

Dear Parents,

Welcome to this special edition of the preschool newsletter on child safety. Throughout the year we are focusing on all aspects of how children keep themselves safe. We wanted to share some of our ideas with you to help you think about ways to support this learning at home.

**Road safety -** We will be practicing road safety on our Pre-School road in our garden and also when we cross the road on local outings. Further useful information about how to keep young children safe on the road, for example by promoting their language and understanding of traffic direction, rules and signs, can be found on the government website: -

www.think.direct.gov.uk

**E- safety -** We will be exploring the concept of e-safety with children using age-appropriate stories such as Clickety Chick and Smartie the Penguin. As we do not allow children access to the internet at school, we want to work together with parents to help them apply this learning at home. There are many helpful things that parents of under-fives are advised to do to keep their children safe online. These include: -

* Creating boundaries and rules for the amount of time your child can spend online. It’s never too early to start putting limits in place. This will help them learn to regulate their own internet use as they get older.
* Choosing an appropriate homepage such as CBeebies on your family computer or tablet
* Checking out educational apps, games and TV shows on offer to preschool children, and the age ratings and descriptions for them
* Sharing rules and conversations you have with grandparents, childminders and older siblings so that they stick to them whenever they look after your child or use the family computer.

**The people who keep us safe** - The police and fire brigade are regular visitors to the Pre-School enabling the children to understand a little more about their role in keeping people safe. You can also support children by pointing out fire-engines, police cars and ambulances when they pass by and providing your child with a brief overview of their purpose. If you are uncertain about how much detail to provide to your child about this, be guided by children’s books such as Topsy and Tim: Meet the Police.

**Keeping healthy -** We regularly review the snack menu with the children and will use this as an opportunity to talk about healthy food choices. We will also be revisiting the good hand hygiene rules that covered at the beginning of the year using activities that the hand washing nurse gave us to make sure we wash off all of the germs and singing our handwashing song. You can also play games with your child at home, encouraging them to choose healthy from unhealthy snacks as well as allowing them to show off their handwashing skills to you at home.

**Keeping safe from abuse**

As you may know, the under-fives are the most vulnerable age group and we want to ensure that we provide the children at Pre-School with the knowledge and skills to protect themselves. We have already talked to the children about keeping safe and have involved them in making Pre-School rules around their conduct. You might like to have a similar discussion about household rules for behavior at home. We have also been focusing on activities about feelings, helping children to use names for their emotions and understand what they can do when they feel sad, angry, frightened or worried. Please do continue this work at home.

In addition to this the NSPCC are currently running a campaign called ‘my pants are private’ designed to empower young children against sexual abuse. Parents can view this campaign on <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

To assist us in delivering the message of this campaign to your young children, we have managed to source a book called ‘my body belongs to me’. This story is designed to empower children to protect themselves from inappropriate sexual behaviour. You are welcome to ask a member of staff to view the book.

I would like to reassure parents that the safeguarding team at Cheshire East and the NSPCC strongly encourage Early Years settings to approach all of these topics with young children.

Please do contact us if you have any further questions about this information or would like to know more.

Stay safe!