



## The Safeguarding Team at Belmont

If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team.



Mrs Clair Veli

Designated Safeguarding Lead  
(DSL)



Miss Rachel Carroll

Deputy Designated Safeguarding  
Lead (DDSL)



Mrs Amy Keen

Family Support Worker

Dear Mums, Dads and Carers,

Welcome to the December edition of the Belmont School Safeguarding Newsletter.

If you're anything like the staff at Belmont, you'll be feeling amazed that we are already at the end of the Autumn Term at school, but also ready for some time with families and friends for the festive break.

Whilst we know Christmas can be a very positive and warming time of year, we are also very mindful that it can also present a time of worry for those who are suffering from Domestic Abuse. Where reports are normally higher around Christmas time, we wanted to make sure you know where to get support for yourself or friends and family. You will find information on Domestic Abuse on Page 2 of this newsletter.

We also include a leaflet developed by the Educational Psychology Service with some ideas to help children manage the festive season with all its excitement and change.

Myself and the safeguarding team at Belmont would like to take this opportunity to wish you an enjoyable and safe festive break. We look forward to seeing you in the new year.

If you're looking for further information on any of the topics raised, or any other safeguarding matters, please drop me an email.

As always, if you have any questions, please do ask.

*Clair Veli*

Assistant Headteacher & Designated Safeguarding Lead



## Domestic Abuse

### What is it?

Domestic Abuse isn't just being hit or threatened, but it is controlling behaviour, as well as put-downs and emotional abuse. It can make you feel like you're not capable of escape, or that you're worried for your children or other family if you leave.

It is proven that children who witness domestic abuse in their life time, especially from their parents, have a higher risk of mental health and wellbeing worries; being a victim of domestic abuse themselves and behavioural problems. It is hard to walk away from a relationship which can be so supportive and what you have built your life around, but that is also abusive, harmful and resentful.

There is a lot of support out there so please do not suffer alone.

### Support

There is support out there: Women's Aid [www.womensaid.org.uk](http://www.womensaid.org.uk) and The National Domestic Abuse Hotline [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) or 0808 2000 247 are great sources of support and information. They're safe, secure and open 24 hours a day. The telephone numbers are also free to phone.

If you're unsure about anything to do with Domestic Abuse, then please feel free to contact any of these numbers or websites to get free, impartial advice and support.

**Relate** - 0300 003 0396 - You can talk to Relate about your relationship, including issues around domestic abuse

**Men's Advice Line** - 0808 801 0327 - Advice and support for men experiencing domestic violence and abuse

**National LGBTQ+ Domestic Abuse Helpline** - 0800 999 5428 Emotional and practical support for LGBTQ+ people experiencing domestic abuse

### Report any concerns

If you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on: 01452 426565.

If a child is in immediate danger, call the Police immediately on 999.



## Top tips for supporting children during the festive season

The run up to Christmas can be a busy time and it is possible that you may notice changes in your child's behaviour as their excitement builds! Below are some ideas for supporting them (and you) to survive the festive season...

**Maintain a routine-** routines provide a sense of stability and security for children (e.g. stick to regular mealtimes and bedtimes)

- **Foster creativity-** creative activities support cognitive and emotional development (e.g. arts and crafts, baking)

**Teach gratitude and giving-** builds their empathy and understanding (e.g. donate old toys, visit elderly relatives)

**Provide emotional support-** holidays can be emotionally challenging for some children (e.g. regular check ins, model talking about how you feel)

**Promote physical activity-** physical activity is crucial for health and can be a great stress reliever (e.g. family walks)

**Consider limiting screen time-** research suggests excessive screen time can impact sleep and attention (e.g. set clear boundaries, offer alternatives)

**Incorporate relaxation and downtime-** helps with stress management and overall wellbeing (e.g. read a story, mindfulness activities)

For ideas to support your own mental health at Christmas, visit [www.mind.org.uk](http://www.mind.org.uk)

