



Mawsley CP School Newsletter– Safeguarding at the Heart of Our Community

Welcome to the Summer 2 safeguarding newsletter, helping everyone in our school community to feel safe, supported and happy.

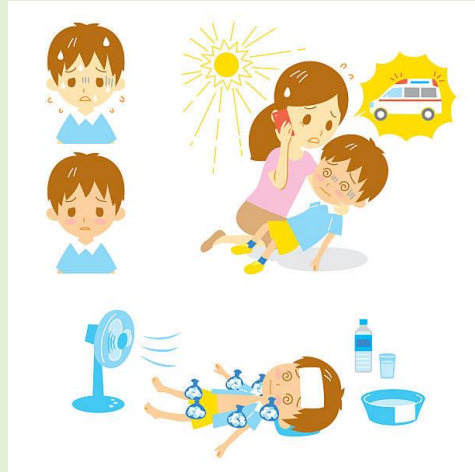


Helping Us All Stay Safe in the Heat

We have waited so long for lovely weather, and now it has arrived, we have all felt the impact of the heat. Heat stroke can occur, despite our best efforts to manage the increasing temperatures.

Here are the NHS defined symptoms of Heatstroke:

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness



Top Tips for Parents to Help Children Stay Safe in the Heat From the Healthy Schools Initiative, Northants

1. **Look out** for those who may struggle to keep themselves cool and hydrated
2. **Stay hydrated**, take water with you if you are travelling or out and about
3. **Stay out of the sun** between 11am and 3pm as this is when UV rays are the strongest - avoid physical exertion at this time
4. If you have to go out in the heat stay in the **shade**, apply **sunscreen** and wear a wide brimmed **hat**
5. **Close curtains** in rooms that the sun faces - this will help rooms remain cooler - remember it could be cooler outdoors than indoors
6. Never leave anyone in a **parked closed vehicle** – especially not animals, children or babies
7. Avoid **travelling at peak times** on motorways, particularly if transporting children or the elderly
8. Sadly, accidents (often fatal) happen in water at this time of year, particularly involving youngsters. That's why we're asking parents to **supervise their children in and around water**. Although it can be fun to cool off in water, structures such as bridges, locks and flood channels, reservoirs and quarries should be avoided. Make sure you know the RNLI's Float to Live (please see the next page)
9. Unexpectedly cold water or strong currents can catch even experienced swimmers off guard. Better to swim safely at one of the county's **organised events** where support is provided.

RNLI Float to Live

Summer Holiday on the Horizon?

Have the Water Safety Chat Now and Know That You Are Prepared!



Are Energy Drinks That Bad for Children?

Energy drinks contain the stimulant caffeine in high amounts. Too much caffeine can lead to serious, life-threatening heart problems.

Prime Energy, launched in the UK in 2023, is said to contain 140mg of caffeine per 12oz can in the UK. Prime Energy is not recommended for children under 18, according to the official website - and this is stated on the labels of cans of Prime Energy.

Childline website for under 12s

Childline has launched a website aimed at children under the age of 12. This provides age appropriate content on topics including: bullying, family, friends, feelings, school, abuse and staying safe. It also includes games and therapeutic tools for young visitors to play and express how they are feeling.

It can be accessed here: <https://www.childline.org.uk/kids>

If you are concerned about the safety or welfare of a child, who is not in immediate danger of harm, please speak to one of our Designated Safeguarding Leads.

Out of Hours Safeguarding

If you are concerned about the safety or welfare of a child outside of school hours, please contact the MASH team on 0300 126 1000 (option 1) or e-mail them at MASH@nctrust.co.uk

If you think a child is in immediate danger or missing, please contact the police and/or an ambulance directly by phoning 999



Lifeboats | **HM Coastguard**

If your child is struggling in the water, do they know what to do?

Lean back

Control your breathing

Use your arms and legs to keep you afloat

then call for help/swim to safety

In a coastal emergency call 999 for the Coastguard

Get more advice at RNLI.org/FloatUK2022

#RESPECTTHEWATER

The Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

Have a very happy and safe summer!

