

Safeguarding Newsletter

Keeping Your Children Safe Online: A Must Visit Resource for Parents

Dear Parents and Carers,

As we approach the Christmas break, we want to take a moment to thank you for your continued support throughout the year.

Working together to keep our students safe and happy is at the heart of everything we do.

From all of us on the Safeguarding Team at USH, we wish you a safe & restful Christmas.

Supporting Families Through Grief This Festive Season



The festive season is often seen as a time of joy and togetherness, but for families coping with loss it can be an especially difficult period. If you or someone you know is grieving, it's important to acknowledge that these feelings are valid and that support is available.

How you can support yourself and your child:

- Talk openly about feelings children need reassurance that it's okay to feel sad.
- Create new traditions that honour your loved one in a gentle way.
- Take breaks from festivities if they feel too much.
- Reach out for help you don't have to cope alone.

For practical advice and compassionate guidance, visit **Cruse Bereavement Support**:

You can also honour the memory of a loved one by creating a tribute on the **Cruse Dedication Page**:

This is a meaningful way to celebrate their life and keep their memory alive during the holidays.

In today's digital world, our children are spending more time online than ever before whether for learning, socialising or entertainment. While the internet offers incredible opportunities, it also comes with risks that every parent should be aware of.

To help you navigate these challenges, we encourage you to visit the **Hamwic Online Safety Hub**
<https://hamwic.onlinesafetyhub.uk/>

This hub is packed with practical advice, easy to follow guides and up to date information on how to keep your child safe online. From managing screen time and understanding social media trends to setting parental controls and spotting online dangers, the resources are designed to empower you as a parent.

Why is this important?

- Children can be exposed to inappropriate content, cyberbullying or online scams.
- Social media and gaming platforms often have hidden risks.
- Staying informed helps you protect your child's privacy and wellbeing.

Take a few minutes today to explore the site and learn how you can create a safer digital environment for your family. Together, we can make the internet a positive and secure space for our children.

The Online Safety Hub will be running their Online Safety Parent Workshop on **15th January** from **7-8pm**.

Click here to register for the session:
HET Online Safety Workshop 15th January 2026.

THE SAFEGUARDING TEAM



ANNELI CLEMENTS, SARAH HAYWARD, NICK RUSSON, LEONIE CLAY, VICTORIA WAY, CLAIRE FORTUNE, KIERON HALL, RICK STAPLES

For further safeguarding guidance and resources, please visit the Upper Shirley High School website at:
<http://uppershirleyhigh.org/safeguarding-and-supporting-parents>

Free Training for Parents and Carers: Gaming and Gambling Risks

Gaming and online activities are a big part of many young people's lives, but they can also bring hidden risk, especially when gambling like features are involved.

YGAM (Young Gamers and Gamblers Education Trust) offers free online workshops for parents and carers. These sessions provide practical advice and strategies to help you:

- understand gaming and gambling-related risks.
- spot signs of harm or addiction.
- support your child to make healthy choices.

Find out more and register for a session [here](#):



Christmas events in Southampton

Basics Bank is a community based service that provides essential items to individuals and families who are experiencing financial hardship

- **Christmas Markets** – Westquay
- **Westquay On Ice** – Tickets start from £12. To book your tickets click [here](#).
- **Festive Afternoon Tea** – Beaulieu
- **Santa Specials** – On Eastleigh Lakeside Steam Railway
- **Visit Father Christmas** – at Tudor House & Garden
- **Candlelight: Christmas Movie Soundtracks** – Royal Victoria Country Park



Basics Bank Opening Hours

→ Saint Mary's Church, Lodge Rd, Southampton SO14 6RF

Tue 16th Dec Open 10am - 2pm

Wed 24th Dec Open as usual

Thur 25th Dec Closed

Fri 26th Dec Closed

Clothes Bank Closed

Mon 29th Dec Open 10am - 1pm

→ Above bar church

Tue 30th Dec Open 10am - 1pm

→ St Mary's Sholing

Wed 31st Dec Open 10am - 1pm

→ The Old Chemist

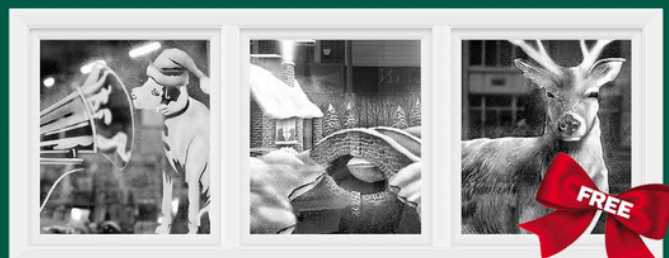
Thur 1st Jan Closed

Fri 2nd Jan Open as usual

→ Lordshill church

Clothes Bank Closed

SNOW WINDOWS TRAIL



29 November – 4 January
10am – 5pm

Follow the **SNOWFLAKE** and **STAR** routes to uncover over 20 stunning window scenes.



Plus claim a **FREE PRIZE**.

Find out more:
visitsouthampton.co.uk/christmas-trail



Your Festive
Guide to
Christmas
in the City.
Click Here