



**Redwood Drive
Hemel Hempstead
Herts HP3 9ER**

Headteacher: Mr Rob Weightman
Telephone: 01442 256294

Friday 24th September, 2026

Dear Parent/Carer

NSPCC's *Speak out. Stay safe.* programme

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. Assemblies for nursery and reception will take place next week and for the rest of the school, this will be on Tuesday 6th October. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

To find out more about the programme, please watch the NSPCC's ***Speak out. Stay safe. 'Introduction for Parents/Carers film'***. [Link](#) or scan QR code.



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	Activities to extend learning at home
Take a look at information, support, advice and activities from NSPCC for parent and carers. www.nspcc.org.uk/parents www.nspcc.org.uk/speakout	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/online-safety

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)

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.

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,

Maxine Smith

Deputy Head and Designated Safeguarding Lead

