



Bredon Hill Academy

Safeguarding and Wellbeing Newsletter



Safeguarding Our Children Together

Summer
Term 2023

Welcome to the final Bredon Hill Academy Safeguarding and Wellbeing Newsletter of the academic year. The aim of this newsletter is to share with you any recent news items that might be relevant to keeping your child safe, share information to keep you informed and to highlight concerns that have been raised.

Thank you for your ongoing support; we really appreciate it.

Vaping

Vaping continues to be something we are becoming increasingly worried about. These colourful devices are reportedly the cause of a record number of children, as young as 9, being admitted to hospital.

We are aware that some of our pupils are experimenting with vapes out of school.



This image shows 2 vaping items we have recently discovered in school.

Please take the time to talk to your child about the risks involved in vaping. Here is a very useful link for facts and advice: <https://www.independent.co.uk/life-style/health-and-families/children-vaping-society-chartered-trading-standards-institute-england-b2265275.html>



Worcestershire HAF (Holiday Activities and Food Programme) is a useful website for those families who are eligible for Free School Meals. The programme creates free places for eligible children to attend, with a focus on enriching activities with a healthy meal and snacks included.

For more information please click on the link here: [HAF It! 2023](#) or see the attached flyers.



Summer Water Safety

A message from the Canal and Rivers Trust:

On a hot day, it might seem like a great idea to cool down in open water.

However, swimming is prohibited in our canals and rivers. There are too many risks that you can't see hidden below the surface, and lots of other ways you can cool down with two feet on the towpath.



Depth perception

Canals are often shallow, which you can't tell from the surface. If you jump in you are likely to injure yourself, possibly seriously

However, don't be fooled by thinking that all canals are shallow. If you can't put your feet on the ground, it'll be much harder to get out. Rivers, reservoirs and docks are generally much deeper, and colder

Hidden dangers under the water

Canals are havens for wildlife and maintaining water habitats are an important part of our work. If you're in the water, reeds and other plant life could get tangled around your limbs and trap you in the water making it very difficult to climb out

Sadly, rubbish like shopping trolleys can be lurking below the surface of canals and rivers. If you're in the water you could injure yourself by cutting yourself on a rusty old bicycle or broken glass, or get trapped on a larger piece of rubbish, like a trolley or even a motorbike

Cold temperatures

Even on a hot day inland waterways will be colder than you think, particularly reservoirs and docks as they're deeper. The sudden exposure to cold water can cause a number of involuntary bodily reactions - this is cold water shock.

Disease

Waterborne diseases, including Weil's Disease (leptospirosis), are extremely rare, but if you are swimming you're most exposed to them. If you are likely to come into contact with water it's sensible to take a few precautions:

If you've got any cuts or scratches, keep them covered

If you fall in, take a shower and treat cuts with antiseptic and a sterile dressing

Wash wet clothing before you wear it again

If you develop flu-like symptoms within two weeks, see a doctor and mention that you fell in the water. Not all doctors will know to look for signs of Weil's Disease, so do suggest it as a possibility

Canal water is untreated water and so may contain pollution, biological or chemical contaminants. Please bear this in mind when you come into contact with the water and follow basic hygiene measures.

Starting Well Partnership

The Starting Well Partnership support families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives.



Their website contains lots of information and resources designed to support families.

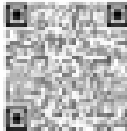
You will find resources on parental wellbeing, parenting workshops and courses, financial and childcare support, support for children who are being bullied, reducing parental conflict and lots more. For further information click [here](#).

Below are two of the courses being held over the summer. See the end of this newsletter for more online courses.

Understanding your child's behaviour—Additional Needs programme

10 week online group course suitable for parents/carers of children aged 0-19 years who have additional needs.

For more information contact Rebecca on 07977598163 or Nic on 07977074155

Thursdays 9:30—11:30	Starts 20/07/2023 for 10 weeks	Booking Essential. To book your space, please complete the online form here www.startingwellworcs.nhs.uk/request-support
		

Mental Health—Supporting your teen

Live workshop for parents of young people aged 11-19 years. Learn tools and techniques to help manage low mood and anxiety in your teens. Includes CBT techniques which can support the whole family. Live Q&A with one of our Action for Children Blues Practitioners.

Weds 12th July	1:00pm	Weds 26th July	6:00pm
Weds 16th Aug	1:00pm	Weds 20th Aug	6:00pm

To Book— Go to www.eventbrite.co.uk/o/ben-garrad-blues-team-action-for-children-58105087253#events

Or scan this QR Code from mobile device



Droitwich Families!

Check out our Summer Play cookalong sessions at WANDS Family Hub. Contact Andrea for more information or to book on!



Starting well Partnership
EVERY CONTACT SHAPES A LIFE

Deets and Squares

Worcestershire Children First have recently made us aware of a scam affecting children and young people.

The scam, known as #deets (details) #squares (bank card), is where a young person is asked to 'look after' a small amount of money in their bank account. In return,



they get to keep a percentage of that money. The scam, used by organised crime groups, is a way of laundering money and makes the young person an accessory to fraudulent crime.

Initially, small amounts of money are laundered, but over time the amount increases and the frequency intensifies. The young person may feel trapped and unable to tell someone what they have done as it may have been going on for a while.

Last year it was estimated that over £90 billion was laundered in this way.

Tips for keeping your son/daughter safe:

1. Check their bank statements with them regularly ensuring every transaction can be accounted for.
2. Make sure they know not to give anyone their PIN, passcode, or password, even to someone claiming to be from their bank or the Police.
3. If a child comes home with new clothes, trainers, electronic devices or other items that cannot be accounted for, ask them how they got the money to purchase them.
4. Explain that allowing someone else to use their bank details, regardless of how attractive or plausible the offer, is potentially a serious criminal offence that could damage their financial future. This means they may not be able to get a mobile phone contract, mortgage, car loan.
5. Teach them the simple rule that if it looks too good to be true, then it probably is.
6. Criminals use Snapchat and Instagram to recruit-check your son/daughters accounts and remember the age limits for both these are 13.



Digital Self-Harm



Sadly, there has been a recent increase in young people self-harming. In addition to physical self-harm, digital self-harm is a growing trend.

Digital self-harm is a form of self-aggression that involves anonymously posting hurtful and sometimes verbally abusive remarks about one's self online. Some of the online platforms used include forums as well as social media websites. By creating entirely separate personas online, teenagers are able to then post, on their self-identified account, different types of hate-filled comments targeted at themselves from themselves.

Please click on this link for a useful BBC article on [Digital Self Harm/Self Cyberbullying](#).

HAFit! 2023

Summer PICK & MIX FREE Holiday Camp

If you receive benefit-related free school meals, your child is eligible for our Holiday Camp for FREE

 Gymnastics  Ninja's  Games
 Arts & Crafts  Trampolining

**BOOK
NOW**

Boys & Girls 4-12
years old

Email: haf@fm-academy.co.uk

CHILDCARE
VOUCHERS
ACCEPTED..

Monday 31st July

Friday 1st September

9:00-3:00

50%
off
siblings



Scan me
to book



Pershore Riverside Youth Centre – Summer programme AUGUST 2023!

Day time youth group sessions with our fantastic team of youth workers.

PRYC have a 10-day summer programme filled with fun activities such as Circus skills, t-shirt designing, Kidderminster Harriers FC and plenty more! In an environment where young people can be active, socialise, and most importantly have fun throughout summer. **There are limited spaces, so booking as early as possible is essential.** Please enquire on the contact details below for more information.

- Ages 8 – 14.
- Mondays, Tuesdays, and Wednesdays 12pm – 3pm. Dates shown on booking form!
- Fun activities and workshops each day with our Youth Workers and Partners.
- Hot Meals will be provided - With regular breaks.
- Tick option for selected dates on the booking form.

FUNDED PLACES AVAILABLE: ✓

If you qualify for free school meals or any other entitlement for your child – please message us prior to booking.

For a booking form please contact:










Admin@pershoreriversidecentre.org.uk

Or Tel: 01386 554713 for any further enquiries.



£10 per day Payment is required in advance to secure your place

DIGITAL ONE OFF SESSIONS

Session Title	Date	Time	Booking Via QR code	Web Address
School Readiness	Tues 11/07/2023	10:00am–12:00pm		www.trybooking.com/uk/events/landing/430337?eid=430338
School Readiness Repeat Session	Tues 18/07/2023	6:00pm–8:00pm		www.trybooking.com/uk/events/landing/430337?eid=430338
Encouraging Language & Communication in children with Additional Needs	Weds 02/08/2023	9:30am - 11:30am		www.trybooking.com/uk/events/landing/44221
Dealing with Disobedience	Thurs 03/08/2023	9:30am - 11:30am		www.trybooking.com/uk/events/landing/44038
Understanding your child's emotions and behaviour	Mon 07/08/2023	1:00pm -3:00pm		www.trybooking.com/uk/events/landing/43911
Sensory Processing Difficulties	Tues 08/08/2023	9:30am - 11:30am		www.trybooking.com/uk/events/landing/43914
Managing Change for Autistic Children	Weds 09/08/2023	9:30am - 11:30am		https://www.trybooking.co.uk/CNON
How to talk to your children about Sex	Thurs 10/08/2020	6:00pm - 8:00pm		https://www.trybooking.co.uk/CNNR
Understanding the Teen Brain	Weds 16/08/2023	9:30am - 11:30am		www.trybooking.com/uk/events/landing/43585
Hassle Free Mealtimes	Fri 18/08/23	9:30am - 11:30am		www.trybooking.com/uk/events/landing/43918
Keeping Children & Young People safe online	Fri 18/08/2023	09:30 - 11:30		www.trybooking.co.uk/CNNC
Managing Fighting & Aggression	Tues 22/08/2023	6:00pm - 8:00pm		www.trybooking.com/uk/events/landing/44060
Understanding the Teen Brain Repeat Session	Weds 23/08/2023	9:30 - 11:30am		www.trybooking.com/uk/events/landing/43588
Understanding your child's emotions and behaviour Repeat Session	Mon 07/08/2023	1:00pm -3:00pm		www.trybooking.com/uk/events/landing/43913
Developing good bedtime routines	Weds 30/08/2023	09:30 - 11:30		www.trybooking.com/uk/events/landing/44061