



# *St Mary's Catholic Primary School*

*Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth*

11<sup>th</sup> October 2021

Dear Parents and Carers,

## **RE: NSPCC's *Speak out. Stay safe.* online programme**

I am pleased to tell you that this term we will be participating in the **NSPCC's *Speak out. Stay safe. online*** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the *Speak out. Stay safe.* messages are delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find information on the NSPCC website [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout) or I would be happy to discuss any questions that you may have.

## **Adapted assembly for home use**

The NSPCC has also developed an adapted version of their assembly for parents/carers to use at home with their children. This can be found here: [www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety). With the help of celebrities, the film focuses on how a child can get support if they have any worries or concerns.

To complement the assembly, there are some resources that can be used to enable further discussion whilst doing activities with your children. These are hosted on the NSPCC website [www.nspcc.org.uk/activities](http://www.nspcc.org.uk/activities).

## **Childline Under 12's Website**

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at [www.childline.org.uk/kids](http://www.childline.org.uk/kids).

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website [www.nspcc.org.uk/parents](http://www.nspcc.org.uk/parents).

### Talking PANTS with your children

Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. From P through to S, each letter of PANTS provides a simple but valuable rule that can help keep your child safe. You can find out more and download the free resources at [www.nspcc.org.uk/pants](http://www.nspcc.org.uk/pants).

Penguin and Ladybird have partnered with the NSPCC to create a brand new Pantosaurus book aimed at children ages 4 - 8. **You can find copies of the new book on sale, either in Matalan's selected stores and online, selected SPAR stores or at <https://shop.nspcc.org.uk/>.** All profits from the sale of this book will support the NSPCC.

### Support the NSPCC

The NSPCC's Walk for Children event in December is another exciting way to get involved and helps make sure we are always there for children <https://www.nspcc.org.uk/support-us/events-fundraising/runs-cycles-challenges-walks-treks/charity-challenges/walk-for-children/>.

You may also be interested in the NSPCC's new selection of BUDDY goodies available from the NSPCC shop at <https://shop.nspcc.org.uk/collections/buddy> which make perfect gifts for children - and all profits go to help keep children safe.

Yours faithfully,



Mrs Helen Armstrong  
Headteacher