



Safeguarding Newsletter—Spring Term 2 2026

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.**

What is wellbeing?

Wellbeing is the state of being comfortable, healthy or happy. ... Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfilment of long-term goals, your sense of purpose and how in control you feel in life.

Why is wellbeing important?

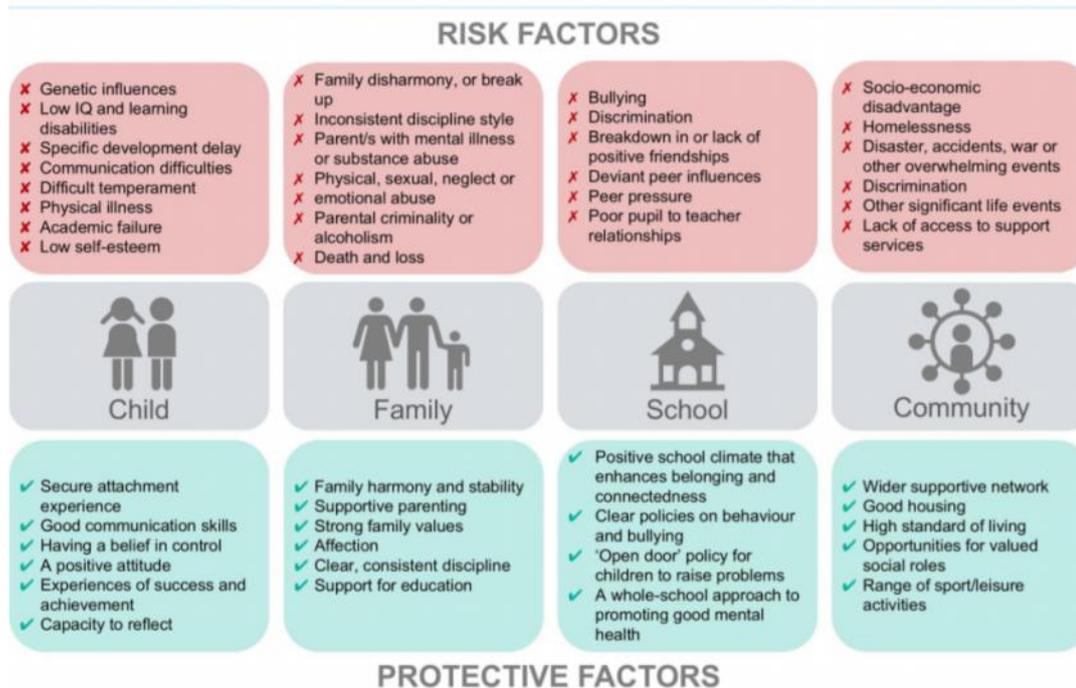
The wellbeing and mental health of a child or young person supports positive outcomes in a range of areas, including performance at school or behaviour at home. If we feel content and happy, we are more likely to look after ourselves and face challenges in a more positive way. A study by Public Health England states that Mental health illnesses are a leading cause of health-related disabilities in children and young people and can have adverse and long-lasting effects in later life.



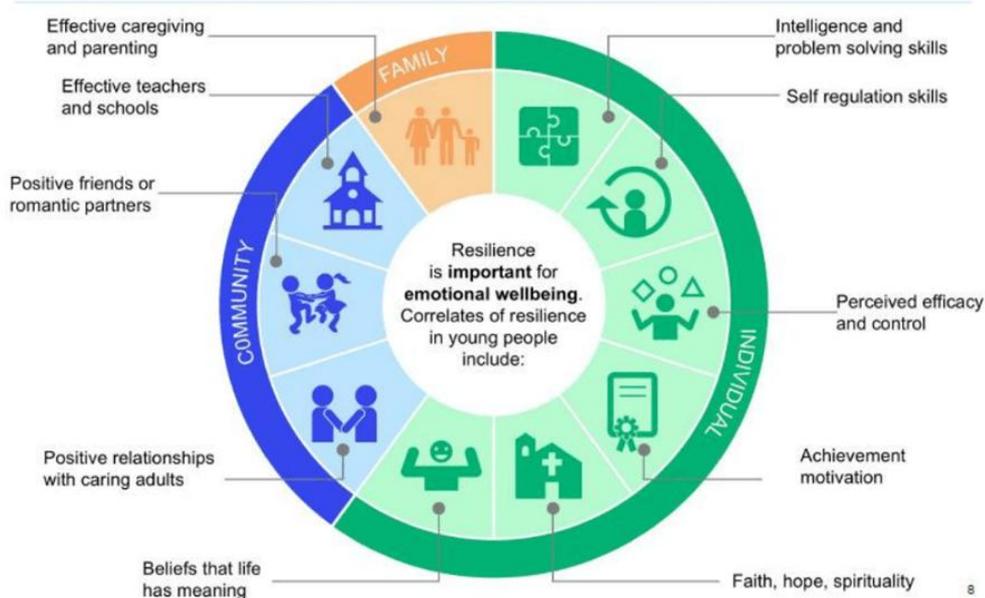
Why is early intervention important?

All children deserve the best possible start in life and early intervention can be applied to a wide range of issues from pre-birth to adulthood.

Risk and protective factors for CYP's mental health



Building resilience (the ability to cope with adversity and adapt to change)



Did you know?

Mental health services are free on the [NHS](https://www.nhs.uk), but in some cases you'll need a referral from your GP to access them. There are some mental health services that allow people to refer themselves too.

Looking after a child or young person's mental health

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age.

Ways to support a child or young person

Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).

Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).

Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways.

Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Signs a child might be struggling

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support. It might be difficult to know if there is something upsetting your child, but there are ways to spot when something's wrong. Look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves

If you have concerns regarding your child, please contact Mrs Davies, one of our deputy DSLs or our Family Support Worker, Mrs Slater.