



## SAFEGUARDING TEAM

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

Gemma Jeacock-Stevens

Designated Safeguarding Officer and  
Deputy Headteacher



Louise Nash Molly Clark

Deputy Designated Safeguarding  
Officers



Karla Weale Kerrie Mason

# Safeguarding Newsletter

## December 2024

Dear Parents & Carers,

Welcome to December's issue of the Safeguarding Newsletter!

As we approach the end of the year, we want to take this opportunity to update you on our safeguarding efforts and share some important information to help keep our children safe during the festive season.

**Keeping Children Safe Online:** With the holiday season approaching, children may spend more time online. Please remind them of the importance of staying safe online. Encourage them to be cautious about sharing personal information and to talk to a trusted adult if they encounter anything unsettling. For more tips, visit [ThinkUKnow](#).

**Holiday Well-being:** The holidays can be a joyful yet challenging time for some families. If you or your child need support, our pastoral team is here to help. Don't hesitate to reach out if you have any concerns.

**Winter Safety:** With colder weather, please ensure your child is dressed appropriately for the conditions, including coats, hats, and gloves. Remind them to be cautious on icy paths.

**Attendance and Punctuality:** Regular attendance is crucial for your child's education. If your child is unwell, please inform the school as soon as possible. Let's work together to minimize disruptions to their learning.

**Coffee Morning:** Thank you to those parents/carers who were able to attend our coffee morning last week. We will be advertising our coffee morning dates and workshops in the new year, so please put them in your diaries!

Stay safe and have a wonderful December!

Gemma Jeacock-Stevens



Deputy Headteacher & Designated Safeguarding Lead (DSL)



## Spotlight on...



### **Domestic Abuse**

Domestic Abuse is typically manifested as a pattern of abusive behaviour toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim. This can be mental, physical, economic or sexual in nature.

Children who witness domestic abuse are at risk of both short and long-term physical and mental health problems. Every child will be affected differently to the trauma of domestic abuse.

Possible Short-Term effects –

- Bed wetting
- Difficulty sleeping
- New or challenging behaviours
- Physical symptoms such as headaches or stomach aches
- Having low self esteem
- Heightened emotions

Longer term Effects –

- Mental health problems, such as becoming anxious or depressed. Low mental health can also lead to big impacts on physical health, including self-harm or developing an eating disorder
- having a lowered sense of self-worth
- repeating behaviours seen in their domestic setting

Since the Domestic Abuse Act 2021, children that have been exposed to domestic abuse are now recognised as victims of domestic abuse in their own right, rather than just witnesses.

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

### **Report any concerns**

If you suspect a child is being abused or is in danger of being abused, please contact a member of the Safeguarding team above. 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.**



## Support

There is support out there:

- **Talk to the Family Support team here at The Milestone.**
- Women's Aid [www.womensaid.org.uk](http://www.womensaid.org.uk) and The National Domestic Abuse Hotline The Freephone National Domestic Abuse Helpline, run by Refuge 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.
- Men's Advice Line - 0808 801 0327 - Advice and support for men experiencing domestic violence and abuse
- Talk to your doctor, midwife or health visitor
- Relate - 0300 003 0396 - You can talk to Relate about your relationship, including issues around domestic abuse
- National LGBTQ+ Domestic Abuse Helpline - 0800 999 5428 Emotional and practical support for LGBTQ+ people experiencing domestic abuse
- Anyone can call Karma Nirvana on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage
  
- **In an emergency call 999**