

Summer Safety

The summer holidays are fast approaching, our students have worked incredibly hard and are hopefully looking forward to a well earned break. Although there is much to enjoy about the summer break, we are very aware that this can also mean an increase in unstructured time for children and families, which can come with its difficulties.

Tips on how to talk to your child about online safety

- Try not to treat it like an interrogation. Make it into a conversation, be curious and show genuine interest.
- Ask them for help about your online privacy settings and use this as a way to check what they do.
- What apps do they use and why do they use them? If you haven't heard of the app, ask them to show you how it works.
- Remind them that if they wouldn't share it with a stranger on the street, then they shouldn't share it online.
<https://northerneducationtrust.onlinesafetyhub.uk/>

Screen Time Safety

Screen time is often a concern for parents, particularly whether the amount of time children are spending on devices is affecting their wellbeing. Please use this link to see tips for managing and promoting healthy screen time

<https://www.bbc.com/ownit/the-basics/managing-family-screen-time>

Cyber-bullying: know the signs:

This is using the internet, mobile phones, or other technology to send or post images that are intended to hurt or embarrass another person. What to look out for:

- The biggest sign is withdrawal from technology.
- Changes in emotions such as over-stressed or anxious when using technology.
- Avoiding school when they previously liked to go.

How to report online harassment and bullying

Report it to the police either online at: <https://www.met.police.uk/ro/report/ocr/af/how-to-report-a-crime/> or by calling 101.

Contacting the social media directly (they usually have a report button.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Our students have had a fantastic year – celebrating PROUD, working on their Love2Learn projects and taking part in their Educational Experience events. Our students are looking forward to spending some quality time with their friends, families and for some, going on holiday! If you do not have a holiday planned, please check out some of the local activities and events linked below!



What to consider before your child goes out alone with their friends:

Speaking your children before they go out and ask them:

What they are planning to do?
Where they are going?
Who they are going with?
What time, and how they will be getting home?

Tell them:

To think about what they are doing.
Not to cause distress or annoyance to others.
Not to cause damage to property.
Not to put themselves or others in danger.

Access to Alcohol:

ASB and accidents are commonly linked to alcohol, children often take it from home without parents' knowledge.
Keep alcohol in a safe place.
Keep a regular check on the alcohol you have to know if any goes missing.

Young people can also be the victims of crime and disorder:

Make sure they know how to stay safe
Make sure they know what to do if they are victim of crime
Make sure they can contact an adult at any time and who it is
Make sure they know how to use the police 101 and 999 services

Who to contact if you have safeguarding concern over the summer:

- Report any safeguarding concerns via the following link: <https://www.tameside.gov.uk/c-hildabuse>.
- You can contact the NSPCC Helpline by calling 0808 800 5000, emailing help@NSPCC.org.uk or completing our report abuse online form.
- Childline 0800 1111.
- 999 for an emergency.

Local food banks:

<https://www.tameside.gov.uk/foodbanks>

Local activities and events:

<https://outandaboutmummy.com/free-and-cheap-summer-activities-in-tameside/>

Emotional wellbeing support:

<https://www.kooth.com/>

<https://www.mind.org.uk/>

<https://www.nhs.uk/nhs-services/mental-health-services/>

Strategies to support your child with their emotional wellbeing:

Be approachable and curious: rather than providing reassuring statements such as "it will be fine" ask them about their worry or concern to try to understand the wobbly thoughts behind their behaviour.

No matter how small a worry seems to us as adults - take it seriously and help them to problem solve it.

Sun & Water Safety

Enjoy the sun safely and protect your skin by spending time in the shade, covering up with clothing, and **using sunscreen with at least SPF 30**.

No matter where you are, whether at home or on holiday, it's important to protect your skin when the sun is strong. The best way to enjoy the sun safely is to use shade, clothing and sunscreen together to protect your skin. Using sunscreen doesn't mean you can spend longer in the sun. But it's useful for protecting the parts of skin not covered by clothing or shade. We are also keen to work with parents and carers to educate our students on water and how to keep safe.

Open Water Sites

Around 85% of accidental drownings occur at open water sites. Many of these drownings occur due to a lack of understanding of open water dangers.

Risks:

- Cold water shock
- The height of the fall/jump
- The depth of the water
- Underwater objects and hazards
- Strong currents underneath which can rapidly sweep people away
- Uneven banks and river beds
- Pollution

The SAFE code

Keep your family **SAFE** near water, learn the code:

SPOT	<p>Spot the dangers Check for hazards such as tides or currents Consider what could be hidden under the water Be careful of unsafe banks, stay well back from the edge</p>
ADVICE	<p>Take advice Always read the signs Only swim where there is a lifeguard Wear buoyancy aids and life jackets</p>
FRIENDS	<p>Go with a friend Swim with your friends and family Friends can get help Never swim alone</p>
EMERGENCY	<p>Learn what to do in an emergency Find the nearest phone and call 999 or 112 Shout loudly to attract attention Never enter the water to save someone</p>

The Royal Life Saving Society UK is the drowning prevention charity. Find out how you could help save lives by taking part in our **Drowning Prevention Week** campaign at www.rlss.org.uk

When to call 999:

You or someone else have signs of heatstroke, including:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness

Put the person in the recovery position if they lose consciousness while you're waiting for help.

Sunburn

Sunburn can start to occur in as little as 11 minutes and, depending on the severity, can take a few days or weeks to heal.

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB;
- at least 4-star UVA protection;
- UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard;
- make sure the sunscreen is not past its expiry date.



Tips for coping in hot weather



 <p>Look out for those who are most at risk: the elderly, young children, babies and those with underlying health conditions - help them to keep themselves cool and hydrated.</p>	 <p>Stay cool indoors - Learn how to keep your home cool, see gov.uk.</p>
 <p>Close curtains in rooms that face the sun to keep indoor spaces cooler. Remember, it may be cooler outdoors than indoors.</p>	 <p>If going outdoors, use cool spaces considerably.</p>
 <p>Drink plenty of fluids and avoid excess alcohol. If you are leaving the house, take a bottle of water.</p>	 <p>Never leave anyone or any animal in a closed, parked vehicle.</p>
 <p>Try to keep out of the sun during the hottest part of the day - 11 in the morning to 3 in the afternoon.</p>	 <p>Walk in the shade, apply sunscreen regularly, wear a wide-brimmed hat and light, loose-fitting clothing if you go out in the heat.</p>
 <p>Avoid exercising during the hottest parts of the day. Try and exercise before 11am or after 3pm if you can.</p>	 <p>If you are going into open water (rivers, lakes and the sea) to cool down, take care and follow local safety advice.</p>

Information from nhs.uk