Primitas Summer Safeguarding Newsletter

Primitas Learning Partnership

The Primitas Safeguarding Forum

As the sunny days of summer unfold, we know many families are looking forward to outdoor adventures, poolside fun, and unforgettable holidays. While summer is a time for relaxation and exploration, it's also important to stay mindful of safety to ensure the season is filled with only good memories. Therefore, the Primitas Safeguarding Forum, which includes safeguarding colleagues from Highfields Primary Academy, Ridgeway Primary Academy, Holly Grove Primary Academy, Henry Chadwick Primary School, The Friary School, Queen's Croft High School and Erasmus Darwin Academy have compiled a list of websites where you can access advice and support, if required, on a range of issues which may affect you this summer.

Kids eat free (or for £1)

The Big Issue have published a list of all the places kids eat free (or for £1) over the summer:
https://www.bigissue.com/life/food/all-the-places-where-kids-eat-free-during-the-holidays/

Free holiday activities

Active LICHFIELD DISTRICT

Active Lichfield District

Active have a variety of sessions running across the district, all delivered by fully qualified coaches. To see the list and dates/times click this link:
https://www.activelichfield.co.uk/holiday-fun-2/

Key Contact Numbers

Children's Services (Staffs) : 03001118007
Out of hours: 03456042886 Police: 101/999

ChatHealth

Health information

CAMHS
Child and Adolescent Mental Health Services

Chathealth

Young people aged between 11-19 can text this number 07520 615 721 where they are able to receive advice and signposting on a wide array of subjects including bullying, health, drugs, self-esteem, relationships and sexual health. The number for parents to text is 07520 615 722.
https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=KfMsVyKCoaA

The CAMHS resources website is a fantastic source of information where you can find links to other websites, apps and recommended books for a number of mental health and wellbeing topics.
https://www.camhs-resources.co.uk/
CAMHS is the service young people are referred to for support with their mental health.
For advice and concerns over mental health we would advise you to contact your GP.
Anna Freud also has some useful pages for parents and carers.
www.annafreud.org/parents-and-carers/

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Keep busy this summer!

Space runs fun activities for 8-17 year-olds during the school summer holiday across Staffordshire and Stoke-on-Trent.

For more information about what is on and to book a place visit:
www.staffordshirespace.uk

Space
Live • Laugh • Learn
www.staffordshirespace.uk

Be Water Safety Aware

When the weather is warm the water can seem so inviting, but it is a risk that is simply not worth taking. Swimming in rivers, canals and lakes is dangerous. Remember these points when out and about this summer:

Only swim in properly supervised pools, the **dangers of water** include: **very cold temperatures, hidden currents, fast flowing water, deep water, locks** and **weirs, pollution, hidden rubbish** and **debris.** It may also be difficult to get out and there will not be lifeguards present.

If you see another person or a pet in trouble in the water do not enter the water yourself. Raise the alarm or if you have a mobile phone call 999 and ask for the fire service. Try and give an exact location of where you are and look for and signs or landmarks. If there is a lifebuoy or throwline nearby throw it to them. If not, throw anything to them that will float.

If you fall into water by accident try to fight your instinct to thrash about, instead lean back and float on your back while you catch your breath. Once you are calm call for help or swim for safety if you are able.

OUTDOOR FIRE SAFETY

Respect the outdoors and **remember these points** when you are out with your friends this summer:

Take your rubbish home or put it in a nearby bin.
Don't leave glass bottles lying on the ground.
Sunlight shining through glass can start a fire.

Call 999 if you see a fire – don't try and tackle it yourself and leave the area as soon as possible.

Don't use disposable barbecues in the countryside
– they can easily set fire to the ground and spread.

DON'T BE BLAMED FOR THE FLAMES