



Safeguarding Newsletter—Autumn Term 2 2025

Dear Parents and Carers

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. S Rose

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. **If you suspect a child is in immediate danger please ring 999. If you have a concern during holiday time, please email safeguarding@belle-vue.dudley.sch.uk**

Healthy Snacks

It can be really difficult knowing what to give children when they want a snack after school. [The Change4life website](#) has some really great ideas and suggestions as well as recipes for healthy snack swaps. There are also 9 top tips for healthier snacking including a sugar calculator which can be used to see how much sugar your child is really consuming on an average day. The results can be quite eye opening!

Food Safety guidance

Guidance states that children under the age of 5 should not be given:

- ◆ whole nuts and peanuts as they pose a choking risk (children can be given crushed or ground nuts and smooth peanut butter from around 6 months old)
- ◆ raw eggs, runny boiled eggs or foods containing partially cooked eggs like uncooked cake mixture (unless they have the red lion stamp or you see the words “British Lion quality”)
- ◆ foods high in salt such as sausages, bacon, crackers, crisps, ready meals and takeaways
- ◆ sugar, either in sugary snacks or added to food
- ◆ foods high in saturated fat such as biscuits, crisps and cakes
- ◆ fresh pate (meat, fish or vegetable-based) to reduce the risk of food poisoning
- ◆ unpasteurised milk, milk drinks and cheese, mould-ripened cheeses and soft blue-veined cheese, to reduce the risk of food poisoning (these cheeses can be used as part of a cooked recipe as listeria is killed by cooking)
- ◆ raw shellfish, to reduce the risk of food poisoning - make sure any shellfish you use is thoroughly cooked.

- ◆ raw jelly cubes, as these are a choking hazard
- ◆ slush ice drinks, sometimes known as slushies, as they may contain too much glycerol

Choking hazards

Children can choke on any food. To minimise the risk of choking:

- ◆ remove any stones and pips from fruit before serving
- ◆ cut small round foods (like grapes, strawberries and cherry tomatoes) lengthways and into quarters
- ◆ cut large fruits (like melon) and hard fruit or vegetables (like raw apple and carrot) into slices instead of small chunks
- ◆ do not offer raisins as a snack to children under 12 months (they can be chopped up as part of a meal)
- ◆ soften hard fruit and vegetables (like raw apple and carrot) and remove the skins when first given to babies from around 6 months
- ◆ cut sausages into thin strips rather than chunks and remove the skins (sausages should be avoided due to their high salt content)
- ◆ remove bones from meat or fish
- ◆ do not give whole nuts to children under five years old
- ◆ do not give whole seeds to children under five years old
- ◆ cut cheese into strips rather than chunks
- ◆ consider wholemeal or toasted bread as white bread can form a doughy ball in the throat, and cut all types of bread into strips for very young children
- ◆ do not give children marshmallows or jelly cubes from a packet, either to eat or as part of messy play activities, as they can get stuck in the throat
- ◆ do not give children hard sweets

Physical Health – Did you know?

- ◆ Children under 5 should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better.
- ◆ Children aged between 5 and 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- ◆ Children from 5 upwards should do 2 types of physical activity each week:
 1. Aerobic exercise- **anything that gets your muscles moving such as walking, jogging, swimming, playing football, dancing etc.**
 2. Activities to strengthen muscles and bones -**walking, running, jumping, climbing, yoga.**



How to keep your child safe during autumn/winter months

Being seen by drivers, cyclists, and other pedestrians is the single most important factor for children's safety in the dark.

Wear bright and reflective items:

- **Day and twilight:** Use brightly coloured or fluorescent clothing. Fluorescent materials show up well in daylight and at dusk.
- **Nighttime:** Switch to reflective gear, which is seen clearly in car headlights.
- **Accessories:** Add reflective strips to clothing and school bags or use clip-on reflectors and slap-bands.
- **Footwear:** Some school shoes now feature reflective panels, which increases visibility.
- **Carry a light:** A small torch or head torch makes a child more visible to others and helps them see where they are going. A head torch is particularly useful as it leaves hands free.

Road Safety Habits

It's essential to practice good road safety habits and reinforce them consistently, as younger children can be easily distracted.

- **Hold hands:** Always hold a younger child's hand near roads, and teach them to walk on the side of the pavement away from the traffic. For very young children or those who are prone to pulling away, consider using reins or a wrist strap for added security.
- **Master the Green Cross Code:** Teach and regularly practice the "Stop, Look, Listen, and Think" sequence for crossing the road.
- **Stop:** Stand on the pavement near the kerb.
- **Look:** Look right, left, and right again.
- **Listen:** Listen for traffic you might not see, such as electric cars or bicycles.
- **Think:** Is it safe to cross? Always use pedestrian crossings or a school crossing patrol if one is available. Never cross the road from between parked cars, where drivers may not see a small child.
- **Look out for driveways:** Teach children to watch for cars reversing out of driveways, as drivers may have limited visibility.

