

End of Year  
Safeguarding  
Briefing for  
Families



As we begin the six week holiday and end the school year I wanted to take the opportunity to offer some support and guidance to families. Making sure our students are safe, happy and healthy is our number one priority and we know it's your's too.

Have a lovely summer.

Mrs Tillotson

### Do's & Don'ts of Open Water Swimming

#### **Don't:**

Swim at unsupervised (un-lifeguarded sites) including lakes, quarries reservoirs and rivers

Jump into the water until you have acclimatised to the water temperature

Jump into the water from heights or 'tombstone'

Swim into deep water which will be colder

## FREE Swimming!!

Children aged 16 and under who live in Sandwell can swim for free at our leisure centres during the holiday. Parents or carers need to register them online. Google free swim sandwell.

For [free swimming at West Bromwich Leisure Centre](#) you must register at reception.

### **Do**

Swim at supervised (lifeguarded) sites

Swim parallel with the shore, where you can quickly get to safety

Swim with friends or family, so that you can help each other if you need to

Look for signs and advice about the specific dangers at the place where you are swimming

Think about what you will do if something goes wrong

If you are concerned about a child:

Children's Services – 01215693100

Childline: FREE & confidential (number doesn't even show on bill) 08001111

If your child needs support:

Kooth.com – free, online chat about mental health.

BEAM – drop in sessions. Google

BEAM Sandwell for up to date info.

CALL 999 in an emergency

Your GP is able to make referrals for specialist help.

Looking for things to do? Check out Sandwell's events calendar for family activities – lots of them are free!

<https://www.discover sandwell.co.uk/events/>

### Food poverty and holiday hunger guidance

A number of partners are collaborating to find solutions to holiday hunger in Sandwell. Many children and families struggle during the school holidays when free school meals are no longer available. The Holiday Activities and Food group is learning how to connect existing holiday activity clubs with food. Please signpost support staff/parents/carers to the [route2wellbeing website](#).

### Keeping Children Safe From Exploitation

As a parent or carer we all try to spot the signs that something may be wrong with our child. A worry that something is going on can require us to ask some really awkward questions. The Children's Society have released some tips for parents to help address some of these difficult conversations .....

<https://www.childrensociety.org.uk/what-you-can-do/campaign-for-change/seriously-awkward-advice-for-parents>