



## Safeguarding Newsletter—Autumn Term 1 2022

Dear Parents and Carers

I hope you have all had a wonderful summer and we look forward to seeing the children at the beginning of the new academic year.

All staff at Belle Vue have a responsibility to safeguard children but just a reminder to you that we have the following designated staff in place with responsibility for safeguarding:

Mrs. C Davies—Designated Safeguarding lead  
Mrs. S Richardson—Deputy Safeguarding lead  
Mrs. A Perrett—Deputy Safeguarding Lead  
Mrs. C Mulligan—Deputy Safeguarding lead

Governor responsible for safeguarding: Mrs. A Potter

If you have any concerns regarding the safeguarding of a child/children please contact the school immediately on 01384 389900 or email [info@belle-vue.dudley.sch.uk](mailto:info@belle-vue.dudley.sch.uk). **If you suspect a child is in immediate danger please ring 999.**

### Keeping Children Safe In Education, September 2022

Keeping Children Safe in Education is a statutory Department for Education document which all schools must follow when carrying out their duties to safeguard and promote the welfare of children. It covers many aspects of safeguarding including different forms of abuse, early help processes, safe recruitment, how concerns must be reported and the role of the Designated Safeguarding Leads.

[Click here](#) for the full document.

Safeguarding and promoting the welfare of children is defined as: -

- Protecting children from maltreatment
- Preventing impairment of children's mental and physical health or development
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and taking action to enable all children to have the best outcomes

**All** staff at Belle Vue Primary School receive annual training during the beginning of the autumn term. Training covers updates to KCSIE, September 2022, knowing who the designated staff are for child protection and reporting procedures. In addition, staff are taught how to look for signs of the following types of abuse:

1. Physical
2. Sexual
3. Emotional
4. Neglect

Throughout the year staff receive further training on a variety of child protection issues.

## Mental Health

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



### How can I help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
9. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

[Click here](#) for mental health and parenting information.

Useful websites for parents:

<https://www.youngminds.org.uk/>

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cymhs-parents-carers-information/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



# How are you feeling today?



happy



anxious



sad



angry



excited



calm

## 6 things you can do to help you feel good

Talk to someone you trust about how you're feeling



Go outside and get some fresh air



Listen to your favourite music



Keep active - run around or play games



Eat lots of healthy food



Have a good night's sleep



## Need someone to talk to?

Call Childline for free  
0800 1111



In an emergency, text SHOUT  
85258