



Hello from the safeguarding team!

The Importance of Sleep

Over recent times there have been an increasing number of reports throughout schools regarding children appearing tired during the school day thus affecting their education.

A lack of sleep can lead to children feeling poorly, unable to concentrate and becoming socially distanced away from their friends and family.

If you or your child are struggling to get a good nights sleep, follow these simple tips:

- Think about bed time routine; what time do they go to bed? Could they go earlier?
- Cut out caffeine or sugar this can stop you falling asleep
- Have 15 minutes quiet time to help relax your brain
- Avoid using phones or computers before bed as the white light can affect sleep and stimulate your brain
- Avoid long lie ins as this can affect your current bed time routing
- Try to stick to the same bed time everyday
- Choose a relaxing activity before bed i.e reading
- Create a cosy, dark environment



Community Hub

The hub is a brilliant resource for any parent our carer of the children at our academy. Fay and Hannah from the hub are on hand to help in any way possible. They can be contacted through the facebook page via message, through the school office and press option 3.-01905 45 3530 . Hub Mobile Number 07866142137 They can support in a multitude of ways from helping to advocate for you if needed, speaking to services on your behalf, signposting you to services which may be able to help you further and providing short term food support if families are in crisis.

Safeguarding Team

Thank you for your continued support in keep our children and community safe. We hope this leaflet is informative should you or someone you know require support. If you have any concerns please contact the team on Admin@oasiswarndon.org

Left to right: Mrs Cooke DSL, Mrs Minton Deputy DSL, Mrs Powell Deputy DSL , Miss Spicer Deputy DSL, Mrs Newman Deputy DSL



Operation Encompass

Our school is taking part in national project, which is being run locally in partnership with Worcestershire Children First and West Mercia Police Operation Encompass is a process whereby the police and county council will inform a member of staff if a child or young person has experienced any domestic incident.

This will be done prior to the start of the next school day. Information sharing between professional agencies allows school staff to provide emotional and practical support to their pupils experiencing domestic abuse.

Domestic abuse can broadly be defined as ‘any incident or pattern of incidents of controlling, coercive or threatening behaviour; violence or abuse between those aged 16 or over who have been intimate partners or family members. This can include but is not limited to the following types of abuse – psychological, physical, sexual, financial and emotional.

Operation Encompass ensures that a member of the school staff, usually the Designated Safeguarding Lead, is given special training, to enable them to liaise with the police and Local Authority in receiving and using the information that has been shared, in confidence.

Operation Encompass

Supporting children and young people exposed to domestic abuse