



# Safeguarding Newsletter



Summer 2017 edition

Dear Parent/Carer,

Welcome to the Summer 'Safeguarding Newsletter'. With the summer holidays fast approaching, it is

important that children know how to keep safe whilst enjoying themselves.

This edition includes tips for staying safe over the holidays and information where you can go for ideas to keep

your



## Parenting Pro- grammes

### Walsall Children's Partnership

Parents really are the most influential factor in a child and young person's life and all children test the limits and get angry. It's not always easy for parents; kids don't come with an instruction manual!

Parenting programmes are proven to be effective at helping all parents to increase positive relationships, promote children's development and manage behaviour in constructive caring ways.

Ring 01922 654000 for more information

01922 653383

<http://www.mywalsall.org/fis/parents-homepage>

Walsall Families Information Service (FIS) is a FREE, impartial service that gives advice and up-to-date information on a variety of things that affect families in Walsall.

They aim to help mums, dads, grandparents, uncles, aunts and carers by giving them the right information and advice that will empower them to make the right decisions for their families. Walsall FIS offers bundles of information including;

- \*Finding childcare & Paying for childcare;
- \*Free early learning for 2, 3 and 4 year olds;
- \*Short Breaks and other help and support for children with Special Educational Needs;
- \*Activities for children and young people;
- \*How Children's Centres in Walsall help 0-5 year olds and their families;
- \*More about what Walsall's Toy Library has to offer.



Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for.

Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. Children who are persistently sleep-deprived seem irritable and overactive, seek constant stimulation and don't concentrate well. The key to how much is enough sleep is whether a child gets up fairly easily in the morning, is alert and happy for most of the day, and is not grumpy.

Stick to a bedtime routine and sleep schedule, make sure your kids understand the rules and be consistent about enforcing them.

Using a nightlight can comfort children who tend to get scared of the dark or have nightmares.

Cutting back on fizzy pop or other caffeine-packed drinks, as well as reducing TV-watching right before bed can help.

Children with sleep-friendly bedrooms -- dark, cool and quiet, with no TV or computer -- tend to sleep better than those with lots of distractions.





With the summer holidays approaching, it is important that children know how to keep safe whilst enjoying themselves. Here are a few tips for staying safe over the holidays:

**At the beach**

If you are travelling to the beach, take in any safety signs and be aware of the warning flags.

Tides can be dangerous, so check this before going into the sea. Check with the lifeguard on patrol if you are unsure.

Only use inflatables where a lifeguard is present and always make sure children's inflatables are secured with a guideline and held by a responsible adult. Take extra care around slippery rocks and always use sun cream!

**In the garden**

Children should be accompanied by an adult when using a **paddling** pool and always remember to drain the water after use. Remember to lock away any garden tools and poisonous chemicals such as weed killer and fence off any garden ponds.

**Always** keep children away from BBQs and bonfires and remember that even when they go out, they still remain very hot.

**Safe places to play**

Always remind your children of the safe places to play and advise them never to play on or near building sites, or near water and never to talk to strangers.

For more information and tips on how to stay safe over the holidays, check out the following websites:

[www.safenetwork.org.uk](http://www.safenetwork.org.uk)

[www.nhs.uk/livewell/healthy\\_holidays](http://www.nhs.uk/livewell/healthy_holidays)

<http://www.nhs.uk/Livewell/Summerhealth/Pages/Summerhealthhome.aspx>



In light of recent events in Manchester and London, our children are asking more difficult questions related to terrorism. Below are some links to websites from the 'National Association of School Psychologists' and the BBC which gives good advice to parents with school aged children about how to talk about terrorist attacks and not to avoid the subject.

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/war-and-terrorism/helping-children-cope-with-terrorism>

<http://www.bbc.co.uk/news/education-40011787>

Our thoughts and prayers are with all those affected in Manchester and London.

**IN THE RARE EVENT OF a firearms or weapons attack**

**RUN** - to a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go, then...

**HIDE** - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

**TELL** - the police by calling 999 when it is safe to do so.

[www.npcc.police.uk/staysafe](http://www.npcc.police.uk/staysafe)

If you require any further information or if you have concerns about a child or you see something, please report it to a member of the Safeguarding Team in School immediately or alternatively call

**0300 555 2866** (Mon-Thurs, 8.45am - 5.15pm Fri, 8.45am - 4.45pm) or the Emergency Response Team on **0300 555 2922** or **0300 555 2836** during out of hours.

**NSPCC HELPLINE**  
0808 800 5000  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)



**13 ideas to keep your child/ren occupied over the holidays...**

1. Make your own games e.g. Hoopla, Pin the Tail on the Donkey or Snakes and Ladders
2. Plan a cooking and baking day once a week.
3. Make an assault course in the garden.
4. Build a garden patch- Plant flowers, herbs, lettuce- anything that grows quickly .
5. Go camping- build a tent indoors or outdoors with blankets and sheets. Give them a torch and a picnic to take with them.
6. Picnic- you don't have to go far - have one in the garden!
7. Have a treasure hunt- make a treasure map with clues to find some treasure you have hidden somewhere in the garden.
8. Create a Summer Diary or scrapbook.
9. Get jamming- grab some musical instruments- shakers or tambourines, and get jamming!
10. Art & Crafts: Paint or colour- use a variety of art materials or go to a local park or museum armed with paper, pencils and crayons- draw what they see around them.
11. Go swimming.
12. Visit the library. Use your local library regularly.
13. Plan some play dates and invite friends over- great for developing social skills and friendships!

**Alternatively, have a look at these websites for fun days out:**

<https://www.dayoutwiththekids.co.uk/things-to-do/west-midlands/west-midlands/walsall>

<https://www.thebestof.co.uk/local/walsall/events/family-fun-kids>

<http://www.mywalsall.org/kids/>