ST THOMAS MORE CATHOLIC PRIMARY SCHOOL

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Christ is the centre of our school community where we live, love and learn together.

Friday 28th March 2025

Dear Families,

NSPCC's *Speak out. Stay safe.* programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe.* Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline. This completely aligns with our 'Call it out' mantra.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed, The content is delivered in an engaging and interactive way with the help of the NSPCC mascot, Buddy.

Parents and carers are asked to let school know if their child may have experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources & support to help keep children safe.

Parent/Carer support Take a look at information, support, advice and activities from NSPCC for parent and carers. www.nspcc.org.uk/parents	**Activities to extend learning at home** Take part in games and activities at home to help children learn about speaking out and staying safe. www.nspcc.org.uk/activities
Online Safety Hub For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more. www.nspcc.org.uk/onlinesafety	**Childline – under 12's** Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content. www.childline.org.uk/buddy (5-7) www.childline.org.uk/kids (7-11)
Talk PANTS with your children Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.	

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours sincerely,

M McLoughlin
Principal