enjoy fresh air and active play together. Please remind children about simple ways to stay safe when out and about: using safe walking routes, crossing roads carefully, wearing bright or reflective clothing and letting an adult know where they are at all times. Children should not wander off alone, even in familiar areas. A quick conversation before they head out can help them make safe choices and enjoy their time outdoors with confidence. For more information, please visit: [Keep your summer safe - Durham County Council](#)

Attendance, Routines and Emotional Wellbeing: Good attendance and consistent daily routines help children to feel secure, confident and ready to learn. Having regular bedtimes, calm mornings and predictable boundaries supports children's emotional wellbeing and reduces worry. When children attend school every day, they maintain strong friendships, make better academic progress and feel part of the school community. If any family is finding routines difficult or has concerns about their child's wellbeing, please speak to us early—we are here to help, and small conversations can make a big difference.

A reminder: **Coffee Morning – focus on neurodivergence – 18th March, 9-10.30 (All Saints' school hall) a member of Durham's SEND and Inclusion Advisory Team we will be offering practical advice and strategies around structure, timetables, and supporting children during difficult moments.** During the session, there will be a presentation sharing helpful, evidence-based approaches you can use at home, along with simple tips that can make daily routines more predictable and positive for your child.