



CATALYST

Quarry Hill Academy

Bradleigh Avenue, Grays, Essex RM17 5UT
Telephone: 01375 373729 E-mail: admin.qha@catrust.org.uk

5th October 2024

NSPCC SPEAK OUT. STAY SAFE.

Dear Parents/Carers,

I am pleased to inform you that we are participating in the **NSPCC's Speak out. Stay safe. Programme** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age-appropriate virtual assemblies and supporting classroom-based activities which we have reviewed, alongside NSPCC volunteer led face to face workshops for children aged 6-7 and 9-11. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy. If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities



Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline - under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours sincerely,



Mrs S Wakeling

Executive Headteacher

