

July 2023

Dear Parents and Carers,

As the term is drawing to an end and the summer holidays are nearing, we thought it was important to provide families with some signposting for different support networks;

### **Online Safety**

**Avon and Somerset Police Cyber Protect Team** are holding a series of events to support you to stay safe online. There is a session for Parents and Carers being held on Thursday 27<sup>th</sup> July at 1pm. Tickets can be secured on the Eventbrite website using the following link but be quick, they can sell out fast!

[Eventbrite Ticket Booking - Avon and Somerset Police](#)

### **Mental Health Support**

**Off The Record (OTR)** - OTR's Hubs are a safe and relaxed space you can simply drop into for a chat – no appointments needed. They are there for you to meet the team and discover more about what they offer. You'll find they are a great place to learn about mental health and self-care too. Please see link below to find out further information including times and locations; <https://www.otrbristol.org.uk/what-we-do/hubs/>

**School Nursing Team** – The School Nursing Team have a Text Service available for young people aged 11-19. Students can text the team on 07312 263 093 for support with Mental Health, Bullying, Substance Misuse, Healthy Eating and Relationships. Parents can also call the School Nursing Team for advice on 0300 125 6980

### **Community Safety**

**Safety Apps** - As young people tend to spend more time away from the home during the summer holidays, we would recommend that parents download safety apps to their children's phone if they have them. I can personally recommend the Life 360 App – A free application which allows you to locate your children or other family members within your circle. There are also other apps available such as Holly Guard.

**Water Safety** - On a hot day, it might seem like a great idea to cool down in open water. Please remember swimming is prohibited in our canals and rivers. There are too many risks that you can't see hidden below the surface and you could become very poorly from waterborne diseases.

**Road Safety** – More and more young people now have access to a mobile device. Alongside other safety concerns, please remind your children about safety on the roads whilst using mobile devices and headphones. You could share the following link with your children. [www.StopPauseLookListen.com](http://www.StopPauseLookListen.com) - [STOP PAUSE LOOK LISTEN Road Safety Campaign](#)

**Rail Safety** - As you will be aware the railway path runs through our local community. Please be sure to have a conversation with your child surrounding rail safety including the dangers of overhead electrical cables. Network Rail have a website with resources surrounding this topic. <https://www.networkrail.co.uk/communities/safety-in-the-community/safety-education/>

### **Food Bank, Holiday activities and Financial Support**

The holidays can be a huge financial strain for families with the constant calls of "I'm hungry!" or "What are we doing today?". There are some local community projects which may be able to support families.





South and East Bristol Foodbank – Fishponds Baptist Church - Fridays 12:30 - 14:15

<https://eastbristol.foodbank.org.uk/locations/>

Oldbury Court Childrens Centre Foodbank

<https://www.eastbristolchildrenscentre.co.uk/post/food-club>

Household Support Fund

<https://www.bristol.gov.uk/residents/benefits-and-financial-help/household-support-fund>

Activities for families in Bristol eligible for benefits related free school meals

[www.yourholidayhubbristol.co.uk](http://www.yourholidayhubbristol.co.uk)

As ever, you can contact the Safeguarding Team or House Teams if you have any questions or concerns via the BMA Safeguarding [bmasafeguarding@clf.uk](mailto:bmasafeguarding@clf.uk)

Our school website is also updated with relevant safeguarding and online safety and Safeguarding information, and this can be found [here](#).

Yours Sincerely,

Lacie Hooper

Deputy Designated Safeguarding Lead and E-Safety Lead