



St Anthony's Parents'

Safeguarding & Wellbeing Newsletter

Spring 1 Edition 2026

Welcome to the Spring 1 Edition of our Safeguarding & Wellbeing newsletter for parents. In light of Safer Internet Day and Child Mental Health Day that have both fallen in this week, we offer advice on keeping safe with AI and supporting children with their mental health and wellbeing.

Artificial Intelligence (AI) and Keeping Children Safe

On Safer Internet Day this week, the focus was on AI with children in Key Stage 1 and Early Years learning about using voice assistants safely and Key Stage 2 pupils exploring the proper and improper use of AI and how to report concerns. The aim of this newsletter is to give families some brief, practical advice when supporting children with AI tools.

Understand the Risks

Help your children to be aware that AI tools can:

- Store or use the information they provide
- Sometimes give incorrect or misleading information
- Potentially expose them to inappropriate content
- Raise privacy concerns if personal information is shared

Set Boundaries and Supervision

- Know which AI tools your child is using
- Check privacy settings and parental controls, where available
- Supervise younger children when they're using AI chatbots or tools
- Discuss what kind of information should never be shared (personal details, photos, location)

Encourage Critical Thinking

- Teach children to question what AI tells them
- Remind them that AI can make mistakes
- Help them understand that AI-generated content isn't always accurate or appropriate

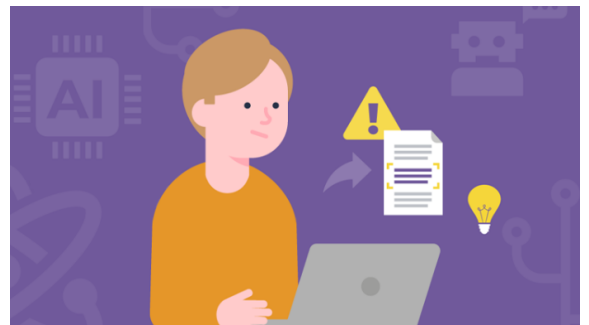
Keep Communication Open

- Make it easy for your child to come to you if they see something concerning
- Ask regularly about what tools they're using and what for
- Show interest in their digital activities without being intrusive

Useful resources

[Childnet](#) offers a toolkit to support families of children of any age to start discussions about their online life and to find out where to get more help and support. Their advice is tailored for different age groups.

[Internet Matters](#) provides age-specific online safety checklists, guides on how to set parental controls and practical tips to help children get the most out of their digital world.





Wellbeing Advice for St Anthony's Families

WELCOME:

Welcome to our third Wellbeing Advice Newsletter of this academic year. In this edition, we focus on Children's Mental Health, which has been celebrated with our children at school today.

This is MY place!

This year, the Place 2B's focus for children's mental health was focused on children's sense of belonging.

A sense of belonging is essential to a child building their own identity and part of feeling safe, secure, having friends and feeling included.

At school, we focused about how they feel like they belong at St Anthony's. We discussed our favourite memories, places and things to do at school.

We then spent some time with our buddies, sprucing up forest school (lots of children's favourite place!) and some time in prayer meditation.



What's it all about?
Watch <https://youtu.be/tPhAn0gACck> to find out about the National theme for Children's Mental Health Week.

How to nurture a child's mental health

- Actively listen before offering your advice
- Be patient
- Share your feelings and validate theirs
- Tell the truth
- Model healthy behavior
- Surround them with healthy adults
- Mental Fills
- Be consistent and follow through with what you promise
- Teach them how to be safe
- Believe them and in them
- Use open ended questions
- Have scheduled family time
- Limit electronic time for everyone
- Reach out and hug them
- Practice relaxation exercises together
- Model forgiveness
- Respond calmly when their emotions are elevated
- View their behavior as a window to their needs and feelings
- Make play and exercise a requirement
- Recognize positive choices
- Be present
- Set and respect boundaries

If you would like more help, support or information about supporting your child's mental health, please contact Mrs Nail, our school ELSA or Mrs Davis, our SMHL via the school office.