



The Stable School SAFEGUARDING NEWSLETTER

SUMMER SAFETY

This edition of our Safeguarding Newsletter is full of important messages to help keep our children and young people safe during the summer holidays.



Beach safety

The beach is a fantastic place to be – but there can be hidden dangers too. If you're heading to the seaside, discover our top five tips to help you and your family stay safe.

[RNLI Beach Safety – Top Five Tips To Stay Safe By The Sea](#)

1. Choose a lifeguarded beach

In 2022, RNLI lifeguards aided over 23,200 people on the beach. Choosing to visit a lifeguarded beach gives you and your family the protection of highly trained lifesavers. They can see the dangers develop, prevent accidents before they happen and respond instantly if anyone gets into difficulty.

RNLI lifeguards patrol over 240 beaches across the UK and Channel Islands. Find a lifeguarded beach near you or your holiday destination.





2. Call 999 or 112 in an emergency

When you go to the beach, always carry a means of calling for help. If you're going in the water, you can carry your mobile phone in a waterproof pouch. That way, if you find yourself or spot someone else in an emergency situation, you can get help.

In a coastal emergency, call 999 if you're in the UK or 112 if you're in Ireland and ask for the coastguard.

3. Float to Live

If you find yourself struggling in the water, or if you fall in unexpectedly, Float to Live. Relax and try to breathe normally. Tilt your head back and submerge your ears. Use your hands to help you stay afloat. Once your breathing is under control, call for help or swim to safety.

It's important to help children learn how to float too, and practise often somewhere safe – like a local swimming pool. Our video can help you learn more about teaching your child how to float so, if you're visiting the coast, you and your loved ones can enjoy a safe and happy summer.

4. Know the risks and what to do

When you're heading to the beach, it's important that you know the risks and what you can do to minimise them. From rip currents to tides, cold water shock to waves, being aware of the dangers will help you to stay safe.

One of the risks at the beach is rip currents. They are strong currents that can quickly drag you out to sea.

5. Know your flags

If you visit a lifeguarded beach, there will be flags on the beach to show you where it's safe to swim. If you're planning to swim or bodyboard, stay between the red-and-yellow flags. For surfboards, stand-up paddleboards or other non-powered craft, go between the black and white chequered flag. You should not swim there.

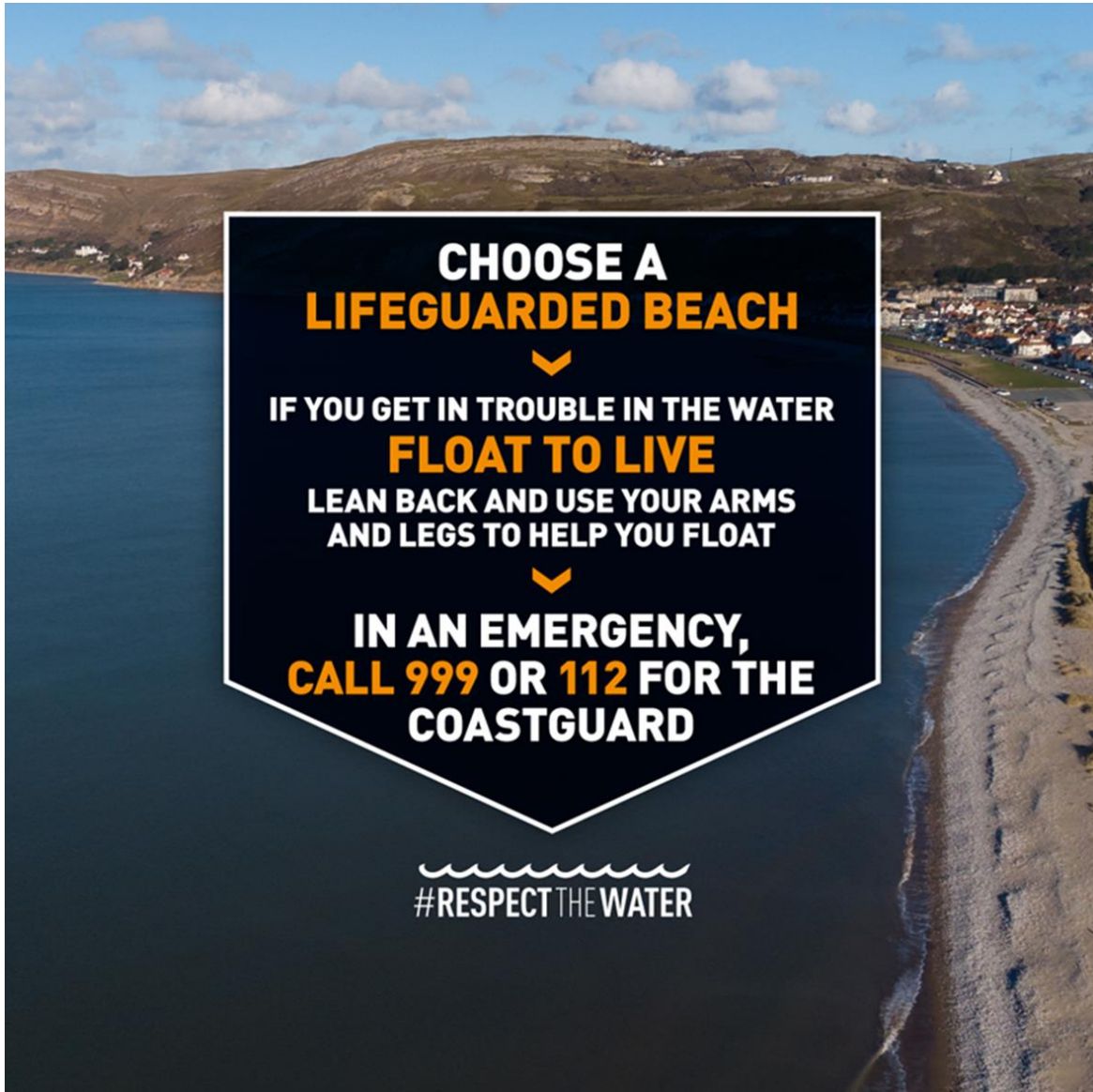
If a red flag is flying, the water is dangerous. Do not enter the water under any circumstances...



What should I do if I find myself in the water unexpectedly?

Around half the people who die at the coast never intended to go in the water. If you find yourself in the water unexpectedly, you should Float to Live by following these steps:

1. Tilt your head back and submerge your ears
2. Relax and try to breathe normally
3. Use your hands to help you stay afloat
4. It's OK if your legs sink, everyone floats differently
5. Spread your arms and legs to improve stability



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.



WATER SAFETY: Drowning can happen quickly and silently. Unless rescued, it could take as little as 20 to 60 seconds for a drowning person to submerge.

- Wear your life jacket.
- Provide constant, active adult supervision and know how to swim.
- Swim in an area with lifeguards. Designate a “water watcher” to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in! You could become a victim yourself.
- Swimming classes are available for both children and adults. Visit [redcross.org/watersafety](https://www.redcross.org/watersafety) for a map of Learn-to-Swim providers in your community.
- Download the Red Cross Swim app for safety tips, kid-friendly videos, and activities, and take the free Water Safety for Parents and Caregivers online course in English.

PICNIC, GRILLING SAFETY: Summer is a great time to get outside for a picnic or to fire up the grill. Follow these tips to prevent illness and keep everyone safe:

- Always supervise a barbecue grill when in use.
- Don't add charcoal starter fluid when coals have already been ignited.
- Make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.

OUTDOOR SAFETY: Whether camping or just enjoying the outdoors, follow these tips:

- Pack a first aid kit.
- Take a Red Cross first aid and CPR course and download the **First Aid app**.
- Share your travel plans and locations with a family member, neighbour or friend.
- Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.

OUTDOOR FIRE SAFETY

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



Do not set deliberate fires!

They can put people's lives in danger,
put a strain on firefighters and ruin the local area.



**If you're found to be responsible for a fire,
you will be arrested and get a criminal record.**



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.

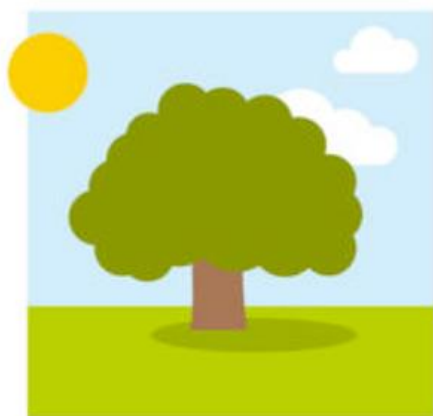


**Call 999 if you see a fire – don't try and tackle
it yourself and leave the area as soon as possible.**

**DON'T BE
BLAMED FOR
THE FLAMES**

Stay safe in the sun

How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.

Staying safe online in the summer holidays – advice for parents and carers

Children and young people across the UK are getting ready to have more free time to spend with friends and family as the summer holidays get into full swing.

For many young people this time will be spent using the internet to keep in touch with school friends, catch up with the latest apps and online trends, and play their favourite games.

Sit down together

The summer holidays are a great chance to sit down with your children and find out about the things they like to do online. Together you can visit their favourite sites and join in with their favourite games. This is a great way to stay up to date with their online lives and show them that you're interested in what they are doing.

The holidays are also a good opportunity to have positive conversations about the internet, so if something ever does upset your child online they would feel more confident in confiding in you.

Sometimes young people may find it difficult, or may not want to speak to an adult about their online lives. It's important to reassure them that no matter what the issue may be, you are there to listen without judgement, and

help them without confiscating their devices or punishing them.

Become an expert

Although it can sometimes feel like young people are experts when it comes to different apps and games, it's important to remember that as an adult you are the expert in keeping them safe.

To learn more about the apps, games and services children are using you can spend some time on them, familiarise yourself with their reporting and blocking features and ensure that you have the knowledge to be able to help them if they face a problem over the summer holidays or in the future.

STAY SAFE ONLINE



Follow these top tips when online:

-  **Choose a good password and keep this secret.** The best passwords have a combination of letters, numbers, and other characters. Avoid using your name, birthday, or birth year.
-  **When you are online or using apps check your privacy settings** to see if your information is public or private.
-  **Stop and think** if someone online asks for your full name, address, phone number, school or a photograph. **Don't share these details with anyone online.**
-  **If a message makes you feel uncomfortable you don't have to reply.** Always tell a parent or guardian if you are worried about anything you see online or on your phone.
-  **Do not say anything or publish pictures that might later cause you or someone else embarrassment.** Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.
-  **You can't always believe what you see online, some of the information can actually be fake** – this can include fake facts, images, videos and even people. If you haven't met someone in real life before you chat online be very careful as they may not be who they say.

Summer holiday – HELP! - I need support who can I contact for support and advice??

Support Service	Contact details	Telephone number
BCP MASH SOCIAL CARE	childrensfirstresponse@bcpcouncil.gov.uk	01202 123334
BCP - Social care Out of Hours	childrensfirstresponse@bcpcouncil.gov.uk	01202 738256
DORSET CHAD SOCIAL CARE	childrensadvicandduty@dorsetcouncil.gov.uk	01305 228866
Dorset social care Out of hours	childrensadvicandduty@dorsetcouncil.gov.uk	01305 228866
HANTS SOCIAL CARE	childrens.services@hants.gov.uk	
Hants social care Out of hours	childrens.services@hants.gov.uk	0300 555 1373
BCP CAMHS		01202 646300- BMTH 01202584600- Poole
HANTS - CAMHS	hantscamhsspa@spft.nhs.uk	0300 304 0050
DORSET CAMHS		East Dorset - 01202 605882 North Dorset - 01258 394149
BCP CAMHS - out of hours		Dorset Connections 0800 6520190
HANTS CAMHS Out of hours		0300 304 0050

Useful Contacts

We want young people to be happy, feel safe and listened to.

We want you to know there is always somewhere to turn to if you need help.

Here are some other helpful websites and numbers:

Childline – a free, private and confidential service where you can talk about anything. They can also advise on how you can report and remove a nude image shared online.
📞 0800 1111 🌐 www.childline.org.uk

NSPCC – help young people at risk and find the best ways to prevent child abuse from ever happening.
📞 0800 1111 🌐 www.nspcc.org.uk

Victim Support – there for anyone who has been affected by crime, whether it was reported or not, and no matter how long ago it happened. Victim Support will provide free, confidential support so you can move forward with your life. The Victim Support website also includes a live chat function.
📞 0808 1689 111
🌐 www.victimsupport.org.uk

Fearless – an independent charity that allows people to pass on information about crime 100% anonymously. They provide a route for passing details of crime securely and safely via the Fearless website.
📞 0808 1689 111
🌐 www.fearless.org/en

Please click on the link below for information and support from the GOV.UK website for activities and food programme offered to eligible families over the Summer holidays:

Holiday activities and food programme 2024 - GOV.UK (www.gov.uk)



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Activities and events – BCP

Activities and events:

Follow **BCP Council Family Information** and **BCP Council Family Hubs** on Facebook

The Parks Foundation: [Home - The Parks Foundation](#) also on Facebook. The individual cafes have their own Facebook pages where they publicise their own events or you can view them on the Parks Foundation website.

Also **Kingfisher Barn Visitor Centre**.

BCP Family Hubs: see timetables for individual Hubs as the offer varies. Activities and drop-ins for all ages including teens. [Family hub timetables \(bcpcouncil.gov.uk\)](#)

Up in BCP: Summer activities. No cost - £10 [www.upinbcp.co.uk](#) [Summer Activities \(upinbcp.co.uk\)](#) Booking form is available on their website.

BCP Libraries:

Summer Reading Challenge: [Summer Reading Challenge | BCP \(bcpcouncil.gov.uk\)](#) Presentation: [SRC School Assembly Presentation \(bcpcouncil.gov.uk\)](#)

Information: [Summer Reading Challenge](#)

What's on in Libraries: [Libraries Whats On \(bcpcouncil.gov.uk\)](#)

Family events: [Family Events - Bournemouth](#)

BCP Family Information Directory: Holiday Activities: [Search Results \(bcpcouncil.gov.uk\)](#)

Primary Times: [Family activities and events for primary school children | Primary Times](#)

BCP Mumbler: [Summer Holiday - Bournemouth, Christchurch & Poole Mumbler](#) [Free Things To Do with Kids in Bournemouth, Christchurch & Poole this Summer - Bournemouth, Christchurch & Poole Mumbler](#)

Soft Play Cafes: [Kids Play Cafe](#)

aim community Summer Sessions PLAN

Make the most of the summer and sign up for the Summer Sessions via our booking form which is linked in the caption

- a** abilities & skills
- S** self-esteem & confidence • What's Your Story? Identity and Art
- P** peer relationships • Murder Mystery and Escape Room
- a** adult & family relationships • Making a Meal of it! Fun, Food, Family
- C** communication • Expression through Rhyme and Poetry
- e** education & employment • Dragon's Den/Young Enterprise

Wednesday 31st July - 10am - 2pm
 Friday 9th August - 1pm - 5pm
 Wednesday 14th August - 10am - 2pm
 Friday 23rd August - 1pm - 5pm
 Wednesday 28th August - 10am - 2pm

Delivered by our experienced mentors
 Fun creative activities
 Opportunity to build friendships
 Focus on empowering self and supporting personal development
 Open to all young people aged 11+
 £20 per session
 Sessions can be booked individually

withyou this summer in BCP

Free activities for under 18 year olds in Bournemouth, Christchurch and Poole.

Football, arts & crafts, jenga, rounders, swingball and much more. Free snacks and drinks.

Weekdays, 12-2.30pm. Location changes daily.

withyou wearewithyou.org.uk

We Are With You. A registered charity in England (1001957) and Scotland (SC040009), and a private company incorporated in England & Wales with company number 02580377. Registered office: Part Lower Ground Floor, Gate House, 1-3 St. John's Square, London, England, EC1M 4DH.

Date	Venue	Area	What 3 Words
Week one			
Monday 29 July 2024	Kings Park	Bournemouth	///ranked.wins.fries
Tuesday 30 July 2024	Two Riversmeet Skate Park	Christchurch	///peanut.tend.random
Wednesday 31 July 2024	Poole park - next to the ARK	Poole	///forces.energy.cheese
Thursday 1 August 2024	Redhill Park	Bournemouth	///sunset.stars.broke
Friday 2 August 2024	Christchurch quay	Christchurch	///valley.bowls.loyal
Week two			
Monday 5 August 2024	Baiter Skate Park	Poole	///storm.union.venue
Tuesday 6 August 2024	Slades Farm	Bournemouth	///hoot.critic.beats
Wednesday 7 August 2024	Summerford Skate Park	Christchurch	///tight.indoor.agree
Thursday 8 August 2024	Whitecliffe Field - next to play area	Poole	///agent.things.laws
Friday 9 August 2024	Moordown Reck	Bournemouth	///fault.kicked.left
Week three			
Monday 12 August 2024	Stanpit Recreation Ground	Christchurch	///quite.flank.smooth
Tuesday 13 August 2024	Branksome Rec	Poole	///snail.traded.guess
Wednesday 14 August 2024	Queens Park	Bournemouth	///solar.supper.cherry
Thursday 15 August 2024	Two Riversmeet Skate Park	Christchurch	///peanut.tend.random
Friday 16 August 2024	Hamworthy Park - near zipwire	Poole	///rare.nods.pound
Week four			
Monday 19 August 2024	Winton Rec	Bournemouth	///slowly.banks.zips
Tuesday 20 August 2024	Christchurch quay	Christchurch	///camera.spoke.risky
Wednesday 21 August 2024	Upton house	Poole	///maple.frame.flames
Thursday 22 August 2024	Duck lane Skate Park	Bournemouth	///rankings.sands.bluff
Friday 23 August 2024	Summerford Skate Park	Christchurch	///tight.indoor.agree
Week five			
Tuesday 27 August 2024	Verity Park Canford Heath	Poole	///full.Atoms.Junior
Wednesday 28 August 2024	Lower gardens - near badminton court	Bournemouth	///became.strict.loudly
Thursday 29 August 2024	Stanpit Recreation Ground	Christchurch	///quite.flank.smooth
Friday 30 August 2024	Broadstone Rec - near cricket pavilion	Poole	///long.lied.pushes



SKILLS & LEARNING
Adult Community Education

Summer Sunshine 2024: FREE Family Learning Workshops

To celebrate the start of the school summer holidays, we have 9 fantastic and **FREE** art-based workshops for you and your family to enjoy. All the workshops are based around recycling, sustainability and having fun together.

Family Learning: Arts & Crafts
 FN2469F | Monday 22nd July 2024 | 10:30am-13:30pm at Kings Park LLC
 FN2466F | Thursday 25th July 2024 | 10:30am-13:30pm at Dolphin Centre
 FN2467F | Thursday 25th July 2024 | 10:30am-13:30pm at Dorchester Library
 FN2468F | Wednesday 31st July 2024 | 10:30am-13:30pm at Christchurch Library
 FN2463F | Wednesday 31st July 2024 | 10:30am-13:30pm at Blandford Adult Learning Centre

Family Learning: Summer Junk to Funk
 FN2474F | Tuesday 23rd July 2024 | 10:30am-13:30pm at Dolphin Centre
 FN2465F | Tuesday 23rd July 2024 | 10:30am-13:30pm at Dorchester Library
 FN2470F | Wednesday 24th July 2024 | 10:30am-13:30pm at Kings Park LLC
 FN2462F | Wednesday 24th July 2024 | 10:30am-13:30pm at Blandford Adult Learning Centre

Enrol online: skillsandlearningace.com
Call us: 01202 123444



The Stable school Autumn Term - Tuesday 3rd September 2024.

Any concerns over the summer holidays – Please email – safeguarding@thestableschool.co.uk .

The email in box will be checked at regular intervals over the holiday period.

