



Welcome to our sixth and final Safeguarding Bulletin of this academic year. Last half term we explored exam burnout and loneliness, while in this edition we will be focusing on staying safe over the summer holidays and what the key contacts are if you have a concern regarding your child.

Introducing our newest safeguarding officer

A big warm welcome to Mr Caine who has joined the senior leadership team at our school. As Assistant Vice Principal for Inclusion, he will also take up the role as one of our safeguarding officers with a particular focus on E-safety.



Drowning Prevention week

Earlier this half term, students explored and were educated in open water safety as part of drowning prevention week. During this week, students were given valuable information about how to stay safe near water and what to do in case of an emergency. With many of us opting for staycations once again this year, the Royal Life Saving Society UK (RLSS UK), fears that families will flock to beaches and inland water locations this summer, without considering the potential dangers, putting themselves and others at risk.

Drowning Prevention Week aims to equip everybody across the UK and Ireland with the skills and knowledge, to make the right decisions about water safety. Here are 10 top tips to help you stay safe around the water:

1. Always supervise children around the water.
2. Never swim alone.
3. Avoid throwing sticks or balls near water for dogs, and never enter the water to try and save them.
4. Alcohol can impair your judgement – don't drink and drown.
5. If you're going wild water swimming, download the app 'What3Words'; it can help emergency services find out exactly where you are in the event of an emergency.
6. If you find yourself in difficulty in water, float to live. Resist the urge to gasp for breath and lie on your back with arms and legs spread. Move your limbs slowly to help you float. Once your breathing returns to normal, you can call for help.
7. Follow all signs in the area, be aware of the local dangers.
8. Don't dive into shallow waters.
9. Keep an eye on the weather, if you spot bad weather, pack up and take the fun inside.
10. In an emergency, always call 999. If you're inland, ask for the fire service. If you're at the coast, ask for the Coastguard



Railway safety

Message from British transport Police

Many people – especially young people – fail to understand the danger they put themselves and others in, when they make the choice to stray onto the rail network.

If you or your child have a non-emergency concern, please contact safeguarding@saintspeterandpaul.halton.sch.uk for advice and support. For emergencies please call 999.



As summertime approaches, we are already seeing an increase in the number of incidents being reported. Incidents we're seeing involve children and young people:

- Hanging around on station platforms and crossing the tracks.
- Walking along the railway lines.
- Throwing stones at trains.
- Placing objects on the railway lines.
- Using the railway as a playground.

I am sure you agree that all of the above activities are extremely dangerous. The British Transport Police and Network Rail are seeking the support of parents and guardians to highlight the danger and implications of these activities to help us reduce the number of young people putting themselves and others at significant risk. To assist with the conversation there are a number of online videos available and range depending on the age group of your child.

Links to Videos Home - Switched On! (switchedonrailsafety.co.uk)

Educational resources for children - Network Rail Home - You vs. Train (youvstrain.co.uk)

Stay Safe with Thomas - Network Rail

The Safeguarding Team



Mr Forber

Deputy Designated Safeguarding Lead



Mrs Forber

Designated Safeguarding Lead



Mrs Nightingale

Deputy Designated Safeguarding Lead



Mrs Woan



Mrs Cunningham



Mrs Scott



Mr Caine

If you or your child have a non-emergency concern, please contact safeguarding@saintspeterandpaul.halton.sch.uk for advice and support. For emergencies please call 999.



Staying Safe This Summer

As school closes for the summer, we like to wish you a great holiday and remind you how important it is that you **stay safe and healthy**.

We all need help and advice sometimes. Whatever the problem is, talking about it can be the first step to solving it. If there is an adult you can trust like a parent, carer or a professional, talk to them. There are also lots of agencies you can contact for extra support, advice and guidance.

Stay Safe Online

Remember:

- **Check your security settings on your devices**
- **Never share your address, phone number or tell anyone you don't know where you are.**
- **Never agree to meet anyone you don't know.**
- **Don't go on private chat areas**
- **Block unwanted contacts if you feel uncomfortable-** at any time.
- **Report anything you are worried about** – you can do this anonymously.
- **Never send naked pictures of yourself or send pictures of other people.** This is unsafe and is also illegal.
- **Check out the ZIPIT app** which has been designed with you in mind to take control of your online chat
- **A really good place to find out more about apps online is the NHS Apps Library here:** www.nhs.uk/apps-library
- **Be aware of live streaming** – don't be pressured to do or say something you wouldn't do if you were actually with the person.

You can get support and advice for you or your friends from CEOP, if something has happened online which has made you feel unsafe, scared or worried.

The CEOP Thinkuknow website also has information and advice to help you to stay safe online.
www.ceop.police/safety-centre

Look After Your Emotional & Mental Health

Your emotional health and wellbeing is important. Talk to a trusted adult or friend about how you are feeling or about any concerns or worries. Childline have a number of resources and activities that could help. Support from ChildLine is available **online and by phone- ANYTIME**.

Lots of advice and information is available including:

- **Bullying, abuse, safety and the law**
- **Your feelings, friends and relationships**
- **Home and family issues**

More of a TYPER than a talker?

You can access support via the Childline web site – log on for 1-2-1 support, e mail or call their helpline free on 0800 11 11 (9am-midnight).

You can access counselling live on line too

www.childline.org.uk



The CAMHS eClinic app is a free instant messaging service for young people to self-refer, book appointments and talk to a CAMHS Practitioner. The app can be downloaded via android or IOS.



Look After Your Physical Health

It is important to look after your physical and emotional health- you are important.

When you are out and about in the holidays, remember to look after your skin and wear sun cream and drink lots of water.

Try to keep a routine. Sleep is important for your health. Try to go to bed at a regular time. This will help when you return to school or college or start work in September. Have some treats but remember to eat healthy food too. It will help keep your body healthy and make you feel better.

Remember to keep safe, follow these simple rules:

- **Try to do 60 minutes of physical activity a day**
- **Try and maintain a balanced diet** – poor nutrition can cause long term health problems
- **Try to get at least 8 – 10 hours of sleep each night**
- **Have time away from your devices**, especially just before you go to sleep
- **Don't walk alone at night**
- **Never take a short cut through an isolated area**
- **Stay safe near roads**, be sensible, don't take risks
- **Don't wear earphones when cycling** – you can't hear the road
- **Report any concerns or incidents about road or rail to the British Transport Police** on 0800 40 50 40 or text 61016.

If you or your child have a non-emergency concern, please contact safeguarding@saintspeterandpaul.halton.sch.uk for advice and support. For emergencies please call 999.