



## **We're counting down to Number Day 2019!**

Dear Families,

We are delighted to be supporting the NSPCC by taking part in their Number Day on **Friday 7th February 2019.**

### **Children deserve an equal start in life**

The NSPCC believes that all children deserve a childhood free from harm but, sadly, that's not the case for many children. That's why the NSPCC is fighting for every childhood and working to help keep children safe from abuse.

The NSPCC needs our support. By raising money, we can help to fund their vital services such as Childline – the helpline that's always there for children and young people whatever their problem or concern.

On **7th February** we will be taking part in ***Dress up for Digits*** and pupils will be invited to wear an item of clothing with a number on it (football shirt, cap, netball shirt or even a **onesie!**). To help raise money for the NSPCC, we are asking for a suggested donation of £2, and we'd love everyone in the school to take part in this special event.

**The NSPCC's *Speak out. Stay safe.* programme is visiting our school to make sure our pupils have the knowledge and understanding they need to stay safe from abuse.**

I'm pleased to tell you that we will be working with the NSPCC, the UK's leading children's charity, who'll be delivering their ***Speak out. Stay safe.*** programme on **Thursday 6<sup>th</sup> for KS1 and Friday 7<sup>th</sup> for KS2.** This is a nationwide programme for every primary-school-aged child in the UK and Channel Islands. With the help of their friendly mascot Buddy, they'll be presenting an assembly to the children in our school as well as a workshop for **Years P6 and P7.**

**"NSPCC has helped me to build the confidence to tell people about my worries and problems." Child's feedback**

### **What is the *Speak out. Stay safe.* programme?**

Through child-friendly, interactive assemblies and workshops their specially trained staff and volunteers will give our children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and sexual abuse, without using scary words or adult language.

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

**"My daughter thought the volunteers were fantastic, really real people, very warm and friendly." Sally, Prestatyn**

If you would like any more information about the ***Speak out. Stay safe.*** programme you can come in to speak to me or visit the NSPCC website [nspcc.org.uk/buddy](https://nspcc.org.uk/buddy)

## Talking PANTS with your children

The NSPCC's work in schools will help encourage conversations about staying safe – and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'Talk PANTS', a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex.

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can find out more and download the free resources at [nspcc.org.uk/pants](https://nspcc.org.uk/pants)

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 [nspcc.org.uk/parents](https://nspcc.org.uk/parents)

Yours sincerely,

Best wishes,

Helen Walker  
Charity Coordinator

**You can find out more about the NSPCC's work at [nspcc.org.uk](https://nspcc.org.uk)**

**To find out more about keeping children safe online, visit [nspcc.org.uk/online-safety](https://nspcc.org.uk/online-safety)**