



## ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

2<sup>nd</sup> June 2026

Dear Parents and Carers,

### **Helping children protect themselves - [www.kidsafeuk.co.uk](http://www.kidsafeuk.co.uk)**

Kidsafe is a specialised child protection programme which will be delivered into our school I will be going into your child's class every week for several weeks to deliver the KidSafe programme to them with the help of my friend K.S.

The Kidsafe programme deals with building children's confidence, self-esteem and equips children with effective skills to deal with unsafe situations. Kidsafe enables children to value themselves and others and helps children to make wise and healthy choices/decisions in their lives.

Kidsafe teaches children to recognise and/or prevent abuse i.e., what is appropriate and what is not appropriate, this is done in an age appropriate, fun and non-scary way through a variety of media including the use of a puppet, games, singing and worksheets.

#### **Topics covered during the course include: -**

- raising self confidence
- feelings and talking about our feelings
- bullying, respecting our bodies
- inappropriate touching, secrets
- communication skills
- assertion – saying No
- computer/internet safety and age ratings on DVD's and computer games.

Should you have any questions or queries then please do not hesitate to speak to myself.

Yours sincerely

Mrs L Gofton  
Kidsafe Co-ordinator

Mrs Francesca Heslop  
Headteacher  
BSc (Hons) P.G.C.E.

Email:  
[info@stjameshebburn.co.uk](mailto:info@stjameshebburn.co.uk)  
Tel: 0191 4832672

Solway Road,  
Hebburn  
NE31 2BP



Bishop Chadwick  
Catholic Education Trust



Artsmark  
Gold Award  
Awarded by Arts  
Council England

