

# SAFEGUARDING NEWS

Summer Term 2 2023



Our half termly newsletter gives advice and updates for parents on all safeguarding matters, to support keeping our whole community safe.

## Summer is here!

The summer holidays are here and many of your children will want to take advantage of the time off school to enjoy our local area. We are lucky to have some beautiful beaches within walking distance of our school, however it is important to remind children to check in with parents/carers to ensure that they are safe whilst also enjoying these areas. We have outlined some tips below to help your whole family stay safe.

### Water Safety: Some tips from Evie in Year 12 who works as a lifeguard for the RNLI

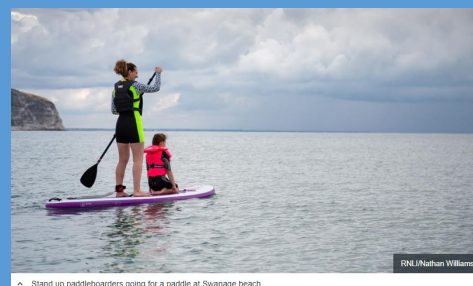
1. Try to use a lifeguarded beach (e.g. Teignmouth, Dawlish Warren, Exmouth and Sandy Bay) and swim between the red and yellow flags.
- 2) Offshore winds - do not use an inflatable in the sea when the wind is offshore as you will quickly be swept out. You can spot an offshore wind by looking at the direction of a flag at a beach or an orange windsock flying at a lifeguarded beach.
- 3) If in trouble, float to live. If you see anyone in trouble, call 999 and ask for the coastguard.
- 4) Use the what3words app. This is recommended because if anyone is ever in trouble and needs to call emergency services it will give you an exact location to enable you to receive help easier.
- 5) Slip, Slop, Slap, Slay, Glug ( put sun cream on, have fun, drink water).

**Stand-Up Paddleboarding** is an activity that can be enjoyed by the whole family and is becoming increasingly popular. The RNLI have provided some simple and key tips to improve your time paddleboarding every time you go out on the water:

- \* Wear a buoyancy aid
- \* Wear the correct leash
- \* Carry a phone in a waterproof pouch
- \* Avoid offshore winds

You can find more information here:

[Stand-up Paddleboarding Safety Tips And Advice From The RNLI](#)



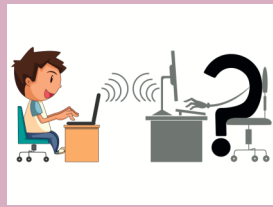
Stand up paddleboarders going for a paddle at Swanage beach

### Five ways to help your child to look after their mental health this summer:






If they struggle with the lack of routine and loneliness because of less contact with friends over the summer holidays, they are not alone. Summer can be a time of mixed emotions for lots of people. Here are some tips to help them look after their mental health this summer:

- \* Create a routine - pick up a new hobby or use the opportunity to regularly do something you've always wanted to do.
- \* Volunteer and help others - volunteering is great because you don't have to commit to it as much as you would a job but it also allows you to do something for the good of others which can feel very rewarding. It's a good way to keep busy and keep your mind distracted but remember to rest if you start to feel burnt out.
- \* Connect with friends - the summer is a good time for you to connect with old friends, friends from primary school or a school you might have moved from.
- \* Make small but significant changes - if you don't feel like doing any of the things above, you could make small changes to your routine which could still make a difference. Just being outside in the fresh air more often can help your mood.
- \* Look after yourself - the most important thing is to pay attention to yourself. Don't ignore your feelings: if you feel bad, tell someone how you feel. If you're tired, rest. Make the most of self-care resources and remember that you're never alone.

# Online Safety



Your children are more likely to spend more time on their devices during the Summer holiday. It is so important that you take an active role in ensuring they are doing this safely. We have published lots of advice during this year through our website, newsletters and online safety evenings. There is advice on our parent specific online safety page through our website [Online Safety - Parents | Torquay Girls' Grammar School \(tggsacademy.org\)](https://www.tggsacademy.org/online-safety-parents) Please encourage your children to be **SMART online**. If you have any concerns over the summer you can report this through the following sites. [www.ceop.police.uk/Safety-Centre](http://www.ceop.police.uk/Safety-Centre) <https://reportharmfulcontent.com/>

<h1>S</h1> <p><b>Stay Safe</b></p> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1>M</h1> <p><b>Don't Meet Up</b></p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1>A</h1> <p><b>Accepting Files</b></p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1>R</h1> <p><b>Reliable?</b></p> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1>T</h1> <p><b>Tell Someone</b></p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p>Follow these SMART tips to keep yourself safe online!</p> 
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SMART tips based on resources from www.thinkuknow.co.uk

## The Safeguarding Leadership team from September 2023.

From September, due to staff moving on to pastures new and undertaking new roles within the school, the Safeguarding leadership team has a new look for September. Mrs Wilkinson welcomes Ms Stacey as DDSL. Ms Stacey has recently been promoted to Associate Assistant Headteacher and is our SENCO. Mrs Saunders will be working closely with our current Year 9 students as she has been promoted to HOY. We are also interviewing for a new full time DDSL to join our team this week. I would like to take this opportunity to thank Mrs Cross, Ms Neill, Ms Saunders and Mrs Vanes for the support they have given our students, families and staff this year. *Mrs Wilkinson*



**Mrs Wilkinson**  
Assistant Headteacher  
Designated Safeguarding  
Lead (DSL)



**Ms Stacey**  
Associate Assistant  
Headteacher SENCO  
Deputy Designated  
Safeguarding Lead (DDSL)

### How to get support in the summer holidays:

If you need support there is lots of helpful information such as websites available [here](#).

For urgent safeguarding concerns during the holidays please call the following numbers.—

For Torbay residents call **01803 208100** or email [mash@torbay.gov.uk](mailto:mash@torbay.gov.uk) For out of office hours please call 0300 4564 876.

For Devon residents call 0345 155 1071 or email [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

If you or a child is at immediate risk, please call **999**.

We thank you for your ongoing support.

Please contact us at [safeguarding@tggsacademy.org](mailto:safeguarding@tggsacademy.org) if you are concerned about your own child or another child at Torquay Girls' Grammar School