



**Welcome to this half term's Safeguarding & Well-being Newsletter**

Keeping children safe and well is our number one priority at St Joseph's Catholic Primary School. Every half term we produce a newsletter based on a safeguarding & well-being theme. This newsletter is designed to help school and parents to work together in making sure our children are safe and happy.

In our previous Safeguarding and Well-being newsletter we looked at road safety, if you haven't already please have a read of this which can be found on our school website. With the Summer Holidays approaching and more of our children out and about we thought it would be a good idea to feature some helpful tips and advice on how we can stay safe when we are out and about including 'Stranger danger' awareness, keeping safe by water and keeping safe in the sun.

**BBQ Safety**

With the good weather often comes the chance to have a family BBQ. Always keep children away from the BBQ even longer after it has gone out as it may still be hot.

Visit NHS link [here](#) for advice on burns should this ever happen to one of your family members. We would also recommend downloading the British Red Cross First Aid app which can be quickly accessed on your phone with videos and instructions offering advice. [Click here.](#)

**Getting Active**

Having spent a long time with social restrictions it is really important that your child has the opportunity to take part in sports clubs and other activity clubs. With more of these clubs beginning to open up again, the NSPCC offers advice on how to keep your child safe at these clubs. Please [Click here](#).

**Stranger Danger**

Whilst risk posed by strangers is rare, it's really important to make children aware of simple tips they can follow to keep themselves a little safer. This video on Stranger Danger is designed to highlight a few key points, to be used to help you have that important conversation with your child. [Click here](#) for link.

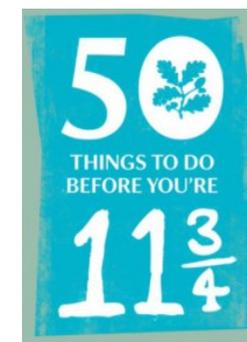
Here are some simple steps that your child can take to make sure they stay safe on the street.

- Never go off on your own with a stranger, take things from them or get in a car with them.
- Make sure you tell your parents where you are.
- If someone scares you, or makes you feel uncomfortable go somewhere safe, which could be your home, your school or a police station.
- Remember to tell someone what has happened straight away.
- If you have Snapchat check the settings on the new location sharing feature, [Snap Maps](#), including details about how to change your settings and tips for staying safe.

**Spend Time Outdoors**

Spending time outdoors has been proven to help improve mental well-being considerably. The National Trust have put together '50 things to do before you're 11<sup>3/4</sup>'.

These include: Set up a snail race, skim a stone, fly a kite and make friends with a bug! Please [click here](#) for full list.





## St Joseph's Catholic Primary School

### Safeguarding Newsletter for Parents — Summer 2 2021



#### Sun Safety

The aim is to strike a balance between protecting yourself from the sun and [getting enough vitamin D from sunlight](#).

The NHS sun safety tips include:

- spending time in the shade between 11am and 3pm from March to October.
- make sure you never deliberately burn.
- cover up with suitable clothing and sunglasses.
- take extra care with children.
- use at least factor 30 sunscreen.
- apply sun cream 30 minutes before going out into the sun.
- when buying sunscreen, the label should have a sun protection factor (SPF) of at least 30 to protect against UVB and at least 4-star UVA protection.
- make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.
- it's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

As a guide, adults should aim to apply around: 2 teaspoons of sunscreen if you're just covering your head, arms and neck, 2 tablespoons if you're covering your entire body while wearing a swimming costume. If sunscreen is applied too thinly, the amount of protection it gives is reduced. For further information [please visit www.nhs.uk](http://www.nhs.uk)

#### Water Safety

The [RLSS website](#) is full of useful information regarding safety around water, including the poster below.



Another really useful website is that of the [Canal & River Trust](#). Here you will find helpful advice to discuss with your child about how to stay safe around water. It is also worth discussing with your child that even if they have had swimming lessons and they might consider themselves strong swimmers, the water conditions outside are very different and can include cold water and strong currents which pose a danger.

Having a discussion with your child about what to do if they find themselves in deep water is also important. This link gives helpful advice on this. [Click here](#).

#### Other useful links for parents

The National Society for the Prevention of Cruelty to Children (NSPCC) . Visit their website for more information . [Click here](#)

If you are staying at home though, please take a look at this link to the ROSPA website. [Click here](#)

#### Prayer of thanks for the Great Outdoors

Dear Lord,

Thank you for sharing with me your glorious nature and abundant wildlife, grant me always, wisdom and respect in the pursuit, and keep me ever safe O Lord.

Amen.

