

What a wonderful celebration we enjoyed for Africa Day last week! For the first time, our celebrations extended beyond the Africa Team to involve the whole school, thanks to the generosity of three parents – Mrs Mary Ajala, Mrs Liz Ajala and Mrs Audrey Johnson. These three ladies gave up a day of work to come into school and spend the day preparing jollof rice for us all to enjoy. It was delicious and a lovely reminder of just how rich and culturally diverse our school community is. We enjoyed a special Mass and a fantastic party, but the jollof rice really was the ‘icing on the cake!’ It would be wonderful if other members of our parent community could come together for future Team Celebration Days, sharing a little taste of their cultural heritage with our children. Our next Team Celebration Day is Thursday 19th November, when it will be Asia's turn! If any parents of Asian heritage would be willing to come into school and prepare a simple traditional dish from their culture for the children to sample, I would absolutely love to hear from you. Please contact me through the school office. What a wonderful opportunity this is to celebrate the many cultures that make up our St Anselm's family. I hope Africa Day will be the start of a new tradition, bringing our community together through food, friendship and a shared appreciation of the richness and diversity that makes our school so special.

### Parent Consultation Week

This week is Parent Consultation Week, and teachers are looking forward to meeting with you to discuss how your child has settled into their new class, routines and expectations, and the progress they are making. Whether your appointment is face-to-face or online, please ensure that you are ready in good time. To ensure fairness to all families and keep appointments running to schedule, we will unfortunately be unable to accommodate late arrivals or missed appointments. If you have booked an online consultation, please try to log in 10 minutes before your appointment. This will allow time to resolve any technical difficulties. Should you experience problems connecting, please telephone the school office so that we can arrange for your consultation to take place as an audio call rather than a video call. Thank you for your cooperation. We look forward to sharing your child's achievements and working together to support their continued progress.

### Book Fair 8th – 14th October, 3.15pm-3.45pm

We are very much looking forward to welcoming you to our autumn book fair from this Thursday. Remember: every penny spent at the book fair earns rewards for our school to buy new books for our school library! Please note that no cash will be accepted at the book fair. Payments can be made online ahead of the fair by clicking on this [link](#), via QR codes available to scan in the school hall or via contactless payment. If you have any questions, please do not hesitate to contact Miss Senington via the school office. We can't wait to see you there!

### Developing Independence – Using a Knife and Fork

We would really appreciate parents of children in Reception, Year 1 and Year 2 supporting us by encouraging their children to practise using a knife and fork at home, particularly cutting up their own food. We have noticed that on some days when meat is on the menu, children are choosing not to eat their meals, not because they dislike the food, but because they are unable to cut it themselves. Being able to use a knife and fork confidently is an important life skill that helps children develop independence. A little practice at home will make a big difference and help children enjoy their school lunches with greater confidence. Thank you for your help with this.

*More overleaf...*

**‘Trust in the Lord... and He will direct your path.’** Adapted from Proverbs 3:5-6



**12<sup>th</sup> October  
Autumn 2026**

In this week's Gospel, Jesus tells the story of a king who prepares a wonderful wedding feast for his son. When the invited guests refuse to come, the king sends his servants out to invite everyone they meet, welcoming people from all walks of life. Jesus reminds us that God's love and invitation are for everyone. He invites each of us to be part of His family, but it is up to us to accept that invitation. We do this not just through our words, but through our actions – by showing kindness, forgiving others, helping those in need and making choices that reflect God's love. The message for us: God welcomes everyone to His table. Are we ready to say 'yes' to His invitation and make others feel equally welcome?



**Loving Father,**

**Thank you for inviting us to be part of Your family and for welcoming everyone with open arms. Help us to say 'yes' to Your invitation through the choices we make each day. Teach us to show kindness, share Your love and make others feel valued and included. May our words and actions reflect Your love so that everyone feels welcome at Your table.  
Amen.**

Morning drop-off thanks

Thank you to those parents and carers who have responded to our requests to bring their children on to the playground in the mornings rather than dropping them at the gate or otherwise. This is an important part of our safeguarding practice and routines and we are grateful for your support.

DfE Breakfast Club Survey

Further to the email sent out last week, we have been asked to remind all parents to take part in their survey. Have you had your say yet? There’s still time to tell them about your morning routines and before school childcare to be in with a chance of winning £100. The survey takes about 10 minutes: click [here](#) to take part. Thank you to everyone who has already done so.

Progressive Sports Holiday Club

Progressive Sports are running a holiday club during half term at our Lady’s Catholic Primary School. Please see attached flier for details

Congratulations to these children who received an award last week.

St Anselm's Catholic Primary School

Nellie

This week you have represented the PRIDE value 'Inspiration' as you have been a great help to the other students with their work helping them to complete tricky questions and showing them what to do next.

You have been resilient when work has been tough and have always tried your hardest! Well done!

Teacher Miss Piddow 09.10.26

St Anselm's Catholic Primary School

Alexandria

You settle quickly, calmly and confidently to your work and show a fantastic attitude towards your learning.

You have been making wonderful progress and putting in excellent effort, especially with your creative and detailed writing in English. It has been lovely to see you becoming more confident, independent and enthusiastic about your work.

You are an absolute pleasure to have as part of our class. Well done, Alexandria! Keep up the amazing work.

Teacher Miss Piddow 02.10.2026

St Anselm's Catholic Primary School

Joanne

Joanne, you come into class each morning jolly and ready to learn, bringing your wonderful sunny disposition with you. You are always happy to help others and are a kind and positive member of our class. You contribute enthusiastically to class discussions and share your ideas with confidence. You take great pride in your work and should be very proud of the great progress you are making. Keep shining!

Teacher Miss Piddow 09.10.26

St Anselm's Catholic Primary School

Colin

You are a shining example of 'kindness and compassion'. In all activities, you treat everyone with 'Equality', welcoming your classmates with warmth and enthusiasm. More than this, you go out of your way to ensure everyone is included and feels valued. If someone runs a little slower, you keep to their pace. If someone doesn't feel confident, you encourage and cheer them on. This is such a special quality. Thank you, Colin!

Teacher Mrs Kelly 9.10.26

St Anselm's Catholic Primary School

Vincenzo

It has been wonderful to see your enthusiasm and courage this week Vincenzo. You have been sharing your thoughts confidently in all subjects and shown a real passion for our English learning. You took on the role of Hogarth brilliantly and answered questions well, thoughtfully thinking about your character. Your recall of the events of the Iron Man has also been fantastic. You are showing clearly what an 'Inspiration' you can be to others. Keep up the good work Vincenzo, well done!

Teacher Mrs Smith 9.10.26

St Anselm's Catholic Primary School

Tara

Tara, I was incredibly impressed by your first published piece of writing in Year 5. Your published work has no errors in capitalisation, punctuation or spelling! This is an incredible accomplishment and shows the care and pride you've put into your work. This is also a fantastic example of 'Organisation and Self-Discipline', which you have consistently demonstrated every day this week by showing that you are listening carefully and making sure you have all the resources you need for your learning. Well done, Tara!

Teacher Miss Piddow 9.10.26

St Anselm's Catholic Primary School

Anashe

This week you have shown such wonderful examples of kindness towards others. When you won a prize in class, you could have chosen something just for yourself, but instead you thought of your younger sister and chose something for her. This was a lovely example of your thoughtful and caring nature, and it is something you demonstrate in your everyday life. It has also been recognised what a diligent worker you are. You take your learning seriously, always try your best and show a determination to succeed. Your positive attitude and commitment to your learning will set you up extremely well for your future endeavours.

Teacher Mr Piddow 09.10.2026

Lean and Green Award

is awarded to

Y6

The most active class active on the way to school this week

09.10.26

Punctuality Pup

is awarded to

Y2

100% punctuality

09.10.26

Attendance Ted

is awarded to

Y6

99% attendance

09.10.26

KEY DATES

Monday 12<sup>th</sup> October

Parent Consultation Week

Monday 19<sup>th</sup> October

Flu Vaccinations

Wednesday 21<sup>st</sup> October

YR Welcome Assembly – 2.15pm

Thursday 22<sup>nd</sup> October

Y5 trip to Tower of London

Friday 23<sup>rd</sup> October

Y4 trip to Westminster Abbey

Friday 23<sup>rd</sup> October

End of Term 1

Monday 26<sup>th</sup> October

Half Term Week – School closed

Monday 2<sup>nd</sup> November

Inset Day – School closed to pupils

Monday 9<sup>th</sup> November

PTFA AGM 7pm in the school hall

Tuesday 10<sup>th</sup> November

Individual & Sibling Photographs

Wednesday 11<sup>th</sup> November

Y6 trip to Imperial War Museum

Sunday 22<sup>nd</sup> November

School Mass - St Vincent’s Church 11am

Monday 23<sup>rd</sup> November

New Admissions Meeting – 10.30am

Monday 30<sup>th</sup> November

Y6 SATS & PGL Meeting – 5pm

Friday 11<sup>th</sup> December

Infant Nativity – 2pm

Wednesday 16<sup>th</sup> December

Junior Carol Service – St Vincent’s Church 7pm TBC

Friday 18<sup>th</sup> December

End of Term 2 – school closes 1pm

St Vincent's

Family Mass

New Time

Following consultation with the parish community, please note that the Sunday Family Mass at St Vincent's is now celebrated at

11.00am

rather than the previous time of 10.30am.

All are welcome

**DEMOCRACY**  
We all have the right to be heard and to take part in decisions that affect us all.

**RULE OF LAW**  
We are all subject to the law which is applied fairly and equally to everyone.

**INDIVIDUAL LIBERTY**  
We have the freedom to make our own choices and express our own views.

**MUTUAL RESPECT**  
We respect each other and treat everyone with kindness and consideration.

**TOLERANCE**  
We value differences and celebrate the diverse communities we live in.

## In the news this week

The government has announced plans to make food served in schools across England healthier from September 2027. Under the proposed rules, schools would serve more fruit, vegetables and fibre-rich foods, while deep-fried foods and foods containing lots of fat, sugar or salt would be restricted. Schools would still offer familiar meals, but they would use healthier ingredients and cooking methods.



### Things to talk about at home...

- Who usually decides what your family eats at home? Do you take turns? Does everyone help choose the meals?
- What are some of the things you think are important to consider when choosing what we eat?
- If you could suggest one new school meal, what would it be?

## Rainbow Curriculum Link

This story links to **Leadership and Confidence** because it encourages children to recognise that their ideas and choices matter. Good leaders listen to information, think carefully about different viewpoints and have the confidence to express their own opinions. Learning to do this helps prepare them to become responsible leaders in school and in their wider community — an important aim of our Rainbow Curriculum.



## Which British Values?

**Individual Liberty** means having a say in the food we eat and being able to make choices from the healthier options available.

The **Rule of Law** means schools need to follow agreed standards, to help provide healthy food choices for everyone.

## Which protected characteristic?

The protected characteristic of **age** is highlighted, because it is important that people of every age have access to a healthy and nutritious diet.





### This term, we are learning about some of the most inspirational humanitarians.



Oskar Schindler was a German businessman during the Second World War. At first, he employed Jewish people in his factories because they were a source of cheap labour. However, as he saw how terribly Jewish people were being treated by the Nazis, his attitude changed. Schindler began using his money, influence and factories to protect Jewish workers. He persuaded Nazi officials that the people working for him were needed for important work and created a list of people who should be kept at his factory rather than sent to concentration camps.

By the end of the war, Schindler had no money left in his business but he had helped to save the lives of around 1,200 Jewish people. His story shows us that people can change their choices and choose to stand up for others, even when doing so involves great personal risk.

# What Parents & Educators Need to Know about ONLINE GROOMING

## WHAT ARE THE RISKS?

Online grooming is when someone builds a relationship with a child or young person online to gain their trust for the purpose of sexual abuse, exploitation, radicalisation, or criminal activity – such as county lines or financial scams. According to the NSPCC, police in the UK recorded over 7,000 offences involving sexual communication with a child in a single year – an increase of 89% since 2017/18.

## STRANGERS USING FAKE IDENTITIES

Groomers often pose as children or teenagers online to build trust. They may create convincing fake profiles, share photos stolen from real people, or mimic the interests of the child. By pretending to be someone their age, they make conversations feel safe and relatable. Over time, they may ask for personal details, photos, or suggest meeting in person, exposing children to significant emotional and physical harm.

## EXPLOITATION THROUGH GIFTS AND FLATTERY

To gain trust quickly, groomers often send gifts, gaming credits, or money. Alongside material offerings, they use excessive compliments, affection, and attention to create emotional dependency. These tactics make children feel valued and special, lowering their defences. Once trust is secured, groomers may escalate their requests, often asking for photos or private conversations, making the child feel pressured or indebted to continue.

## GROUP CHATS AS HIDDEN PATHWAYS

Unmonitored group chats on platforms like WhatsApp or Discord provide a cover for groomers. They can watch how children interact, identify those who seem vulnerable, and then move conversations into private messaging. This transition makes detection difficult for trusted adults. The seemingly harmless group setting often masks the presence of predators, giving children a false sense of security.

## THE RISE OF SEXTORTION

Sextortion involves pressuring children into sharing explicit content, then blackmailing them for more. Offenders may claim to have hacked a child's device, threaten to share images with friends or family, or demand money. Many victims remain silent out of fear and shame. This growing crime is particularly dangerous because children often feel trapped, believing there's no safe way to escape the situation.

## GAMING PLATFORMS AS GROOMING GATEWAYS

Games like Roblox, Fortnite, or Call of Duty, which include live chat features, are frequent targets for groomers. Conversations often begin casually during gameplay and can become manipulative over time. Groomers may offer in-game gifts, credits, or exclusive add-ons to build rapport. Children using headsets or private chat features are especially at risk, as conversations are harder for adults to monitor.

## CRIMINAL & RADICALISATION RISKS

Grooming is not always sexual. Some offenders manipulate children into criminal activities such as drug running or online fraud. Others attempt to radicalise young people with extreme ideologies. Groomers often use fear, money, shame, or promises of belonging to control their victims. These forms of exploitation can be just as harmful as sexual grooming, and often leave lasting psychological and social consequences.

## Advice for Parents & Educators

### KEEP CONVERSATIONS REGULAR

Rather than having one "big talk" about online safety, weave conversations into everyday life. Ask questions about children's online friendships and interests. Share real-life examples to make discussions relatable and encourage honesty instead of secrecy. When children feel comfortable discussing their digital lives, they are far more likely to share concerns or admit when something feels wrong, reducing the chance of risky interactions going unnoticed.

### CREATE A "TELL ME" CULTURE

Children often keep silent because they fear being punished or losing access to their devices. Reassure them that coming forward with concerns won't get them into trouble. Emphasise that you are there to help, not judge. Creating a safe, open environment encourages children to speak up if something feels wrong, and helps to ensure they don't suffer in silence when facing potential grooming risks.

### UNDERSTAND THE PLATFORMS CHILDREN USE

Take time to learn about the apps, games, and social platforms children are on. Familiarise yourself with privacy settings, parental controls, and group chat features. Use resources like The National College guides or conduct quick searches to stay updated. By understanding how these platforms operate, you'll be better equipped to set boundaries, guide safe use, and notice any unusual or concerning online behaviour early.

### STAY ALERT TO WARNING SIGNS

Be attentive to both behavioural and digital red flags. Sudden secrecy, mood swings, or new online contacts may signal a problem. Watch for unexplained gifts, new social media profiles, or changes in sleep patterns. Increased anxiety or reluctance to attend school can also be indicators. Regularly checking in and showing interest in those whom they communicate with online help prevent small issues from escalating into serious risks.

## Meet Our Expert

Staffordshire Police is dedicated to keeping people safe and tackling crime across both the physical and digital world. The force continues to strengthen its digital investigation and safeguarding capabilities to protect children and vulnerable people online, working in partnership with local, regional and national organisations, schools, and the wider community.



The National College

See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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BOOK YOUR CHILD'S

# OCTOBER CAMP

FREE FUNDED  
CAMP SPACES

FREE HOLIDAY FUN FOR CHILDREN ELIGIBLE FOR FREE SCHOOL MEALS

PROGRESSIVE  
HOLIDAY  
CAMPS



SCAN FOR  
HAF INFO

FREE  
HAF PLACES  
Eligible families at  
selected venues.



# CLICK TO BOOK

Our Lady's Catholic Primary  
King Edward Avenue, Dartford, Kent, DA1 2HZ

26 OCT - 30 OCT | 8:00am - 6:00pm



[www.progressive-uk.co.uk](http://www.progressive-uk.co.uk)

01889 343120

[info@progressive-uk.co.uk](mailto:info@progressive-uk.co.uk)

PROGRESSIVE

YOUR SPECTACULAR  
OCTOBER STARTS HERE

This half term is packed with GREAT twists, big challenges and plenty of reasons to get moving.

WHAT'S ON  
AT CAMP?

Laser Tag  
Grab your blaster. Hunt down the ghosts.

Crazy Karts  
Strap in. The spooky circuit awaits.

Monster Mayhem  
Fast games, wild challenges and  
Pumpkin Dodgeball & MORE

An October twist on a camp favourite  
& MORE

Ready to Book?

Paid Camp Spaces Available

BOOK BEFORE 6<sup>TH</sup> OCT & GET  
**20% Off Holiday Camp**  
Code OCT20 at checkout.

Spaces will fill quickly.  
Lock in their place before this one disappears!  
**To Book Your Space:**  
<https://app.holidayactivities.com/login>

HAF CAMP PLACES  
Available for  
eligible families.

Book your free HAF place here:  
<https://app.holidayactivities.com/login>

PROGRESSIVE



# Healthy Choices

## for a Happy, Healthy Day!

Healthy Food Helps Us Learn!

Good food gives us energy, helps us concentrate and keeps us healthy.

### Break Time Snacks

Snacks give us a light, healthy boost of energy to help us concentrate and learn.

✓ **These snacks are allowed:**



Fresh fruit



Fresh vegetables



Items from the school tuck shop that meet our food standards

✗ **These snacks are not allowed:**



Sweets



Chocolate bars and chocolate-coated products (including biscuits)



Juice cartons or flavoured drinks

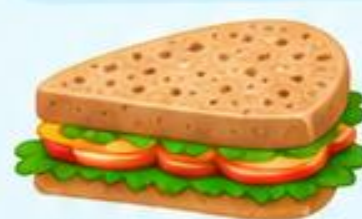


Fizzy drinks

### Packed Lunches

A healthy packed lunch gives us the nutrients we need to stay healthy and do our best.

**A healthy lunch usually includes:**



A starchy food such as bread, wraps, pasta, rice, couscous or crackers



A protein source such as meat, fish, eggs, beans, lentils, cheese or hummus



At least one portion of fruit and/or vegetables



A dairy product or suitable dairy alternative



Water as the only drink

✗ **These should not be included in packed lunches:**



Fizzy drinks



Juice cartons or flavoured drinks



Sweets, chocolate bars and chocolate-coated products (including biscuits)



Takeaway food or leftovers from takeaways (e.g. pizza, fried chicken, chips)



Any products containing nuts due to allergy risks

### Remember...



Choose healthy, nutritious foods



Drink water



Keep sugary foods and treats limited



No takeaway food or leftovers



No nuts

## Healthy Food Brighter Futures!

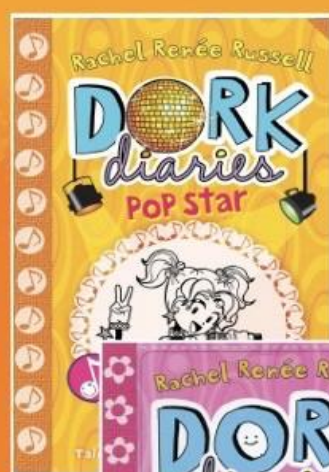
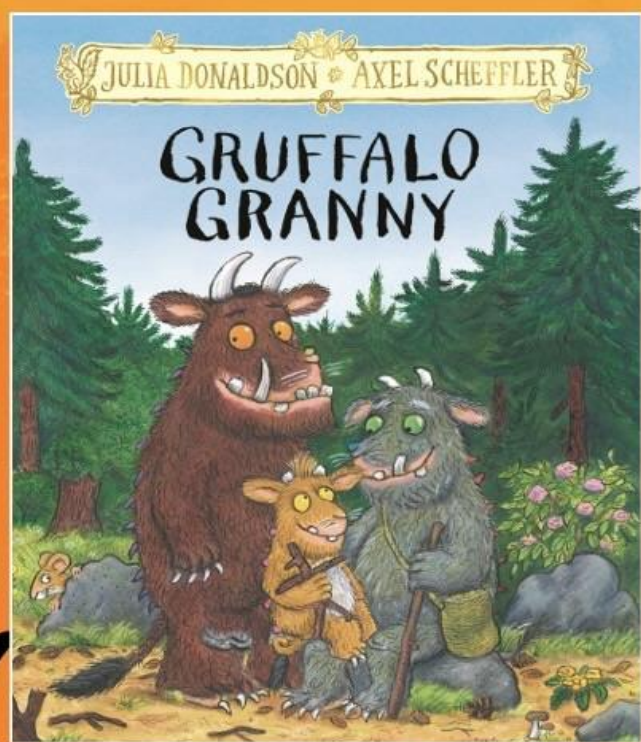
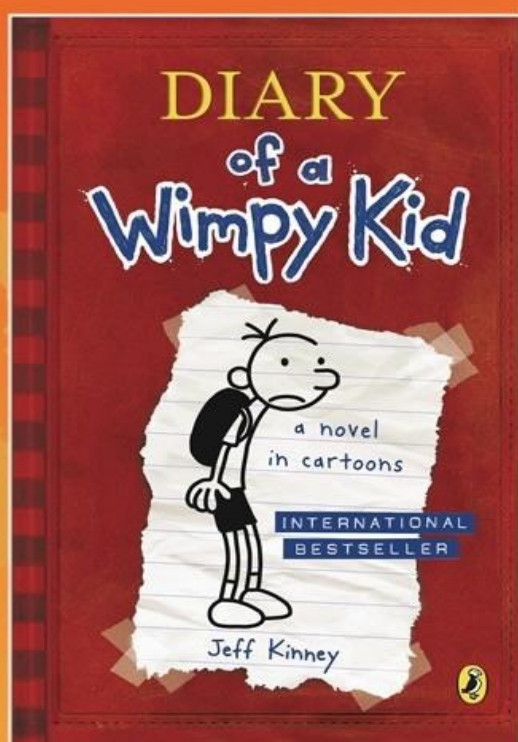




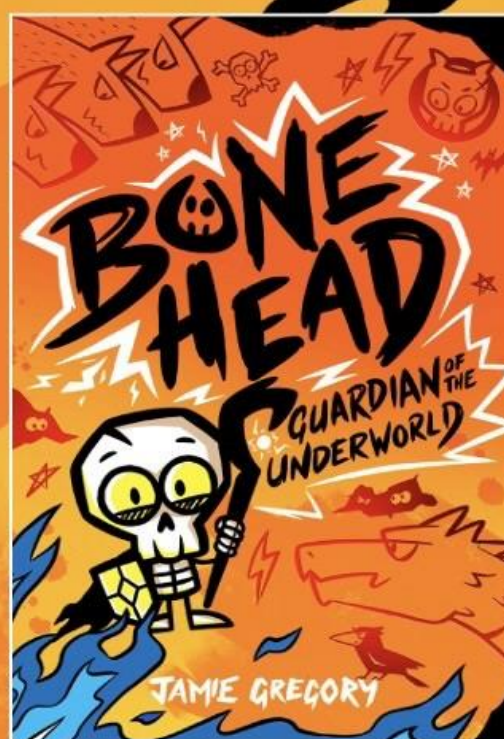
Every book  
you buy earns  
**FREE**  
**BOOKS**  
for our school\*

# COME TO OUR BOOK FAIR

And find your next favourite read!



3 for  
£10.00



GO  
ALL  
IN.

National  
Year of  
Reading  
2026

DATE:

08/10/26-14/10/26

TIME:

3.15pm-3.45pm

LOCATION:

School Hall

Scan to pay  
securely online!





# St Anselm's School Term Dates 2026-27

| SEPTEMBER |    |    |    |    |    |    | OCTOBER |    |    |    |    |    |    | NOVEMBER |    |    |    |    |    |    | DECEMBER |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
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| 7         | 8  | 9  | 10 | 11 | 12 | 13 | 5       | 6  | 7  | 8  | 9  | 10 | 11 | 2        | 3  | 4  | 5  | 6  | 7  | 8  | 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14        | 15 | 16 | 17 | 18 | 19 | 20 | 12      | 13 | 14 | 15 | 16 | 17 | 18 | 9        | 10 | 11 | 12 | 13 | 14 | 15 | 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21        | 22 | 23 | 24 | 25 | 26 | 27 | 19      | 20 | 21 | 22 | 23 | 24 | 25 | 16       | 17 | 18 | 19 | 20 | 21 | 22 | 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28        | 29 | 30 |    |    |    |    | 26      | 27 | 28 | 29 | 30 | 31 |    | 23       | 24 | 25 | 26 | 27 | 28 | 29 | 28       | 29 | 30 | 31 |    |    |    |
|           |    |    |    |    |    |    |         |    |    |    |    |    |    | 30       |    |    |    |    |    |    |          |    |    |    |    |    |    |

| JANUARY |    |    |    |    |    |    | FEBRUARY |    |    |    |    |    |    | MARCH |    |    |    |    |    |    | APRIL |    |    |    |    |    |    |
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| 11      | 12 | 13 | 14 | 15 | 16 | 17 | 15       | 16 | 17 | 18 | 19 | 20 | 21 | 15    | 16 | 17 | 18 | 19 | 20 | 21 | 12    | 13 | 14 | 15 | 16 | 17 | 18 |
| 18      | 19 | 20 | 21 | 22 | 23 | 24 | 22       | 23 | 24 | 25 | 26 | 27 | 28 | 22    | 23 | 24 | 25 | 26 | 27 | 28 | 19    | 20 | 21 | 22 | 23 | 24 | 25 |
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|         |    |    |    |    |    |    |          |    |    |    |    |    |    |       |    |    |    |    |    |    |       |    |    |    |    |    |    |

| MAY |    |    |    |    |    |    | JUNE |    |    |    |    |    |    | JULY |    |    |    |    |    |    | AUGUST |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|
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| 24  | 25 | 26 | 27 | 28 | 29 | 30 | 28   | 29 | 30 |    |    |    |    | 26   | 27 | 28 | 29 | 30 | 31 |    | 23     | 24 | 25 | 26 | 27 | 28 | 29 |
| 31  |    |    |    |    |    |    |      |    |    |    |    |    |    |      |    |    |    |    |    |    | 30     | 31 |    |    |    |    |    |

Holiday

Bank holiday

INSET day



# St Anselm's School Term Dates 2027 – 2028

| SEPTEMBER |    |    |    |    |    |    | OCTOBER |    |    |    |    |    |    | NOVEMBER |    |    |    |    |    |    | DECEMBER |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| M         | T  | W  | T  | F  | S  | S  | M       | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  |
|           |    | 1  | 2  | 3  | 4  | 5  |         |    |    |    | 1  | 2  | 3  | 1        | 2  | 3  | 4  | 5  | 6  | 7  |          |    | 1  | 2  | 3  | 4  | 5  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 | 4       | 5  | 6  | 7  | 8  | 9  | 10 | 8        | 9  | 10 | 11 | 12 | 13 | 14 | 6        | 7  | 8  | 9  | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 | 11      | 12 | 13 | 14 | 15 | 16 | 17 | 15       | 16 | 17 | 18 | 19 | 20 | 21 | 13       | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 | 18      | 19 | 20 | 21 | 22 | 23 | 24 | 22       | 23 | 24 | 25 | 26 | 27 | 28 | 20       | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    | 25      | 26 | 27 | 28 | 29 | 30 | 31 | 29       | 30 |    |    |    |    |    | 27       | 28 | 29 | 30 | 31 |    |    |

| JANUARY |    |    |    |    |    |    | FEBRUARY |    |    |    |    |    |    | MARCH |    |    |    |    |    |    | APRIL |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
| M       | T  | W  | T  | F  | S  | S  | M        | T  | W  | T  | F  | S  | S  | M     | T  | W  | T  | F  | S  | S  | M     | T  | W  | T  | F  | S  | S  |
|         |    |    |    |    | 1  | 2  |          | 1  | 2  | 3  | 4  | 5  | 6  |       |    | 1  | 2  | 3  | 4  | 5  |       |    |    |    |    | 1  | 2  |
| 3       | 4  | 5  | 6  | 7  | 8  | 9  | 7        | 8  | 9  | 10 | 11 | 12 | 13 | 6     | 7  | 8  | 9  | 10 | 11 | 12 | 3     | 4  | 5  | 6  | 7  | 8  | 9  |
| 10      | 11 | 12 | 13 | 14 | 15 | 16 | 14       | 15 | 16 | 17 | 18 | 19 | 20 | 13    | 14 | 15 | 16 | 17 | 18 | 19 | 10    | 11 | 12 | 13 | 14 | 15 | 16 |
| 17      | 18 | 19 | 20 | 21 | 22 | 23 | 21       | 22 | 23 | 24 | 25 | 26 | 27 | 20    | 21 | 22 | 23 | 24 | 25 | 26 | 17    | 18 | 19 | 20 | 21 | 22 | 23 |
| 24      | 25 | 26 | 27 | 28 | 29 | 30 | 28       | 29 |    |    |    |    |    | 27    | 28 | 29 | 30 | 31 |    |    | 24    | 25 | 26 | 27 | 28 | 29 | 30 |
| 31      |    |    |    |    |    |    |          |    |    |    |    |    |    |       |    |    |    |    |    |    |       |    |    |    |    |    |    |

| MAY |    |    |    |    |    |    | JUNE |    |    |    |    |    |    | JULY |    |    |    |    |    |    | AUGUST |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|
| M   | T  | W  | T  | F  | S  | S  | M    | T  | W  | T  | F  | S  | S  | M    | T  | W  | T  | F  | S  | S  | M      | T  | W  | T  | F  | S  | S  |
| 1   | 2  | 3  | 4  | 5  | 6  | 7  |      |    |    | 1  | 2  | 3  | 4  |      |    |    |    |    | 1  | 2  |        | 1  | 2  | 3  | 4  | 5  | 6  |
| 8   | 9  | 10 | 11 | 12 | 13 | 14 | 5    | 6  | 7  | 8  | 9  | 10 | 11 | 3    | 4  | 5  | 6  | 7  | 8  | 9  | 7      | 8  | 9  | 10 | 11 | 12 | 13 |
| 15  | 16 | 17 | 18 | 19 | 20 | 21 | 12   | 13 | 14 | 15 | 16 | 17 | 18 | 10   | 11 | 12 | 13 | 14 | 15 | 16 | 14     | 15 | 16 | 17 | 18 | 19 | 20 |
| 22  | 23 | 24 | 25 | 26 | 27 | 28 | 19   | 20 | 21 | 22 | 23 | 24 | 25 | 17   | 18 | 19 | 20 | 21 | 22 | 23 | 21     | 22 | 23 | 24 | 25 | 26 | 27 |
| 29  | 30 | 31 |    |    |    |    | 26   | 27 | 28 | 29 | 30 |    |    | 24   | 25 | 26 | 27 | 28 | 29 | 30 | 28     | 29 | 30 | 31 |    |    |    |
|     |    |    |    |    |    |    |      |    |    |    |    |    |    | 31   |    |    |    |    |    |    |        |    |    |    |    |    |    |

Holiday

Bank holiday

INSET day

# PARENT & FAMILY SUPPORT

## Mental Health, Wellbeing and Safeguarding Resources

### St Anselm's Catholic Primary School

#### Safeguarding Support at School

If you have concerns about your safety, your child's safety, or their wellbeing, please contact the Designated Safeguarding Lead (DSL).

**Email:** [dsl@st-anselms.kent.sch.uk](mailto:dsl@st-anselms.kent.sch.uk)

If a child is in immediate danger call **999**.

#### Domestic Abuse Support

**National Domestic Abuse Helpline**

Call **0800 2000 247** (24 hours a day)

Chat: Mon–Fri 10am–10pm

[Domestic abuse support information](#)

#### Additional Support Services

Childline: 0800 1111 (24hrs)

Samaritans: 116 123 (24hrs)

[YoungMinds](#)

[Beat Eating Disorder Support](#)

[Kidscape](#)

#### Fast Track Counselling for Parents

North Kent Mind offers fast track counselling for parents.

£40–£45 per session with short waiting times.

[Visit service page](#)

#### Kooth – Free Online Mental Health Support

Free anonymous online counselling for young people aged 10–25. Available daily including evenings and weekends.

[www.kooth.com](http://www.kooth.com)

Parent support email: [parents@kooth.com](mailto:parents@kooth.com)

