



I Like To Ride My Bicycle!



This week has been Week 2 of our Bikeability course for children in Years 5 and 6 and the instructors have been impressed with the effort and enthusiasm that has been shown in these sessions. Please can you support our older children to put into practise the safety information that they have been given when riding their bikes and scooters, particularly on roads. We still sometimes see children riding to and from school without a basic safety helmet or receive calls from concerned residents about children riding dangerously.

To support all children using bikes, younger and older, please remember these tips:

- **Ensure that your child's bike is the appropriate size, with their feet touching the ground while seated. This allows them to maintain balance and control.**
- **A well-fitted helmet is non-negotiable. It's not just an accessory but a lifesaver. Teach your child the importance of always wearing a helmet before hopping onto their bike.**
- **When learning to ride a bike, opt for a quiet, low-traffic area like an empty parking lot or a closed-off cul-de-sac. This minimises the risk of accidents involving cars. A grassy area can also be helpful for practising balance before venturing onto harder surfaces.**



Did you know?



- Statistics show that in 2020/21 cyclists accounted for **22,369 cyclist hospital admissions**. The majority of cyclist casualties are adults, with approximately **10 per cent being children**. Cycling accidents increase as children grow older, with 12-15 year old riders being more at risk than other child age groups.
- The road safety charity, Brake, states that rural roads with lots of bends and high speeds are particularly risky for children on bicycles, and so are urban streets with high volumes of traffic, trucks and buses. Brake doesn't recommend that children under the age of 10 cycle on roads, ever.

Teaching children to ride safely at primary school will instill safe habits for secondary school and beyond.



Winter Tip



Keep car antifreeze and screen wash away from young children at all times and do not keep these in recycled drinks bottles. The bright colours can attract curious children and they are highly poisonous when ingested.

School Safeguarding Leads – who are they and what do they do?

All schools must have a Designated Safeguarding Lead in place to deal with safeguarding concerns. At Mawsley School, this is Miss Harris. Deputy Designated Safeguarding Leads assist Miss Harris when dealing with safeguarding matters and are shown here and on our website. Our trained and experienced safeguarding leads are always available during school hours for staff to discuss any safeguarding concerns and out of hours details are below.

Safeguarding concerns can be wide and varied, not just including issues of abuse. Concerns can include wellbeing, anxiety and home issues, as well as issues such as radicalisation, sexual exploitation and domestic violence, for example. Everybody has a responsibility for safeguarding in our community and our team of safeguarding leads are approachable and able to listen and help in a supportive and non-judgmental way, should you need to discuss any concerns for your own children or if you feel that anyone else in our community may benefit from support. Please get in touch via the emails listed or via telephone: 01536 799182.



Miss Michelle Harris
Headteacher
Designated Safeguarding Lead
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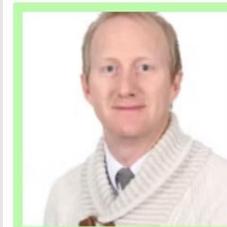
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Miss Beth Pattle
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Mrs Jessica McCarlie
Before and After School Club Lead
Designated Safeguarding Officer for Before and After School Club
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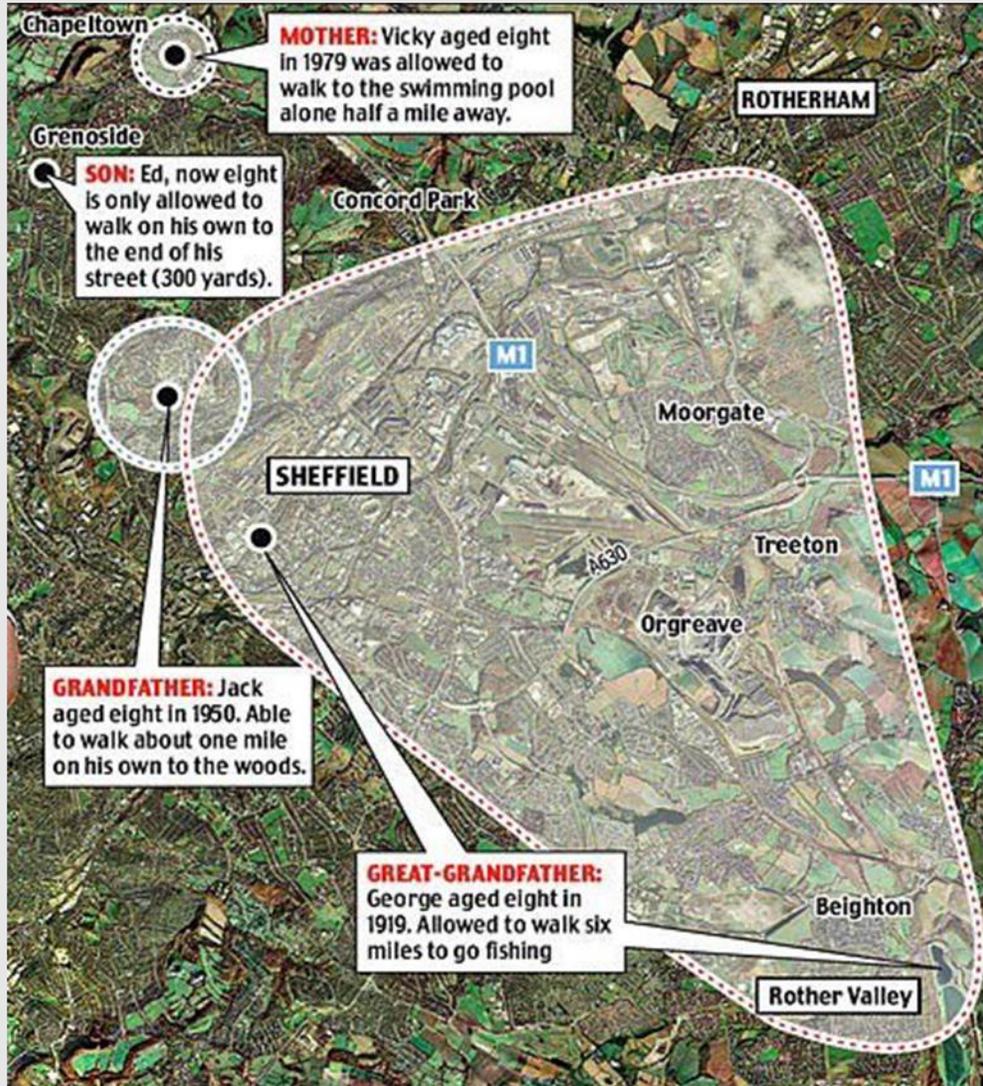
Out of Hours Safeguarding

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.

If you are concerned about the safety or welfare of a child outside of school hours, please contact the MASH team on 0300 126 7000 (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

Information Refresher:

How Far Away Is Safe Enough For Playing Out?



Tips for Safe Outdoor Play

Playing outdoors, and roaming and exploring, allows children to develop self-confidence, independence and self-esteem. They also become aware of limits, boundaries and challenge in their play. When children are used to playing outdoors, they are more likely to:

- try new activities
- engage with others
- solve problems
- explore the natural environment
- make friends
- show resilience



However, many parents feel concerned about many potential dangers of playing out and letting their children wander beyond what feels like a comfortable distance away from home. This NSPCC has a list of topics, appropriate for different age groups, to help parents and carers talk to their children about playing safely and growing independence when outside. You may find this helpful, now that the days are getting warmer and brighter, and children begin to look beyond their screens for things to do!

- Provide safe places to play & explore, that have agreed boundaries to roam
- Send children on simple age-appropriate errands to encourage independence
- Stranger danger advice for if someone tries to talk to them or take them somewhere
- Strategies for if someone is unkind / tries to bully them
- Strategies for if someone offers them alcohol or drugs
- Strategies for if someone asks them to do something they're not comfortable with
- Knowing what to do if their phone battery dies (if they have one)
- Having a plan for if they get hurt