

Hello and welcome to our fourth safeguarding newsletter for parents for 2025.

Building Positive Relationships at School and at Home

At our school, safeguarding is everyone's responsibility. A key part of keeping children safe and happy is helping them build **positive, respectful relationships/friendships** — with friends, family members, and trusted adults.

Why Positive Relationships Matter

Children who experience healthy relationships are more likely to:

- Feel safe, secure, happy and included
- Develop confidence and self-esteem
- Manage emotions effectively
- Show empathy, kindness and understanding
- Speak up if something worries them
- Learn how to solve problems
- Feel safe enough to share worries

Strong relationships also help protect children from bullying, peer pressure, and other safeguarding concerns.

What Positive Relationships Look Like

We teach children that healthy relationships are based on:

- **Respect** - listening to others and valuing differences
- **Kindness** - using caring words and actions
- **Sharing, cooperation and fairness** - taking turns and including others
- **Honesty** - telling the truth and taking responsibility
- **Trust** - feeling safe to share worries
- **Boundaries** - understanding personal space and consent

Children are also taught that disagreements happen — and that friendship problems can usually be worked through calmly.

How We Support This in School

In school, we promote positive relationships through:

- RSHE: Relationships, Sex and Health Education lessons
- Circle time and restorative conversations
- Clear anti-bullying policies
- Playground buddy systems
- Teaching children about online safety and respectful communication
- Encouraging restorative conversations
- Promoting inclusion and kindness
- Providing playground support and supervision

Children are reminded regularly about **trusted adults** they can speak to if they feel worried or unsafe.

How Parents and Carers Can Help at Home

You play the most important role in modelling healthy relationships. You can help by:

- Modelling respectful communication
- Talking openly about feelings
- Encouraging your child to resolve small conflicts calmly
- Helping them understand the difference between friendship problems and bullying - talking about what makes a good friend
- Helping your child understand emotions
- Monitoring online interactions and discussing digital behaviour

Try asking:

- "What makes a good friend?"
- "How do you know if someone is being kind?"
- "Who could you talk to if something made you uncomfortable?"
- "What did you enjoy doing with your friends today?"
- "How did you solve that problem?"