



ABBOTSWOOD SCHOOL

'Helping **everyone** achieve their best'

Ringwood Road

Totton

Southampton

SO40 8EB

Telephone: (023) 8086 3159

E-mail: admin.office@abbsch.co.uk

www.abbotswood.hants.sch.uk

Headteacher: Mr Glenn Moore

November 2025

NSPCC 'Speak out. Stay safe' Programme and Assembly

Dear Parents and Carers,

From next week and across this half term, Year 5 and Year 6 children are taking part in the **NSPCC's 'Speak out. Stay safe' programme**.

'*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 matches the curriculum and involves an age appropriate virtual assembly alongside NSPCC volunteer led face-to-face workshops for the children. The virtual assembly is delivered in an engaging and interactive way with the help of the NSPCC mascot 'Buddy' and is an important part of our safeguarding curriculum. We understand that this subject matter can be difficult to discuss, but please be assured that the Abbotswood staff will deal with it age-appropriately and with sensitivity.

We ask parents and carers to let your child's class teacher know if your child has experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme. The virtual assemblies will be delivered **next week** and the face-to-face workshops are taking place on **Wednesday 19th November**. We are always happy to make adaptations to suit the needs of our children.

We hope you find this information about the NSPCC and the '*Speak out. Stay safe.*' programme helpful. Links to some additional NSPCC support resources can be found on the second page of this letter.

If you would like to know more about the programme, please visit www.nspcc.org.uk/speakout

If you have any further questions, please contact the school office or speak to your child's class teacher.

Yours sincerely,

Cat Gonzalez
Assistant Headteacher

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.

<p>Parent/Carer support Take a look at information, support, advice and activities from NSPCC for parents and carers. www.nspcc.org.uk/parents</p>	<p>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</p>
<p>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</p>	<p>Childline – under 12’s Childline has 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)</p>
<p>Talk PANTS with your children Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.</p>	