



# UPTON JUNIOR SCHOOL

Executive Headteacher: Mrs. M Lewis  
Heads of School: Miss. D Arthur (Lower School) & Mr. D Walker (Upper School)  
01843 861393  
Part of The Viking Academy Trust

Dear Parent/Carer,

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 28th June. 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 Year 5 on 3<sup>rd</sup> July and Year 6 on 4<sup>th</sup> July.

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

As a charity, the NSPCC can only provide these vital resources thanks to the financial support and generosity of their supporters. I am delighted to say that our school has chosen to support the valuable work of the NSPCC by taking part in a non-school uniform day on Friday 30<sup>th</sup> June. Your child is invited to wear their own clothes to school on this day for a minimum donation of £1.00. All of the money raised will go to the NSPCC.

## 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.

**"This service provides important information in a child-friendly way - it should be made mandatory in all schools. A brilliant service!" Teacher, Wistaston Primary.**

If you would like any more information about the NSPCC *Speak out, Stay safe* programme, including frequently asked questions, you can find it on the NSPCC website [nspcc.org.uk/schools](https://nspcc.org.uk/schools) or please come into speak to me and I can provide more information.

## Talking about the Underwear Rule 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 'The Underwear Rule', 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/preventing-abuse/keeping-children-safe/](https://nspcc.org.uk/preventing-abuse/keeping-children-safe/)

Yours sincerely,

*Miss Arthur*

Head of School