

Dear Parents and Carers,

Welcome to the summer 'Safeguarding Newsletter'. Here at Short Heath, we take safeguarding very seriously and want to work together with parents, carers and families to help keep all the children at Oasis Academy Short Heath safe. Please do not be offended if we seem to be asking questions -we are doing our job and adhering to our 'Duty of Care' in making sure that your children are happy and safe both in and out of school. We want you to have a great summer with your children and hope you find the following bits of information useful. Please do let us know if there is anything specific you would like to know more about.

### **Water Safety for Children and Young People**

During the school holidays, particularly in hot weather, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK.

To keep yourself safe, when you are in, on or beside water, always follow the Water Safety Code.

#### **Spot the dangers!**

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

#### **The dangers of water include:**

- it is very cold
- there may be hidden currents
- it can be difficult to get out (steep slimy banks)
- it can be deep
- there may be hidden rubbish, e.g. shopping trolleys, broken glass
- there are no lifeguards
- it is difficult to estimate depth
- it may be polluted and may make you ill



#### **Go together!**

Children should always go with an adult, not by themselves. An adult can point out dangers or help if somebody gets into trouble.

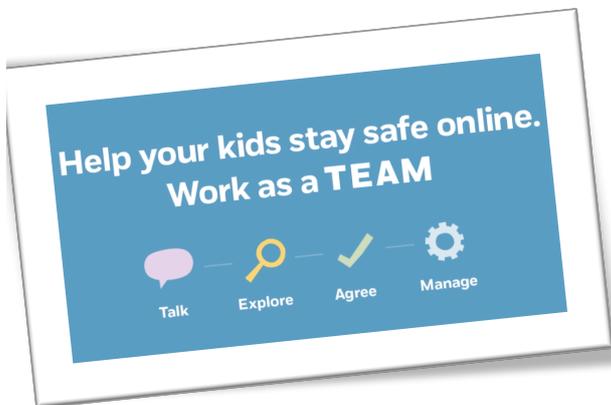
## Home Alone

We understand that the summer holidays can be very difficult for working families and childcare can be very expensive. We would like you to familiarise with the following advice around leaving children home alone.

- Babies, toddlers and very young children should never be left alone
- Children under the age of 12 are rarely mature enough to cope in an emergency and should not be left at home alone for a long period of time
- Children under the age of 16 should not be left alone overnight
- Parents and carers can be prosecuted for neglect if it is judged that they placed a child at risk by leaving them at home alone
- A child should never be left at home alone if they do not feel comfortable with this, regardless of their age
- If a child has additional needs, these should be considered when leaving them at home alone or with an older sibling
- When leaving a younger child with an older sibling think about what may happen if they were to have a falling out - would they both be safe?



## E-Safety Advice Take time to do a privacy check up



During the summer holidays, children may want to keep in touch with their friends through social networking sites or games. It's a good time to ask them about what sites they use, and do a privacy check-up.

Encourage them to use the privacy tools on the services they use, so that the content they post is only available to people they know and trust in real life.

## Sun Safety

We all enjoy a sunny day and need some sun to help us make Vitamin D, but it's important to enjoy the sun safely and know how to protect your skin.

Three ways to enjoy the sun safely.

In the UK, the sun's UV rays are the strongest between **11am and 3pm** from **early April until late September**. During this time, the sun may be strong enough to cause damage. Take extra care to protect your skin, especially if you get sunburnt easily by:

1. **Spending time in the shade, especially** between 11am and 3pm in the UK.
2. **Covering up** with clothes, a wide-brimmed hat and wraparound sunglasses.
3. **And using a sunscreen** with at least SPF15 and 4 or 5 stars. Use it generously, reapply regularly and use in combination.

**No sunscreen, no matter how high the factor, can provide 100% protection.**

## Mental Health

For children, summertime is associated with freedom from school and positive emotions. However, summer can also be a time where certain mental health issues need to be tended to more than usual.

The solution to some of these issues is to provide a consistent structure during the summer. This might include participation in a sport or other club. Children do better when they are part of something. They are happier, less restless, and more driven. Summer also presents a unique opportunity for young people to investigate strengths and interests, an opportunity that is less open to them during the very-structured school year.

Adults can experience the same mental health issues as children during the summer so try be more active as a family, go for a walk in the park, take advantage of the warm weather, can you walk instead of going in a car.

Take time this summer to make happy memories just being with each other is key.

## Being aware of the risks outside the home

Just like deciding when a child's old enough to be left at home on their own, there's no set age when you know it will be safe for them to go out without you. Obviously, toddlers and young children won't be able to stay safe without you watching over them, and even older children have different levels of maturity. So some 11 year olds will be quite capable of going to the park or the shops on their own but others might not be ready to do this safely.

It's a good idea to be aware of the risks that children out alone might face just to check that you've considered ways to minimise them. Risks could include:

- getting lost
- danger from traffic
- bullying from other children
- stranger danger
- grooming
- running into gangs
- exposure to alcohol or drugs

It might seem like a scary list, but your guidance can help your child keep themselves safe. It'll also help build their self-confidence and independence at the same time. If you are concerned about a child, please do not wait for someone else to report it.

We have created a secure email address that you can send any concerns you have privately [SecureDSL@oasisshorth Heath.org](mailto:SecureDSL@oasisshorth Heath.org) alternatively please speak to The Safeguarding Team.



Mrs Atwal



Mrs Lee



Mr Darnlev

**Finally, thank you for taking the time to read this newsletter, we hope that you have a great Summer!**

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