

Summer 25 Safeguarding Newsletter

Parental awareness event

Following the success of our first Empowering Parents event on July 4th at Cedars, where parents connected with professionals and heard vital talks from the local education and diversion police team and the NSPCC on keeping children safe online, in the community, and supporting their emotional well-being. We were also delighted to host local youth groups who shared what is on offer for young people locally.

We're excited to announce more opportunities! Miss Rolt will be planning another session for the winter term, and thanks to the kind offer from Brook, who attended the last event, we'll be able to deliver even more parent awareness workshops.

Brook offers a range of valuable workshops. To help us tailor these sessions to your needs, please [complete their expression of interest form](#). Your input will ensure we provide the most relevant and beneficial workshops for you.

Mental Health support

Our School CAMHS team will be offering an opportunity for families and young people to seek advice and support with issues that may arise over the summer break.

Please click [here](#) for the poster with full details on how to access the service.

Please note: this is *not* a mental health crisis service. If you or your child is experiencing a mental health crisis, please contact the **NHS on 111 and press Option 2** for the Mental Health Crisis Line (available for all ages). In an emergency, you can also go to your local A&E or call **999**.

A-Z of mental health resources padlets for both [Young people](#) and [Parents/carers](#) can be found here.

Online Safety

Screen's in the Summer, what's the right balance?

It is important to ensure your child's screen use doesn't become unhealthy or unsafe during the six-week break.

Below we have some useful parental information to help support good digital parenting this summer.

[Parent Guide](#)

[Digital parenting blog](#)

[Parent library to support digital parenting from parentzone](#)

Road, Train and Water Safety

With summer approaching, it's vital to reinforce these messages to keep our students safe, especially as they spend more time outdoors and potentially travelling.



Recent feedback about students' road awareness highlights the ongoing need for vigilance. Many, especially when on their phones, may not fully grasp traffic dangers.

During form time this week we have discussed the following with students.

Road Safety:

- **Look Both Ways:** Always look multiple times before stepping into the road.
- **Put Phones Away:** No phones or distractions near or when crossing roads. Stay aware.
- **Be Seen:** Make eye contact with drivers/cyclists; wear bright clothing in low light.
- **Use Pavements:** Stick to pavements where available. If not, walk facing traffic.
- **Cycling Safety:** Remind cyclists about helmets, lights, and traffic laws.

Train Safety:

- **Yellow Line:** Always stand behind the yellow safety line at stations.
- **Mind the Gap:** Be aware of the platform gap when boarding/exiting.
- **No Trespassing:** Never go on train tracks or railway property – it's dangerous and illegal.
- **No Distractions:** Avoid phones/music on platforms or near trains.
- **Emergencies:** Briefly mention what to do in a train/station emergency.

Water Safety

- **Eyes On!** Always have a grown-up watching you when you're near water. Even if you're a good swimmer, accidents can happen really fast.
- **Learn to Swim:** If you haven't already, try to learn how to swim. It's a great skill to have and makes you much safer in the water.
- **Life Jackets Are Your Friends:** If you're on a boat, doing watersports, or just not a strong swimmer, wear a properly fitting life jacket. Floaties and inflatable toys are fun, but they aren't for staying safe!
- **Know Your Limits:** Don't go deeper or further than you're comfortable with. Strong currents or big waves can be tricky, even for good swimmers.
- **Buddy Up!** Always swim with a friend. If something goes wrong, you can help each other.
- **No Diving Unless You Know:** Never dive into water unless you've checked the depth and know it's safe. You could hit your head on something hidden!
- **Stay Hydrated & Sun Safe:** Drink plenty of water and use sunscreen. Getting too much sun or getting dehydrated can make you feel unwell and less safe in the water.
- **Watch for Currents:** You can't always see strong currents.
- **No Trespassing:** Never go into areas that are marked as unsafe or private.
- **Cold Water Shock:** Even on a hot day, water can be really cold and shock your body. Ease in slowly.

It is always important to enjoy a safe and enjoyable summer to teach students about water safety and Operational Support Unit (OSU) have recently produced a video around cold water shock which can be found using this link [THINK TWICE WATER CAMPAIGN](#) and may be useful to show your child with the summer here.

In addition this link shows what to do if individuals end up in the water [Float to live could save your life. Remember it. Share it. #FloatToLive - YouTube](#)

Your support in reinforcing these vital messages is greatly appreciated.

Holiday Activities and Food Programme Summer Holiday activities.

The holiday activities and food (HAF) programme provides fun, free activities for children and young people aged 5 and upwards during the Easter, summer and Christmas school holidays.

The programme is for children eligible for benefit related free school meals, which is a requirement from the Department for Education (DfE) which funds the programme.

There's always a range of activities on offer, including sports and games sessions, craft and creative activities and fun days out. Healthy snacks and lunch are also provided to all children and young people attending face-to-face activities.

Our sessions are inclusive, so are suitable for children with special educational needs and disabilities (SEND).

How to book activities

If your child is eligible for the HAF programme (if they are in reception up to year 11 and are in receipt of benefits based free school meals) they will be allocated a new and unique 16-digit code for each of the three holiday periods that the HAF programme runs (the Easter, Summer and Christmas holidays) to enable you to book activities.

If you haven't received a code, please contact your child's school to check that your child was on their list of benefits based free school meal children. Once you've got your code, you'll be able to log into the [Holiday Activities website](#) – where all the activities taking place during each holiday are displayed – to book activities for your child. Codes are sent to parents from the [Holiday Activities website](#) via email and/or text so please check all email folders for the message containing the link to the activities and the code for each child.

Click [here](#) to see some of the fun activities such as film club, dance and sports camps and days out at curly tails

TACTIC Youth Centre Activities

SEND Summer sessions for young people aged 12-19 running on various dates across the summer at TACTIC. Click [here](#) for further information

Up and coming summer 25 youth activities programme includes sports, arts and crafts and gaming. Click [here](#) for further information

Leighton Buzzard Children's Centre school uniform event

If you are in need of school uniform for the new school year, head along to their drop in and pick up some FREE items!

Thursday 31st July 10-12 and 1-3pm

Click [here](#) for further information

Summer Support services



LINSLADE
SCHOOL

Linslade School
Mentmore Rd, Linslade
Leighton Buzzard
Beds, LU7 2PA
01525 372640

X x.com/linsladeschool
instagram.com/linsladeschool
facebook.com/linsladeschool

Central Bedfordshire Early Help team have put together the [attached](#) document that has some support links for families around additional support you can access over the summer holidays if needed.

A reminder of our school safeguarding contact details:
safeguarding@linsladeac.co.uk

Wishing you all a lovely summer,
Miss Rolt and the Linslade Safeguarding Team

**"Safeguarding and promoting the welfare of
children is everyone's responsibility"**

Headteacher: Mr Mark Gibbs
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