

# Safeguarding Newsletter

January 2026



## Welcome to the Safeguarding Winter Newsletter.

We have arrived at the New Year!

We would like to thank you for all your hard work in December in keeping students in school and out of school when needed to help manage the winter bugs. I am sure you will be aware that there have been some particularly nasty cold and flu bugs in school which have affected staff and students alike. We hope you all enjoyed a relaxing break.

## Online Safety

Christmas may have brought with it new phones and tablets in our households. Unfortunately, there is a lot of very damaging material on the internet which is now accessible through even the strictest filtering settings. Please check your internet settings and review what your child has been accessing on a regular basis.

Many social media platforms have a minimum age requirement so we would advise you to think very carefully and read the information in the links below before making a decision on letting your child access these platforms.

Below are some links from the NSPCC and Internet matters.org regarding parental controls and some information to help you decide which apps and platforms you are comfortable letting your child use.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.internetmatters.org/advice/apps-and-platforms/social-media/>

We have had a lot of instances with our older students creating groups on WhatsApp and using these groups to spread a lot of unkindness. Please ensure you are regularly checking the content of these groups if you are allowing your child to access them. As a reminder, the legal age to access WhatsApp is 13.

<https://www.internetmatters.org/advice/apps-and-platforms/social-media/whatsapp/>

Our Academy Trust Hamwic have created a fantastic online safety hub with up to date information about a range of topics and apps that our young people are accessing online.

[Online Safety Hub - Hamwic Education Trust](#)

## Festive Pressures.

The festive season is a great time to gather with people you love and enjoy good food and good company, but it is also a time that can have feel stressful. The pressure to fulfil your child's **endless** wish list and the costs associated with local activities and events can soon mount up and may have lead to feelings of overwhelm.

Please remember that you are not alone and that there are people available to support you.

Whilst these graphics talk about Christmas they are also really useful for the 'January blues'

**Where can I get Mental Health support over Christmas?**

**Mind** Mind's free and confidential infoline is there to support anyone who needs it. It is open 9am - 6pm, Monday to Friday. Call **0300 123 3393** or text **86463**. The infoline will be closed on the 25th & 26th December and the 1st January 2018.

**Calm** Calm run a helpline & webchat to support men who need to talk or find information. It is open 5pm - midnight, every day. And will stay open throughout December '17. Call **0800 58 58 58** nationwide or **0808 802 58 58** from London. Or visit [www.calmzone.net/help/get-help](http://www.calmzone.net/help/get-help).

**THE MIX** The Mix offers free, confidential support for young people under 25 via online, social and mobile. All of The Mix support services will remain open throughout December 2017. Visit [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support) to find out more.

**If you need help when these services are not available, call NHS 111 or the Samaritans on 116 123**

**Looking after your mental health at Christmas**

Be open      Accept yourself      Keep active

Drink sensibly      Take a break      Ask for help

Mental Health Foundation

## Safeguarding

If you need to report a safeguarding concern please use [safeguarding@livingstoneprimary.org](mailto:safeguarding@livingstoneprimary.org) rather than trying to discuss on the gate with staff as this is not confidential and staff need to be available to welcome all of our students and parents. Alternatively please speak to the office staff about making an appointment to see a member of the team.

If you are struggling financially or need advice on parenting strategies and signposting to help available, the Early Help Access Point is a great first port of call. They are contactable Monday to Friday on **01202 126668**.

If you need to report a concern about a child please call the Multi Agency Safeguarding Hub (MASH) on **01202 123334 Monday to Friday**.

Out of Hours Children's Social Care are available on 01202 738256