



# St Anthony's Parents'

## Safeguarding & Wellbeing Newsletter

### Summer 1 Edition 2026

Welcome to the Summer 1 Edition of our Safeguarding & Wellbeing newsletter. This edition offers suggestions for non-smart mobile phones. We also remind you of the NSPCC 'PANTS' underwear rules so we can all keep our children safe. Our Wellbeing page offers some ideas for supporting children with transitions as we start to think ahead to September.

TEACH YOUR CHILD THE UNDERWEAR RULE



At St Anthony's, we use the NSPCC 'PANTS' underwear rules to help children learn how to keep themselves safe and know when to report something that has upset them. For more details, visit the NSPCC website or click [here](#).

## Thinking about the alternatives to a Smartphone for your child?

For more details, please visit [smartphonefreechildhood.org](http://smartphonefreechildhood.org)

### Doro 6820

**Pros:** Popular flip design, good features, HD voice calls  
**Cons:** Poor camera

<b>Network band:</b> 4G	<b>Wi-fi:</b> No	<b>Camera:</b> Yes (rear only) 2MP	<b>Bluetooth:</b> Yes	<b>Music player:</b> Yes
<b>GPS tracking:</b> No	<b>Screen size:</b> 2.8in	<b>Dimensions:</b> 10.7 x 5.9 x 2cm	<b>Colour options:</b> Black & white; red & white	<b>Price:</b> £69.99



### Nokia 2660 Flip

**Pros:** Looks stylish, good battery life, well priced  
**Cons:** Does have some very limited internet access if you have a data SIM

<b>Network band:</b> 4G	<b>Wi-fi:</b> No	<b>Camera:</b> Yes (rear only), 0.7MP	<b>Bluetooth:</b> Yes	<b>Music player:</b> Yes
<b>GPS tracking:</b> No	<b>Screen size:</b> 2.8in	<b>Dimensions:</b> 10.8 x 5.5 x 1.9cm	<b>Colour options:</b> Black, red, pop pink, lush green and blue	<b>Price:</b> £79.99





## Wellbeing Advice for St Anthony's Families

### WELCOME:

Welcome to our fifth edition of the Wellbeing Newsletter for 2025-6.



Summer term is time when thoughts of the future can be at the forefront of children's minds. From starting a new class, with a new teacher, to (for our soon to be new Year Rs and Year 6s!) a new school, please read some top tips to help your child positively manage the transition.

## 5 Helpful Ways to TRANSITION IN SCHOOL

**Meet the key people** - at St. Anthony's the children get to meet their new teacher for next year before the Summer holidays. They will spend time together, making connections and having fun! We also hold "Meet the Teacher" Events for Parents in September.

**Home Routines** - During the summer holidays, check in as a family - what routines worked this year? What might need changing? Planning and talking through ahead of time can help reduce children's worries around starting school again in September.

**Talk, talk, talk!** - If your child is anxious, talk things through with them - just not right before bedtime!

**Remember** - Did they feel like this last year? What helped?

**Reach out** - if you need further support - get in touch with Mrs Nail or Mrs Davis via the school office.

The start of Summer is a beautiful time, but with increased pollen levels, time spent outside, having fun and exploring, it might be a time when an unknown allergy appears for the first time.



An allergy is where your body reacts to something that's normally harmless like food, pollen, dust, insect bites or animals. The symptoms can be mild, but for some people they can be very serious.

Symptoms of an allergic reaction can appear within minutes or after a few hours.

Symptoms may include:

- a runny nose or sneezing
- red or watering eyes
- pain or tenderness around your cheeks, eyes or forehead
- coughing, wheezing or breathlessness
- a raised rash ([hives](#)), or itchy or red skin - redness can be harder to see on brown or black skin
- diarrhoea, stomach cramps or bloating
- feeling or being sick
- swollen eyes, lips, mouth or throat

For more information, visit

[Allergies - NHS](#)



As the weather warms up, please ensure your child brings in a clean, fresh water bottle