



With Christmas break just around the corner and pupils spending more time online, here are some tips to help keep pupils safe over the holidays  
**Online Safety Tip:**



Here are some useful websites that may also come in handy:  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>  
<https://www.internetmatters.org/>  
<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

## British Values

**British Values spotlight on: Democracy**  
 In the UK, we have a system of government called democracy. We hold elections to choose someone to represent us. Most candidates who 'stand for election' belong to a political party - a group of people who share similar beliefs. Together, people who belong to the party agree on the changes they will make if they are elected. These are called policies. Our democracy is a system of government with four special features: 1. Allows people a way of choosing and replacing their representatives through free and fair elections. 2. Protects the human rights of all citizens. 3. Depends on laws, which apply equally to all citizens. 4. Encourages citizens to participate in politics and community life.

At Rathbone, we also believe in democracy, pupils learn about this through choosing pupil council members like the school Prime Minister who will then feedback pupil voice to SLT so we can make positive changes. You can see who is on the school council in the school reception. Pupils will also learn about British values as part for the PSHE curriculum.

## Focus: Physical Abuse

Physical abuse is any intentional act that causes injury, trauma, or bodily harm to another person through physical contact or the use of force.

## Examples of Physical Abuse

Physical abuse can take many forms, including:

- Striking: Hitting, slapping, punching, kicking, or using an object to hit someone.
- Causing Injury: Biting, scratching, pinching, pushing, shoving, or pulling hair.
- Physical Control: Shaking, throwing, choking, or unlawfully restraining or confining a person.
- Harmful Acts: Burning or scalding, poisoning, drowning, or suffocating.
- Neglect/Medical: Denying a person necessary food, water, medical care, or deliberately misusing or withholding medication.

For more information about this and what to do if you think a child might be suffering neglect see the NSPCC link

below: <https://www.nspcc.org.uk/keeping-children-safe/types-of-abuse/physical-abuse/>

## **Pastoral Support**

We offer comprehensive pastoral support that plays a crucial role in fostering the personal development of our pupils. Through a holistic approach to education we ensure our pupils' emotional well-being and mental health are prioritised alongside their academic achievements. To help support this we have Mrs Gorman, our DSL and Deputy Head, Safeguarding and Well Being Manager, Ms Quinn, Attendance Officer, Mr Jenkins, and two SENDCo's, Mrs Gorman and Mr Conboy. Our commitment to safeguarding and well-being is deeply integrated into our daily operations, providing children with the confidence and resilience needed to thrive both in and out of the classroom. We also work closely with YPAS with a Seedlings practitioner based in school a full day per week, and access to a monthly CAMH worker as well as Cognitive Behavioural Therapy and Sand Play. For further information about YPAS, Seedlings and MHST click the links below or call the school and ask to speak to Mrs Gorman or Ms Quinn.

### **Seedlings**

<https://www.ypas.org.uk/what-we-do/therapy-services/seedlings/>

### **YPAS/CAMHs**

<https://www.liverpoolcamhs.com/support/young-persons-advisory-service/>

### **CBT**

<https://www.nhs.uk/tests-and-treatments/cognitive-behavioural-therapy-cbt/>

## **Safeguarding support over the Christmas period:**

Please note that the academy is closed for the holidays. Email and voicemail will be checked periodically. Some safeguarding colleagues in the academy may be working on agreed days, so they may be able to respond to your email, but this is not a guarantee.

If a child's life is at immediate risk, call 999 immediately.

If there is a potential risk of harm to a child, call Children's Services as soon as possible on this number 0151 459 2606

If you are a professional who requires the academy's attendance at a multi-agency safeguarding meeting (by which we mean a Strategy or Child Protection Conference) which the academy can not attend, then the Regional Safeguarding Leads will do all that is reasonably possible to attend at short notice.

The Regional Safeguarding Leads can be contacted (dependent upon their individual annual leave) as per the details below:

Claire Dodd

T: 07753307971

E: [claire.dodd@coopacademies.co.uk](mailto:claire.dodd@coopacademies.co.uk)

(Annual Leave 25th December 2025 - 5th January 2026)

Catherine McCarney

T: 07928512844

E: [catherine.mccarney@coopacademies.co.uk](mailto:catherine.mccarney@coopacademies.co.uk)

(Annual Leave 22nd December - 29th December 2025 & 1st January 2025)

You can find information regarding food banks by following this link

<https://liverpool.gov.uk/benefits/help-in-a-crisis/foodbanks/>

National Domestic Abuse Helpline

Languages: English (call & chat); other languages available via interpretation services (call)

Phone hours: 24/7

Chat hours: Mon-Fri, 10AM - 10PM

We hope all our families have a great Christmas break and we look forward to seeing the pupils on Monday 5th January 2026 at 8:30am.

Jane & Jo

