Unified Academy

newsletter

Summer safety

A few weeks ago, when we had the heat wave, a number of children died when swimming in water.

Cold water Shock seems to be the most common way they died.

You need to know what this is and what to do…

Inland water looks still, but it hides its own set of risks that the sea doesn't have.

Cold Water Shock

Even in summer, inland water is often freezing. This can stop your heart or cause you to gasp and inhale water.

Hidden Debris

Shopping trolleys, glass, and tangled weeds can trap you submerged.

Peer Pressure vs Common Sense

Most accidents involving 13-year-olds happen because of 'Tombstoning' or swimming in unsupervised areas.

The 'rush' of excitement.

Not wanting to look 'uncool' in front of mates.

Thinking 'it won't happen to me'.

If You Are in Trouble

FLOAT TO LIVE

If you fall in, **do not** thrash.

Fight Instinct - Lean back; keep airway clear.

Gently Move - Use limbs to stay afloat.

Calm Down - Control breathing before calling

Seeing a friend in trouble is terrifying, but jumping in to save them often results in *two* casualties.

Key point

Call 999 or 112 immediately and ask for the Coastguard (sea) or Fire Service (inland).

Reach or Throw

Use a branch, a scarf, or find a lifebuoy. Stay on the land.

Online safety

TAKING CONTROL OF YOUR ONLINE SAFETY

We all like being one step ahead. And the same applies when we're spending time online. So we've got tips to help feel more in control when you're scrolling.

https://www.ceopeducation.co.uk/professionals/guidance/teaching-online-safety-in-schools/

- Make your passwords as strong as possible
- Set up 2-factor authentication
- Keep everything updated
- Log out of public or shared devices
- Watch out for dodgy websites and apps

Our safety hacks are here to help you feel more in control online.

Think before you share

What you share online can stick around for longer than you think, including our photos, videos, and comments. It's good to always keep this in mind.

Keep private info private!

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings.

Know who you're chatting to

When chatting to others online, keep an eye out for red flags, fake profiles, or anyone who might not be who they say they are.

Spot the fakes

Not everything we see online is always going to be true. Spotting misinformation will help you feel more in control of your feed, your feelings, and your views of the world.

Talk it out

If anything happens or something you're not sure about, you don't need to hide it or pretend it hasn't happened. Chat to a mate, an adult you trust, or you can always contact Childline.

Dear Parents & Carers,

As we come to the end of another academic year, we would like to take this opportunity to thank you for your continued support in working with us to keep our students safe and supported.

We understand that the summer holidays can bring changes in routine and circumstances, and it is important that families know how to access support if needed.

Over the holiday period, the Unified Academy Safeguarding Team will be working sporadically. However, the Designated Safeguarding Lead (DSL), Catherine Thomas, will be available between 9:00am and 5:00pm each day.

If you need to make contact regarding a safeguarding concern or to share any important updates about your child, please do so via:

· **Email: dsl@unifiedacademy.org**

· **Mobile (text message preferred initially): 07526169524**

Where possible, we ask that initial contact is made via email or text message, and a response will be provided as soon as possible.

If you believe a child is at immediate risk of harm, please ensure you contact emergency services on 999, or your local authority safeguarding team.

You may also find the following resources helpful over the holiday period:

· NSPCC – Keeping children safe: https://www.nspcc.org.uk/keeping-children-safe/

· Childline (for young people): https://www.childline.org.uk/

· UK Safer Internet Centre: https://www.saferinternet.org.uk/

· Mind – Supporting young people's mental health: https://www.mind.org.uk/for-young-people/