



Safeguarding Newsletter

Young Minds 0808 802 5544 www.youngminds.org Mental Health support
Childline 0800 1111 www.childline.org.uk Advice and support for children
Samaritans 116 123 www.samaritans.org.uk Mental Health support
NSPCC 0800 8005000 www.nspcc.org.uk Advice and support
Frank 0300 123 6600 www.talktofrank.com Drugs advice and support
Kooth www.kooth.com Mental Health and Wellbeing age 13+
Shout Text SHOUT to 85258 www.giveusashout.org Mental Health crisis support
Child Exploitation and Online Protection (CEOP) www.ceop.police.uk
Online concerns Online Safety

If your child needs to attend an appointment during school hours for the doctors, dentist, opticians or hospital you will be asked to produce evidence of the appointment. This could be a text reminder, appointment letter or confirmation card.



Parking at school – Thank you for your support in keeping our children safe. Parking on the cul de sac has greatly reduced since the children and staff have been on patrol. There are double yellow lines around the road and cars should not be parked there nor on the approach to the school gates. The school car park is for staff and visitors only and must not be used unless with prior permission from the Headteacher.



Here comes Summer! Summertime, and particularly the summer holidays, can be full of hazards and risks to manage. In this safeguarding newsletter we have included details of advice and support that you are able to access for several issues. During the Summer holiday, and at any other time when the school is closed, you can contact the school Safeguarding Team on the following email address – safeguarding@ravensdalei.derby.sch.uk. If you have any immediate concerns about the safety of a child during these times, please contact Derby City Children's safeguarding board urgent referrals – 01332 641172. Careline out of hours (after 5pm and at weekends) – 01332 786968. The Police – 101 or 999 in the case of an emergency.

Whilst there are huge benefits to being online to stay connected to family and friends during this period, we all understand that the increased time that children spend online has its risks. Many parents/carers may feel concerned about the activities and content their children are accessing. It is important to have regular conversations about staying safe online and to encourage your children to speak to you if they come across something worrying online. The following resources and guidance are recommended by the government to support parents and carers to keep their children safe online:

- Childnet www.childnet.org offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- Internet matters www.internetmatters.org provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world

Stay safe Swimming – when the weather is hot, it can be tempting to go for a swim. However, swimming in lakes, rivers etc. can be very dangerous. Each year in the UK and Ireland over 700 people die from accidental drowning –that's equivalent to 1 person every 10 hours! More than 80% of all accidental drownings are male and a high percentage tend to be 20-29 years old. Even strong swimmers are at risk.

Risks include:

- The water can be colder than it looks
- Hidden obstacles
- The flow is stronger than it looks
- No lifeguard if you get into trouble



DEALING WITH THE HEAT

NEVER LEAVE CHILDREN UNSUPERVISED IN PARKED CARS

Even in less threatening temperatures, vehicles can rapidly heat up to dangerous temperatures. A child left inside a car is at risk of severe heat-related illness or death, even if the windows are cracked open.

STAY INFORMED

Listen to local news and weather channels for health, safety and weather-related updates. Follow the guidance from local officials. Also monitor those with any underlying health conditions as this increases the risk of heat stroke and exhaustion.

LIGHT CLOTHING, HEAVY SUNSCREEN

Choose lightweight, light-coloured, and breathable fabrics (such as cotton), and use lots of suncream to protect you and your child from the heat and potential sunburn.

DRINK LOTS OF FLUIDS

Remember to drink plenty of liquids, regardless of your activity level. Check your baby's nappy for concentrated (dark in colour) urine, which can indicate dehydration.

KNOW HOW TO IDENTIFY HEAT-RELATED ILLNESSES

Look for signs of heat-related illnesses/conditions such as heat stroke, exhaustion, cramps, and severe sunburn. If children show these symptoms, seek medical assistance. Refer to the NHS website for a complete list of health conditions caused by extreme heat exposure, and how to remedy them.

GET LOTS OF REST

Try and limit activities. Make sure that children get lots of rest when they are active. NHS advises to "try to keep out of the sun between 11am to 3pm."

KEEP CHILDREN ENTERTAINED

Children may become anxious or restless from being kept indoors. Plan for indoor activities and games. Playing in a paddling pool is a good way to keep children cool, ensure the pool is kept under the shade during hot weather and at all times watchfully supervise children.

REASSURE CHILDREN

Children may be stressed by the heat. Remember that children take their cues from their parents and caregivers, so try to keep calm and answer their questions openly and honestly. Also stick to regular bath and sleep times for your child.

HOUSE SAFETY/COOLING TIPS

During the day, keep rooms cool by closing blinds/curtains, especially in rooms facing the sun. Using a fan to circulate air in the room is beneficial. Review your child's school sun policy.

READ NHS GUIDANCE FOR BABIES

The NHS advises giving your baby a cool bath before bedtime and keeping nightwear to a minimum and if your baby kicks and pushes off covers during the night consider putting them in just a nappy with a single well-secured sheet, that will not work loose, cover their face or get entangled during the night. Your baby will sleep most comfortably at room temperature between 16C and 20C, a nursery thermometer will help you monitor the temperature of the baby's room.

Please be advised that swearing, threats or any act of violence towards school staff will not be tolerated. Anyone giving verbal abuse to members of staff will be asked to leave the premises and may be banned from the school site. We thank you for your co-operation in this matter.

We hope you have a wonderful summer!
We'll look forward to seeing you on
Wednesday, 4th September 2024.