



# SEFTON PARK

## Term 2 Safeguarding Newsletter

Dear Parents and Carers,

Welcome to the second safeguarding newsletter of the year

As we approach the festive season, many families look forward to quality time together, celebrations, and gift-giving. Christmas can be a wonderful time, but it can also bring safeguarding challenges that are important to be aware of. This newsletter highlights key issues and offers practical advice to help keep children safe and supported during the holidays.

Do get in touch with any of our Safeguarding team if there is anything we can do to make it easier.

### Safeguarding Team



Mrs E Shuker (DSL)



Ms R Earnshaw (DDSL)



Mr A Powell (DDSL)



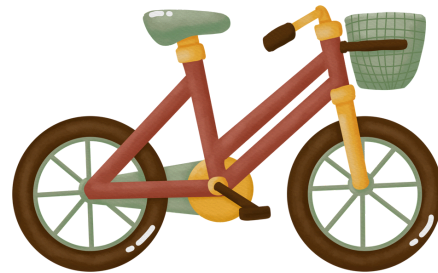
Ms L Howlett (DDSL)



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## New Wheels!

Getting a new bike or scooter at Christmas is exciting, but it's important for children to stay safe while enjoying their gift. With darker evenings and busy winter roads, make sure they always wear a well-fitted helmet and bright, reflective clothing so they can be easily seen. Check that the bike or scooter is the right size and in good working order, and add lights or reflectors if they'll be riding outdoors. Remind children to use safe routes, stay alert to traffic, and never ride on roads without adult supervision if they're not yet ready. A few simple precautions can help ensure their new wheels bring fun while keeping them safe throughout the festive season.



<https://www.think.gov.uk/cycle-safety/>



# SEFTON PARK

## Household Stress & Domestic Abuse Awareness

Sadly, Christmas can sometimes heighten the risk of domestic abuse, substance misuse, and family conflict.

### [National Domestic Violence Helpline](#)

The Freephone 24 Hour National Domestic Violence Helpline is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available. Call: 0808 2000 247. The phone line is open 24 hours day.

### [Next Link Plus](#)

The Next Link Plus service offers specialist domestic abuse support for women, men and children and young people from all communities (including LGBTQ+ and black and minority ethnic). They will support with any additional needs (for example substance misuse, mental health, hearing difficulties, learning disabilities, etc.). They also support for those affected by so-called honour-based violence or forced marriage.

Call 0117 925 0680, text 07407 895620, email [enquiries@nextlinkhousing.co.uk](mailto:enquiries@nextlinkhousing.co.uk) or online chat via the [Next Link website](#).

Check the Next Link website for current opening hours.



# SEFTON PARK

## PAPAYA

Recently, we welcomed PAPAYA into school to deliver a valuable session for parents focused on online safety and children's digital wellbeing. The talk was informative and thought-provoking, sharing clear, practical guidance alongside a growing body of evidence around smartphone use in children, including the potential impact on wellbeing, sleep, concentration and mental health.

PAPAYA highlighted the importance of consistent boundaries and open conversations at home to help children develop healthy, age-appropriate relationships with technology. The slides from the session are available via the link below, and we strongly encourage all families to take the time to look through them as we know that many children may be receiving devices for Christmas.

[Click here for PAPAYA slides](#)

## A Final Message

Christmas should be a time of joy, comfort, and connection. By staying alert to safeguarding issues, whether related to online risks, new gifts, emotional wellbeing, or family pressures, we can help ensure that children and young people enjoy a safe and happy holiday.

If you are concerned about a child, please reach out to your safeguarding lead or local support services. Your concern could make all the difference.

If you're concerned about the wellbeing of a child contact the First Response Team on 0117 903 6444

You can call First Response:

to make a report if you have concerns about the well-being of a child

to request support for your child and family

if you're a child or young person needing help or advice

When our offices are closed and you have an urgent concern that cannot wait until the next working day, call the Emergency Duty Team on 01454 615 165.