INSPIRE TO ASPIRE

COMPASS

St Anselm's School Newsletter

NAVIGATING TODAY…SHAPING TOMORROW

23rd November
Autumn 2026

What a busy weekend it has been for our school community! Over the past three days, our children, families and staff have been involved in a wonderful range of events, representing our school within the wider community and supporting our parish. I would like to take this opportunity to thank everyone who has played a part. We began on Friday evening with the Dartford Festival of Light, where it was a real pleasure to see so many of our children and families joining the colourful procession through the town. The children were an absolute delight to walk alongside, and their behaviour was impeccable throughout. They were wonderful ambassadors for St Anselm's, and it was lovely to see everyone enjoying themselves and taking part in this special community celebration. On Saturday, our attention turned to the Parish Christmas Bazaar. Thank you to everyone who supported this important parish event, whether through the generous donations collected at school or by coming along on the day. A particularly special mention must go to our Christmas Choir, who sang so beautifully and brought such joy to everyone listening. I was incredibly proud of them, particularly as this was their first performance of the Christmas season. Finally, on Sunday morning, we gathered at St Vincent's Church for our School Mass. Thank you to all the children and families who joined us, particularly those who took an active role in leading the readings and singing. It was encouraging to see so many of our junior children and their families represented. Unfortunately, attendance from our infant classes was much lower, which was disappointing. Our School Masses are an important part of our Catholic identity and provide a special opportunity for us to come together as a school, parish and faith community. As a Catholic school, participating in the celebration of Mass is central to who we are, and attending Sunday Mass is also an important obligation of our Catholic faith. I would therefore encourage all families, particularly those with younger children, to make every effort to join us at future School Masses. These celebrations are not simply school events but opportunities for our children to experience what it means to belong to a wider Catholic community, growing together in faith and worship. I would also like to express my particular gratitude to the members of staff who gave up their own time over the weekend to support these events. Their willingness to go above and beyond their usual responsibilities, whether accompanying children, supporting performances or joining us in worship, reflects their commitment to our school and its wider community. It is very much appreciated and certainly does not go unnoticed. Weekends such as this remind us that being part of St Anselm's is about so much more than what happens within the classroom. It is about belonging to a community, supporting one another and putting our values and faith into action. Thank you to everyone who contributed to such a busy and enjoyable weekend!

Upcoming Christmas events

Although Christmas is still a few weeks away, preparations are already underway for our Christmas performances. I thought it would be helpful to explain what is planned this year so that as many families as possible can make arrangements to join us for these special celebrations. Our Infant Nativity, *Knock Knock, the Nativity,* will take place on Friday 11th December at 2.00pm in the school hall. Parents and carers of children in Reception, Year 1 and Year 2 are warmly invited to attend this performance, which takes place during the school day. It is always a joy to see our youngest children bringing the Christmas story to life through song and action, and I am sure this year's Nativity will be no exception! Our Junior Christmas Concert, which will take place on Wednesday 16th December at 7.00pm in St Vincent's Church takes a slightly different, more reflective approach. This year's concert, entitled 'Let Your Light Shine', explores the theme of light throughout the Christmas story, reminding us of the hope and joy that

continued overleaf

'Trust in the Lord… and He will direct your path.' Adapted from Proverbs 3:5-6

In this week's Gospel, we celebrate the Feast of Christ the King, which marks the end of the Church's liturgical year. In today's Gospel, Jesus tells us that when we feed the hungry, welcome strangers, care for the sick or help those in need, we are showing love to Him. He reminds us that whatever we do for others, we do for Him.

This feast teaches us that Jesus is a King unlike any other. His kingdom is not built on wealth or power, but on love, kindness, compassion and service. As we prepare for Advent, we are reminded that we can all help build God's kingdom through the way we treat others, putting our faith into action through even the smallest acts of kindness.



Dear Jesus,
You are our King, a King of love, kindness and compassion.
Help us to recognise You in everyone we meet, especially those who are lonely, hungry or in need of our help.
Teach us to follow Your example by putting others before ourselves, sharing what we have and showing kindness through our words and actions.
May we help build Your kingdom here on earth by letting Your light shine through all that we do.
Amen.

Jesus brings into the world. Through readings, music and song, the children will lead us in a celebration that offers a welcome opportunity to step away from the busyness of the Christmas season and reflect on its true meaning. All children in Years 3 to 6 are expected to attend and take part, and their parents and carers are warmly invited to join us for the performance which will last no longer than 40 minutes. Given the evening timing and reflective nature of the celebration, it is not particularly suitable for younger children. Further details about both performances will follow nearer the time, but I hope this gives everyone a useful overview of what is being prepared. These are always two very special occasions in our school calendar, each celebrating the Christmas story in its own way, and I very much hope that as many families as possible will be able to join us.

Christmas Post Office Stamp Design – Final Reminder

All children have been invited to design a Christmas stamp at home using the sheet they were given last week. The closing date for returning designs is tomorrow, Tuesday 24th November. The winning entries will be used in this year's School Post Office. Good luck to all our stamp designers! More details to follow.

Christmas Dinner and Christmas Dinner Day

On Wednesday 9th December, children are invited to wear their Christmas jumpers to school. Please note that this is not a non uniform day, just the regular school jumper or cardigan should be substituted for the Christmas one! Please complete the Google Form to book your child's Christmas dinner. **Even if your child receives a free school meal, it is important that you complete the form so that the appropriate preparations can be made.** Thank you.

KEY DATES

Monday 23rd November
New Admissions Meeting – 10.30am

Monday 30th November
Y6 SATS & PGL Meeting – 5pm

Wednesday 9th December
Christmas jumper and Christmas dinner day

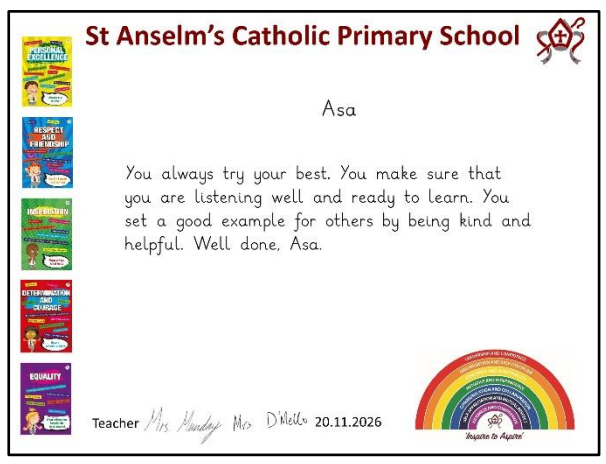
Friday 11th December
Infant Nativity – 2pm

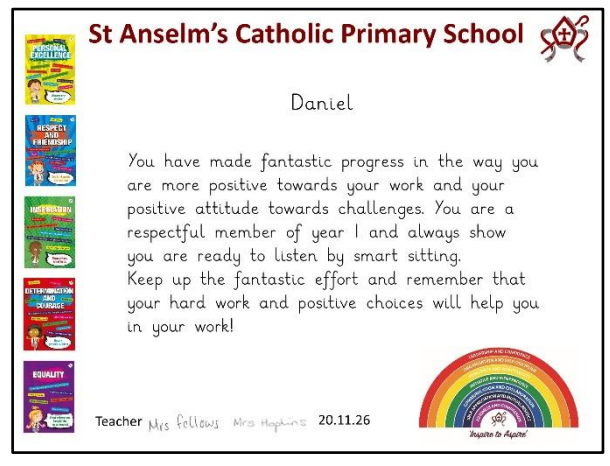
Wednesday 16th December
Junior Carol Service – St Vincent's Church 7pm

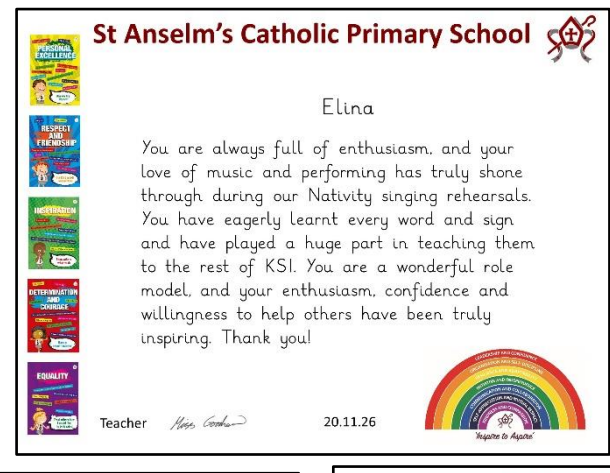
Thursday 17th December
Choir singing at Bluewater 11am

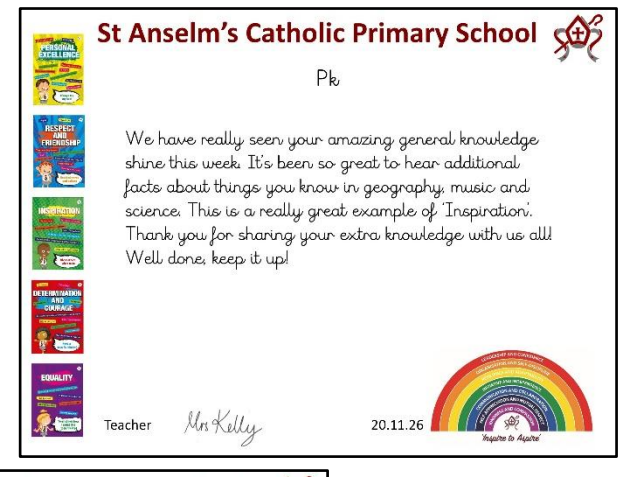
Friday 18th December
End of Term 2 – school closes 1pm

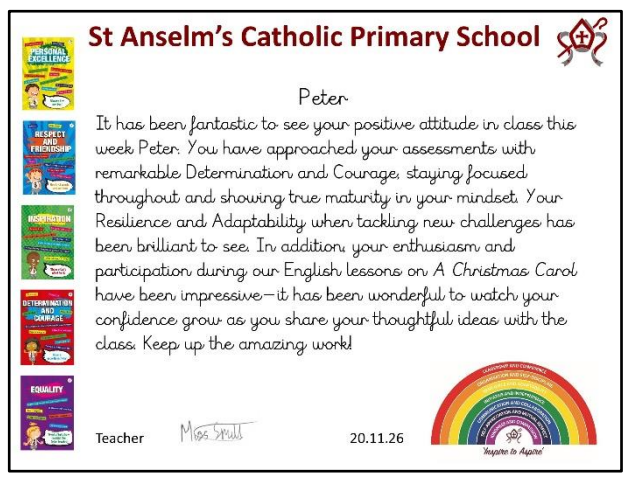
Congratulations to these children who received an award last week.

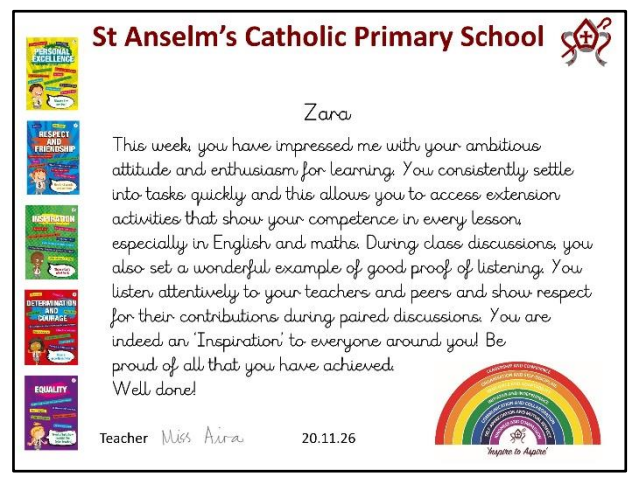


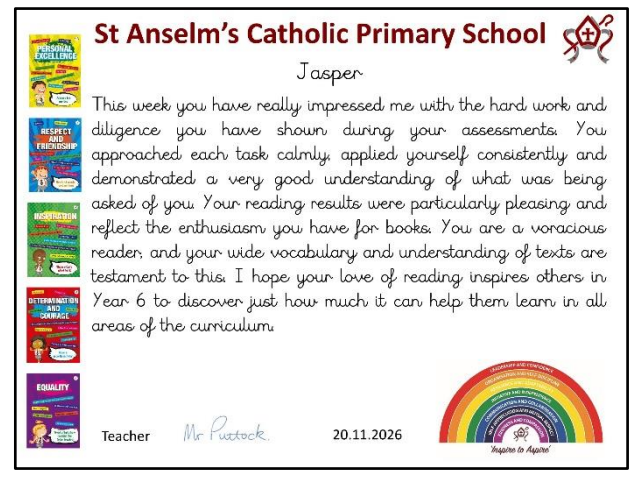


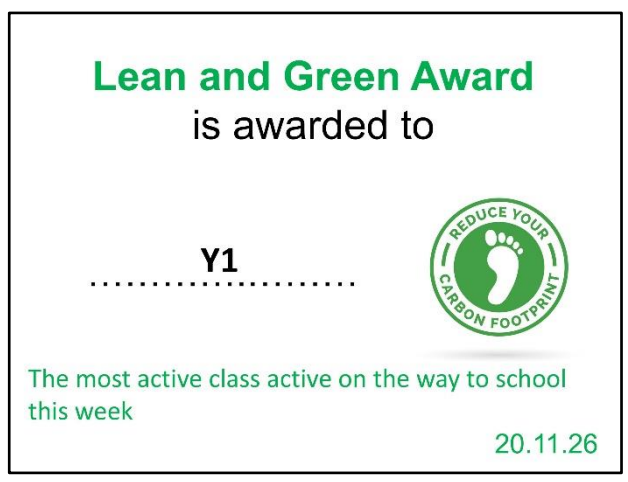


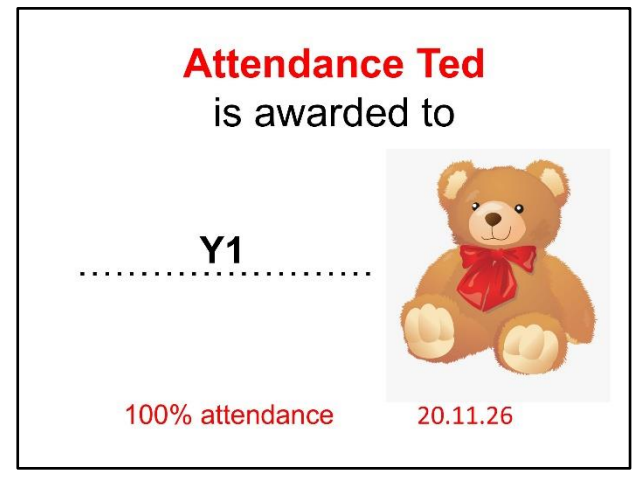


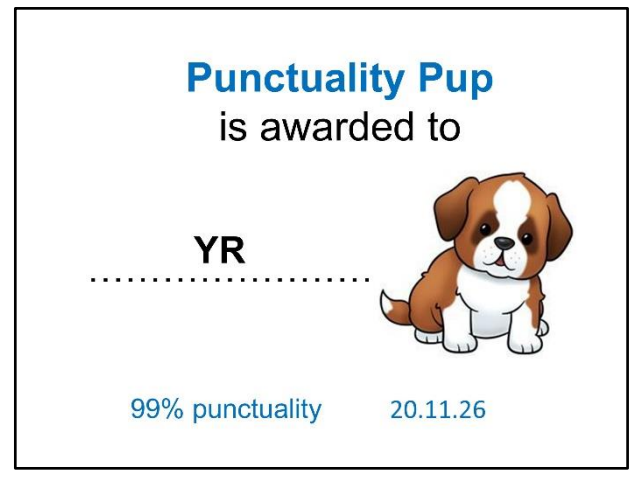












'Trust in the Lord… and He will direct your path.' Adapted from Proverbs 3:5-6

‘Navigating today…shaping tomorrow’

BRITISH VALUES
AT ST ANSELM’S SCHOOL

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



Leaders from around the world are meeting in Türkiye for COP31, to discuss how to protect our planet from climate change. They will talk about how countries can work together and whether richer countries should help those affected by floods, droughts and rising seas.

Things to talk about at home …

- What do you think is the biggest problem facing our world?
- Do you feel it is important for countries to work together to tackle climate change?
- Should richer countries help poorer countries? Explain your view.
- Is there anything families could do at home?

Which British Values?

COP31 gives countries the opportunity to use Democracy by sharing ideas, listening to different opinions and working together, to make decisions about how to tackle climate change.

Understanding that climate change affects countries in different ways, and respecting the experiences and needs of others, shows Mutual Respect and Tolerance.

Which protected characteristic?

COP31 will include a day for children and young people to share their views on climate change. This shows that all voices can be heard, no matter a person’s age.

Rainbow Curriculum Link

This story links to our **Communication and Collaboration** Rainbow Curriculum strand because it shows how important it is for countries to talk, listen and work together to solve problems that affect us all. It helps children understand that we can achieve more by working together than by working alone. Good communication means listening to different opinions, sharing ideas and finding solutions together.



SAFE & SOUND

This term, we are learning about inspirational pieces of music and their composers.

Johann Pachelbel was a German composer, organist and teacher. Born in 1653 and died in 1706, his most famous composition is ***‘Canon in D’*. This piece of music is used widely at wedding ceremonies and has been sampled by Maroon Five in their hit ‘Memories.’**



Click here for a YouTube link to hear this piece of music.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

GRAND THEFT AUTO VI

Grand Theft Auto 6 (also stylised as GTA VI) has been one of the most highly anticipated games of this generation, following GTA V, one of the best-selling video games of all time. Set in the fictional state of Leonida, including Vice City, it follows criminal partners Jason and Lucia as they become embroiled in a wider conspiracy. Although GTA VI is intended for adult audiences, its enormous popularity means that younger people may still encounter gameplay footage online or express an interest in playing it.

AGE RESTRICTION PEGI 18

WHAT ARE THE RISKS?

EXTREMELY VIOLENT CONTENT

GTA VI is rated PEGI 18 for a reason. Players may encounter weapons like guns, knives and explosives, with violence portrayed in highly realistic ways. As in previous GTA games, players may also encounter violence involving vehicles and other characters. The game is categorically not for younger audiences, with blood, gore, and intense violence clearly identified in its official content

SENSITIVE SOCIETAL TOPICS

Like other games in the Grand Theft Auto franchise, GTA VI uses satire to explore aspects of society and contemporary culture. Its exaggerated characters and situations are fictional and may be intended to challenge or mock particular attitudes rather than endorse them. Younger viewers, however, may struggle to recognise this context and could misunderstand jokes, stereotypes, or social commentary without guidance from a trusted adult.

TALKING TO STRANGERS ONLINE

GTA Online, the multiplayer experience associated with GTA V, allows players to communicate with others online. GTA VI has been announced as a single-player experience at launch, so the same in-game chat risks should not yet be assumed. Children may still discuss the game through other online platforms potentially encountering strangers, inappropriate language and adult themes.

DRUG AND ALCOHOL USE

Throughout GTA VI's storyline, drugs and alcohol form part of the game's criminal world. The official content rating identifies the use of both, while Rockstar's character descriptions reference drug runners and dealers. Earlier titles also showed substance use affecting how characters see and move around the world. Younger viewers may struggle to understand these portrayals in the context of a fictional crime story, particularly without guidance from a trusted adult.

NUDITY AND SEX

Relationships and sexual themes feature in GTA VI, while previous GTA titles have allowed players to visit strip clubs and solicit sex workers. It should also be recognised that GTA VI's graphics aim to be realistic, meaning depictions of nudity and sexual content may be explicit. Official ratings confirm nudity and strong sexual content, although details of specific scenes should not be assumed from earlier games.

OPTIONAL IN-GAME PURCHASES

As with its predecessor, GTA VI includes optional in-game purchases that use real-world money. While these purchases are not necessary to play the game, the appeal of additional content may encourage some players to spend more. Younger players may not fully appreciate the cost or how quickly small payments add up.

Advice for Parents & Educators

PARENTAL CONTROLS

Parental controls can block age-restricted games, but they won't remove GTA VI's adult themes from elsewhere online. On PS5, go to Settings > Family and Parental Controls > Family Management, select the child and choose your restrictions. On Xbox Series X|S, use Settings > Account > Family settings, or the Xbox Family Settings app, to manage age restrictions and screen time.

LIMIT ACCESS TO BANK DETAILS

Limiting access to banking details helps prevent accidental or unauthorised purchases. Avoid storing payment details on a child's account and require approval before spending. On PS5, parents and carers can set a monthly spending limit through Family Management. On Xbox Series X|S, the Ask to Buy feature can request adult approval for purchases, helping children and young people understand their real-world cost.

COMMUNICATION RESTRICTIONS

On PS5 and Xbox Series X|S, parental controls can restrict voice chat, messages, friend requests, and communication with other players. Parents and carers can limit interactions to approved friends or prevent communication altogether, depending on the available settings. These restrictions are especially helpful for reducing children's exposure to strangers, inappropriate language and adult themes through console chats or other multiplayer games.

MAKE THIS A CONVERSATION

Even if a child is not playing GTA VI, they may still watch gameplay clips, livestreams or trailers shared by friends and content creators. It's important to talk openly with children about why GTA VI has an adult age rating and discuss its violence, crime, strong language, sexual themes, satirical lens, and other mature content. Ask what interests them about the game and what they already know. Talk about the difference between fictional behaviour and real-world consequences.

Meet Our Expert



Mark Foster has worked in the gaming industry for 12+ years as a journalist, editor and social media expert. He's travelled the world playing video games and working with publishers and developers to fine tune their audience messaging. When he's not gaming, he can be found watching horror and sci-fi movies, TV series, listening to music or deciding which world marathon to plod around.

See full reference list on our website

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.11.2026

St Anselm's PTFA

WhatsApp Channel

Scan the QR code to follow!

Welcome!

Keep up to date with events, fundraising and school news.

Privacy

One-way updates only. No one else can see your name or phone number.

Don't miss out!

It's muted by default. Be sure to tap the bell at the top to unmute.



Why follow us?

Find out what's coming up and support our school.

Together, we can make a real difference to our school community!

NOVEMBER TO MARCH 2027

NOURISH

THE NOURISH MENU

BANG IN SOME BEANS!
DISHES WITH ME NEXT TO THEM CONTAIN BEANS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 2 November 23 November 14 December 18 January 8 February 8 March	Chicken Pie **1** Pesto & Pea Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Cauliflower Carrots Rice Pudding **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Beef Bolognaise Pasta Bake **1,3,7** Vegetable Chilli Skins **VG** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Seasonal Vegetables Bananas & Chocolate Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Gammon & Gravy Cheese & Potato Pie **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Cabbage Peas Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Margherita Pizza **1,3,7 V** Black Bean Jambalaya **VG** Jackets with a Choice of Toppings **7,8,9** Sweetcorn Broccoli Rainbow Pasta **1** Beetroot Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Tomato Pinwheel **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Carrot Sticks Oaty Biscuit **1,3,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK TWO 9 November 30 November 4 January 25 January 22 February 15 March	BBQ Chicken Pesto Pasta Bake **1,7 V** Jackets with a Choice of Toppings **7,8,9** Rice, Carrots Peas Jam Tart **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Tomato & Broccoli Pasta **1 VG** Cheese & Tomato Pinwheel **1,7 V** Jackets with a Choice of Toppings **7,8,9** Wedges Seasonal Vegetables Strawberry Panna Cotta Milky Jelly **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Roast Chicken & Gravy Vegan Cowboy Hotpot **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli Carrots Crispy Cake **1,7,16** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Beef Stew & Dumpling **1,3** Herby Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Green Beans Cauliflower Apple Crumble Bar **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Salmon Fish Cake **1,8** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips Peas Baked Beans Coleslaw **9** Banana Bread **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 16 November 7 December 11 January 1 February 1 March 22 March	Macaroni Cheese **1,3,7 V** Red Pepper & Bean Masala & Rice **VG** Jackets with a Choice of Toppings **7,8,9** Garlic Bread **1,3** Cauliflower Green Beans Peach Crumble **1,3 VG** & Custard **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	Chicken Noodles **1,3** BBQ Wrap Stack **1,7 V** Jackets with a Choice of Toppings **7,8,9** Potato Wedges Carrots Peas Caramel Mousse **7** Mr Nourish Biscuit **1,3 VG** Fruit Pots **VG**	**BRUNCH** Pork Sausage & Bacon **1,3,6** **Or** Quorn Sausage **1 VG** Jackets with a Choice of Toppings **7,8,9** Brunch Hash Potatoes Baked Beans Mushrooms & Tomatoes Fruit Jelly **VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7** Fruit Pots **VG**	Minced Beef Cobbler **1,3** Herby Tomato Pasta **1 VG** Jackets with a Choice of Toppings **7,8,9** Herby Bread **1,3** Seasonal Vegetables Chocolate Sponge Cake **1,3 VG** Mr Nourish Biscuit **1,3 VG** Yoghurt **3,7**, Fruit Pots **VG**	Fish Fingers **1,8** Cheese & Bean Burrito **1,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas Baked Beans Cucumber sticks Crispy Cookie **1,3,7,16** Yoghurt **3,7** Fruit Pots **VG**

St Anselm

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg
10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

AVAILABLE DAILY

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

St. Anselm's Catholic Primary School

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

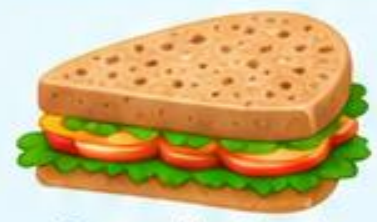


Fizzy drinks

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!



St Anselm's School Term Dates 2026-27

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

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

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

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

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

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

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

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

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

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

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

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

Holiday | Bank holiday | INSET day

St Anselm's School Term Dates 2027 – 2028

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

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

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

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

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

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

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

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

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

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

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

AUGUST						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	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
If a child is in immediate danger call **999**.

Domestic Abuse Support

National Domestic Abuse Helpline
Call **0808 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
Parent support email: parents@kooth.com