



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)



Ms Zoe Virgin

Family Support Worker (FSW)
& Attendance Officer



Mrs Kirstin Eccles

Mental Health Lead

Dear Parents and Carers,

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

As the Autumn Term comes to a close, we're amazed at how quickly the year has flown by and excited to take a break to spend time with loved ones during the festive season.

While Christmas is often a time of joy and celebration, we are mindful that it can also bring challenges, especially for those affected by Domestic Abuse. Reports of such incidents tend to increase at this time of year, and we want to ensure that you're aware of the support available for yourself, friends, or family members. Please refer to Page 2 of this newsletter for more information and resources on getting help.

Additionally, we have included a leaflet from the Educational Psychology Service with practical tips to help children navigate the festive season, which can often feel overwhelming with all the excitement and changes.

Please also find information regarding the Netflix show, 'Squid Games'.

On behalf of the safeguarding team at Belmont, I'd like to wish you a safe and enjoyable festive season. We look forward to welcoming everyone back in the new year.

If you have any questions about the topics in this newsletter or other safeguarding concerns, please feel free to reach out by email.

As always, we're here to help.

Clair Veli

Assistant Headteacher

& Designated Safeguarding Lead

The following policies have been updated:

Safeguarding; Attendance; Relationships
& Behaviour

You can access them here:

[Policies & Procedures - Belmont School](#)



Domestic Abuse

Domestic abuse is not limited to physical violence such as hitting or threats. It also includes controlling behaviours, emotional abuse, and constant put-downs. These actions can leave you feeling trapped, incapable of escaping, or fearful for your children or other family members if you try to leave.

Research shows that children exposed to domestic abuse—especially within their own families—are at a higher risk of experiencing mental health challenges, becoming victims of abuse themselves, and developing behavioural issues.

Leaving an abusive relationship can feel overwhelming, especially when it's something you've built your life around and may also rely on for support. However, no one deserves to stay in a harmful or controlling situation.

Remember, you're not alone. A wide range of support services are available to help you take the first steps toward safety and healing.

Support

There is support out there: Women's Aid www.womensaid.org.uk and The National Domestic Abuse Hotline 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.



Domestic Abuse

Not all domestic abuse leaves visible injuries...

Domestic abuse can be:

- ▶ Coercive/controlling
- ▶ Emotional
- ▶ Sexual
- ▶ Physical
- ▶ Financial

Children can be harmed directly **or** by **seeing** or **hearing** domestic abuse.



<https://safeguarding.network/domestic>



Local contact details:

GDASS

Need help?

Call our helpdesk on
01452 726 570

or email
support@gdass.org.uk

Open 9am-5pm,
Monday to Friday

24-hour National
Domestic Violence Helpline
0808 2000 247





Netflix's *Squid Game*: A Reminder About Age-Appropriate Content

We have recently become aware that some pupils have been discussing the latest season of Netflix's *Squid Game*. While the show has gained widespread popularity, it is essential to highlight that *Squid Game* carries a 15+ age rating due to its explicit content, which includes graphic violence, distressing themes, and mature subject matter.

This type of content is not suitable for young audiences and may have a negative impact on children's emotional well-being. We encourage parents and carers to stay informed about the shows and media their children are exposed to. Setting clear boundaries and discussing why such content is inappropriate for their age group can support healthy and safe viewing habits.

If you need advice on managing streaming services or ensuring age-appropriate viewing, please contact the safeguarding team. Additionally, many platforms provide parental control tools to help protect children from unsuitable content.

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

