

School News Letter

FREE family activities throughout the Summer Holiday:

- Take a trip to the Lickey Hills Country Park - fantastic views and great for a family day out.
- Cannon Hill Park - It has been deemed as 'Birmingham's BEST DAY OUT!'
- Public Space at BBC Birmingham - Present the weather, get up close and personal with Doctor Who's Tardis and take a selfie with dresses from Strictly Come Dancing.
- Birmingham Museum and Art gallery - art, history and artefacts can all be viewed here.
- Take a trip to Lichfield - explore the Cathedral, visit Beacon Park and take a walk around the unique and quirky shops.

FREE ACTIVITY PROGRAMME WITH GREAT MEALS INCLUDED

Happy Healthy Holidays is Birmingham's biggest FREE summer holiday activity programme with food included! Do not miss out!

Join them at a place local to you for:

- 4 hours - 4 days - 4 weeks this summer
- Cook, craft and get active.
- Inclusive specialist SEN support at key sites.
- Enjoy great summer meals and snacks.

To register, please visit www.sportbirmingham.org/hhh

Who to contact if you have a concern about a child in the school holiday?

- School DSL or Deputy DSL - 0121 464 2356
- Police - **999** if a child is at immediate risk, or **101** if you think a crime has been committed.
- Children's Services - 0121 303 1888
- NSPCC - 0808 800 5000
- ChildLine 0800 1111

Dear Parent/ Carers.

The aim of this newsletter is to try and communicate some key information to parents and their children about staying safe in the school holidays, whilst having lots of family fun! Inside you will find information about water safety, staying safe by the railways, staying safe online and plenty of free things for the family to do throughout the Summer Holidays.



If you have any concerns for a child or young person in term time, you can speak to one of the following members of staff.

- * **Mr Chambers (Head Teacher and Designated Safeguard Lead)**
- * **Mr Phillips (Pastoral Manager and Deputy Designated Safeguard Lead)**
- * **Mrs Pinnegar (Deputy Head Teacher and Deputy Designated Safeguard Lead)**
- * **Mr Mann (Deputy Head Teacher and Deputy Designated Safeguard Lead)**
- * **Mrs Gray (Assistant Head Teacher and Deputy Designated Safeguard Lead)**
- **Mrs Robinson (Assistant Head Teacher and Deputy Designated Safeguard Lead)**

Our Governor with responsibility for Safeguarding: **Ian McGuff**

Water Safety Advice and Tips—RNLI (Royal National Lifeboat Institute)

Whatever you are doing:

- Be aware of the dangers.
- Know your limits and don't take risks.
- Go with others and look out for each other.

Make sure your phone is charged so you can call for help if you come across anyone who needs it.

At the beach and in the water:

- **Where to be:** In the summer [head to a lifeguarded beach](#), between the red and yellow flags.
- **Before going into the water:** Do the conditions exceed your ability? Swimming in the sea is very different to swimming in a pool.
- **When you enter:** Take a moment to acclimatise to the water temperature.
- **While you're in:** Make sure you have someone watching from the beach to provide shore cover. Make sure they have a way to call for help.

Near open water:

- **Where to be:** Keep away from the edge. Stick to designated paths. Beware of uneven, unstable or slippery ground.
- **What to look for:** Read safety signs. Always seek local advice on the [tides](#) to make sure you don't get cut off.
- **Reduce the risk:** Avoid walking alone or at night. Always make sure you have a way to call for help.

On the water:

- **Keep buoyant:** Fatigue can kick in quickly. Wear a suitable personal flotation device – it could save your life. [See our guidance on lifejackets and buoyancy aids \(PDF 3.26 MB\)](#).
- **Be seen:** Carry a means of calling for help in case you do end up in trouble.
- **Have shore cover:** If you are alone on the water, tell someone ashore your plans and what time you expect to be back.

If you find yourself in the water unexpectedly:

Around half the people who die at the coast slip, trip or fall into the water. They never intend to get wet.

- **Take a minute:** The initial shock of being in cold water can cause you to gasp and panic. [Effects of cold water shock](#) pass in less than a minute so don't try to swim straight away.
- **Relax and float:** Float on your back while you catch your breath. Try to get hold of something that will help you float.
- **Keep calm:** Once you're calm, call for help. Swim for safety if you are able.

If you see someone else in trouble:

- **Call for help:** Call 999 or 112. Ask for the coastguard.
- **Throw them a line:** Have something that floats or that they can hold on to? Throw it to them.
- **Stay safe:** Do not enter the water yourself. Too many people drown trying to save others.

During stormy weather:

- **Check the forecasts:** Keep a keen eye on the forecasts and [tides](#) and always seek local advice in advance.
- **Check your surroundings:** Storms can change the landscape of some beaches, changing or damaging access points, or even creating new areas for [rip currents](#).
- **Beware of large waves:** Even from the shore, [large breaking waves](#) can sweep you off your feet and drag you out to sea.

7 ways to keep your children safe in the summer holiday:

- 1) Go swimming at supervised sites - supervised swimming beaches, lidos or swimming pools - Please see the posters provided.
- 2) Keep children well away from barbecues!
- 3) Follow the 4 rules of sun safety - sunscreen, sun hat, sunglasses and shade!
- 4) Make sure your children know how to cross the road safely - use pedestrian crossings.
- 5) Stay safe if travelling to a destination on a train - Please see the 2 additional documents provided.
- 6) Supervise your children at all times - Parents must ensure their children are safe and not at risk of harm.
- 7) If your child is unwell, book an appointment with your GP or telephone 111 for advice and guidance.

Staying Safe Online

S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

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