



Co-op Academy
Rathbone

Safeguarding Parent Newsletter- November 2025

A very warm welcome to the very first edition of Co-op Academy Rathbone's Safeguarding Newsletter!

We are committed to building a strong, supportive, and inclusive learning environment and ensuring that every child is safe, happy, and able to learn effectively.

This newsletter is designed to keep you, our parents and carers, regularly informed about important safeguarding matters. You can expect a new edition to be published every month, providing updates, guidance, and information on topics linked to the safety and well-being of our children.

What is Safeguarding?

Safeguarding ensures that every child, regardless of their age, disability, gender identity, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm. Safeguarding is the steps that people take to protect children and vulnerable adults from harm.

The safeguarding team-

If you have any concerns around safeguarding or if you would like to discuss anything please don't hesitate to get in touch with any of the below staff, by calling

school on 0151 330 3151 or emailing the staff directly

Safeguarding Team

Mrs Gorman
Designated Safeguarding Lead
hayley.gorman@coopacademies



Ms Quinn
Deputy Safeguarding Lead
katie.quinn@coopacademies.co.uk



Mr Jones
Deputy Safeguarding Lead
sean.jones@coopacademies.co.uk



Operation Encompass

Our school is part of Operation Encompass which is a national scheme that operates jointly between schools and police forces. Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced domestic abuse.

As a school we have ensured that a member of our staff (Mrs Gorman/Mr Jones) known as a Key Adult/s, has been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care. The Domestic Abuse Act 2021 identifies children who experience domestic abuse as victims of domestic abuse in their own right.

Safeguarding & Attendance

We believe there is a strong link between attendance and safeguarding. A child's absence from school can often be an early indicator of an increased need within a family and poor attendance can be a sign of a safeguarding concern. A child who is not in school is a child who is not achieving: development, social and emotional wellbeing and safety may all be compromised. It is important that parents contact our attendance officer 0151 330 5121, Ms King, every day to report that a child is absent from school.

Important: Taking Holidays in Term-Time

All parents must make sure their children come to school regularly.

School Holidays and Rules

- Only the Headteacher can allow a child to miss school. This is only for very serious and rare (exceptional) reasons.
- A family holiday is NOT a very serious or rare reason.

The Fine (Penalty Notice)

If you take your child out of school without permission (if your request is refused):

- Every parent will be given a fine of £160.
- You will get this fine for each child you take out of school.
- If you keep taking holidays during school time, this could lead to legal action (prosecution).

Need Help?

If you have any questions or need help to make sure your child attends school, you can always contact our Attendance Officer:

- Please speak to Mr Jenkins .

Advice for parents about sleep

Everyone, including children, needs sleep. **Sleep is very important** for your child and for you. When children get enough sleep, they are usually **happy** and **ready** to learn.

Why Sleep is Important

Getting enough sleep does more than stop tantrums. Lack of sleep can cause problems later on, such as:

- Feeling **worried** (anxiety).
- Feeling very **sad** (depression).
- Health problems like being **overweight** (obesity) and having **high blood pressure**.

Top Tips for Bedtime

- **Routine Helps:** Going to bed at the same time each night can help a lot. A steady routine makes falling asleep easier.
- **Turn Off Screens:** Stop using all screens (**phones, tablets, TV**) **one hour** before your child's bedtime.
- **Why?** The light from screens stops the body from making the sleep chemical called **melatonin**.
- **What to Do Instead?** Use **audiobooks** (stories you listen to) or read a regular **paper book**.

How much sleep do our pupils need?

Aged 3 to 5 years: 11 to 14 hours of sleep.

Aged 6 to 12 years: 10 to 13 hours of sleep.

The infographic is set against a blue background with yellow stars and white clouds. A large yellow oval contains the title and six tips, each in a white circle with a number. The tips are:

- 01 Get plenty of natural sunlight and movement in during the day
- 02 Use the bed only for sleeping, not doing homework or playing games
- 03 Keep electronics out of the bedroom, and don't use them two hours before bedtime
- 04 Stick to a bedtime and wake-up routine, even on weekends
- 05 Attend to sensory needs like sounds, smells, and comfortable bedding and PJs
- 06 Make sure the bedroom is cool, dark, and quiet

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