



Safeguarding Update Term 3.2 2024

Keeping safe during the summer holidays

Students are beginning to look forward to the long-anticipated summer holidays that are just around the corner; we are sure that they are starting to make numerous plans to keep themselves busy and to make wonderful memories.

Despite the enjoyment the holidays bring, the change in routine and additional freedom can mean that a reminder of safety measures is helpful to young people. This safeguarding bulletin focuses on 3 key areas with some advice that you may wish to share with your child.

River jumping

Hopefully the sun will be shining throughout the holidays but in an attempt to cool down, some young people may engage in river jumping. We will be sharing a message about this within tutor time but would suggest watching the video below with your child to discuss the dangers of the unknown with them.

[Watch: Heartbreaking true story in water safety video \(thestar.co.uk\)](https://www.thestar.co.uk)

Social Media

The holidays may allow for more tech time and, although it has so many wonderful features and allows for greater connections, the risk of exposure to dangerous content and unkind language/behaviours is also significant. We would highly recommend that you monitor your child's use of social media, group chats and general internet access.

Some young people like to share what they are up to on social media; this can provide opportunities for others to locate them and can put them in a vulnerable position so we would advise that you are monitoring this and discuss the risks with your child.

The following page has helpful advice for teenagers using social media:

<https://www.webwise.ie/parents/social-networking-advice-for-teenagers-2/#:~:text=Don't%20post%20any%20pictures,and%20information%20with%20the%20world.>

Mental Health

A change in routine, particularly sleep routines, can impact mood, emotional regulation and mental health. It is important that young people still aim for between 8 and 10 hours of good quality sleep each night. To encourage this, maintaining a consistent bedtime can be helpful and also encouraging them to leave the house and be active throughout the day – it can be easy during the extended time off to remain inside but research suggests that time outside and in the daylight supports good mental health.

Equally, keeping in touch with others will promote a positive mood so encouraging your child to keep in contact with friends will help support this.

We hope that you and your child have a wonderful summer and look forward to seeing them in September.

If you would like any more information about any of the issues covered in this bulletin, or have any other queries related to safeguarding, please email safeguarding@emmbrook.wokingham.sch.uk.