



Welcome to our Summer Term edition of the Safeguarding and Wellbeing Newsletter.

As we reach the end of another academic year, we hope that you have found our safeguarding newsletters informative and helpful. Safeguarding remains our highest priority, and we want to share information, guidance and sources of support to help keep our children safe.

With the summer holidays coming up and the lovely weather, I have included the important topic of water safety. The children have been learning about this too with some of the children watching a live broadcast by Staffordshire Fire and Rescue Service.

This edition also includes other useful information for the summer holidays, including advice on sun safety, staying safe online and other ways to keep children safe during the break.

If you have any questions or require further support, please do not hesitate to contact Mrs Leese, who will be happy to assist.

INCLUDED IN THIS TERMS NEWSLETTER

- Families and Wellbeing Service:
- Summer Safety
- Safe Sleeping
- Food Safety
- Sun Safety
- Staywell
- Family Fun Day
- Staywell
- Online Safety

If there are any topics you would like us to include in future newsletters please get in touch.



The Safeguarding Team



Mrs Machin
Principal and
Designated
Safeguarding Lead



Mrs Leese
Deputy Designated
Safeguarding Lead



Mrs Curley
Brambles
Designated
Safeguarding Lead

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team.

Families' Health and Wellbeing Service 0-19

Families' Health and Wellbeing
Midlands Partnership University
NHS Foundation Trust

School Nurse Community drop in

For parents/
carers of 5 - 19
and young
people not in
education

**1st & 3rd
Wednesday
of the month
13.30 - 16.30pm**

The School Nurse
is here to help your child feel healthy, happy
and safe during their school years and to get
the best from their
education. If you
have any concerns
about their health

**Leek Moorlands Hospital
Ashbourne Road
Leek
ST13 5BQ**

We provide a confidential and friendly service

www.mpft.nhs.uk/services/health-visiting-and-school-nursing

**Families' Health and
Wellbeing Service (0-19)**
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

We now have a text messaging service for
parents/carers of children aged 0-19 who
live in Staffordshire.
Get advice from our Public Health nurses
(Health Visitors and School Nurses).

TEXT: 07520 615722

Feeding and
nutrition

Child
development

Parenting advice
and support

Emotional health
and wellbeing

Behaviour
difficulties

Family
health

The Families' Health and Wellbeing (0-19) Service is the local Health Visiting and School Nursing service. They offer support to schools and parents of children aged 0 to 19 years around lots of health-related topics to help children.

Visit the FHWS website by clicking on the link below:

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing>

Children and Families Health and Wellbeing Single Point of Access (CaFSPA)



The CaFSPA, often referred to as the hub, is a central point of contact for the service. You can call if you need to speak directly to a Health Visitor, School Nurse or Nursery Nurse for advice, support or guidance. Our team of administrators can book or change an appointment for you. The CaFSPA operates Monday to Friday 9am-5pm (excluding bank holidays).

The 0-19 service can be contacted on a single freephone number: 0808 178 0611 (press option 1)

This newsletter is designed to raise awareness of the work of the Stoke-on-Trent and Staffordshire Child Death Overview Panel (CDOP) and to bring news on our ongoing campaigns

Summer Safety

Tragically, there have been deaths of children from Staffordshire and Stoke on Trent as a result of.....

Drowning

Young people can be drawn to open water - weirs, quarries and canals are not safe places to 'hang out', swim or play. **Don't take risks around water.**

Watch children when they are in or around water, without being distracted.



For water
safety
advice go to
RLSS.org



The Lullaby
Trust has
information
on 'safer
sleep on
holiday'

Unsafe sleeping environments

Follow safer sleep guidance **for every sleep**, both daytime naps and overnight. Maintain safe sleep routines when on holiday, staying with friends or family. Plan sleeping arrangements in advance.

Consider where your baby will be sleeping and if you need to take a travel cot.

Road traffic collisions

Check and follow local driving laws when travelling abroad. **Children should be properly restrained in appropriate car seats** while travelling in a vehicle. Many airlines allow child car seats to be transported free of charge or when abroad there are usually car seat hire options. Take extra care when walking near roads, particularly in unfamiliar areas where traffic patterns and road rules may be different from those in the UK.



The AA has
essential driving
advice in Europe
on their website,
and for
information on
car seats go to
issuu.com

Avoiding
serious
injury

Sun safety

Babies and children are particularly vulnerable to sunburn. Avoid direct sun exposure between 11:00 and 15:00. Use SPF50 sunscreen with 4-star UVA protection. Reapply sunscreen every 2 hours and after swimming. For additional protection add loose-fitting clothing, sun hats and sunglasses. Go to britishskinfoundation.org.uk and sunscreen-and-sun-safety on the NHS site for further information.



Food safety advice

Germes can grow quickly on food if it is not kept refrigerated. Use ice blocks to keep food cool when travelling. Store raw and cooked foods separately, and ensure meat is cooked thoroughly and is hot all the way through before eating. Tap water in the UK is safe to drink. Follow local guidance when drinking water abroad.

Encourage young children to sit down while eating to help them chew and swallow food properly during picnics.

Visit GOV.UK for further advice on food safety in a heatwave.

Carbon Monoxide Poisoning

Carbon monoxide cannot be seen, smelled, heard, or tasted. It is produced when fuels burn incompletely. Poor ventilation can allow dangerous levels to build up. Carbon monoxide poisoning can be fatal. Extra care is needed in caravans, motorhomes, and tents, especially when using campfires, camping stoves, or BBQs. A carbon monoxide alarm/monitor should be provided or taken when travelling. For further information go to www.safertourism.org.uk/campaign-carbon-monoxide.

Drowning Prevention

Tragically, we have reviewed the deaths of a number of children from Stoke-on-Trent and Staffordshire who have died as a result of drowning

48% of deaths occurred in the warmer months. Research from Bournemouth University (2024) found when the temperature reaches 25c there is a fivefold increase in accidental drowning risk.



Young people can be drawn to open water - weirs, quarries and canals are not safe places to 'hang out', swim or play. **Don't take risks around water.**

Children need to be supervised in and around water. They might understand instructions but are likely to forget if they are having fun.

A drowning child/young person can't speak or control their arms. They slip quietly under the water. It's only in the movies they splash about and cry for help.

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards.
- Explain the dangers of swimming in open water like rivers, lakes and reservoirs, strong currents, deep, cold water and things under the surface they can't see.
- Even on a very warm day, open water can still be cold enough to cause cold water shock. This physical reaction makes it hard to control breathing or to swim, causing swimmers to panic.
- Talk them through what to do if this ever happens. Explain how the reaction will pass quickly, so they need to recognise it and control the panic enough to be able to float.
- Teach your child to float. The RNLI has a great video.

CAPT offer safety advice to reduce the risk of drowning. The Float to Live campaign reduces the chance of panic when people get into difficulty in water.



In the garden

- Watch children when they are in or around water, without being distracted.
- Keep young children within arm's reach.
- Securely cover all water storage tanks and drains.
- Empty paddling pools, containers, buckets and watering cans, as soon as they have been used and turn them upside down. Cover hot tubs after use.

- Make sure older children are accompanied every time when they swim
- If you have a pond always supervise closely, fence it or fill it in!
- Always turn hosepipes off at the tap, so children cannot fill vessels themselves.

Further information on water safety can be found on RoSPA's website, CAPT website and the NHS website. The Royal Life Saving Society have recently launched the 'Splash Safety' Campaign.

Drownings around the home are easily preventable. The Royal Life Saving Society have created these easy-to-follow tips around water safety.

Tips for Water Safety at Home

Indoors

- Always supervise bath time (never leave children unattended)
- Empty the bath as soon as possible after use
- Close toilet lids and use toilet seat locks to prevent drowning
- Keep doors to bathrooms and utility rooms closed
- Vulnerable adults and children who suffer from sudden seizures should consider using showers rather than baths



Did you know that children can drown in as little as 2cm of water?

!Never Leave children unattended near water!

Child Death Overview Panel Email: cdop@staffordshire.police.uk, Staffordshire Police HQ, Weston Road, Stafford, Staffordshire ST180Y

Sunscreen. No one likes it.

But whether you're a sun lover or a shade seeker, sun safety is more important than ever. Grab the sunscreen, style out the sun hat, and always remember – when it comes to looking after your skin this summer, **there's no such thing as too much protection.**



Three steps for skin safety

1

More protective clothing – cover up exposed skin with UPF clothing, wear a wide-brimmed hat and sunglasses with UV protection.

2

More sunscreen – use SPF 30 or above sunscreen on exposed skin and reapply at least every 2 hours or after swimming/sweating etc.

3

More shade – especially between 11am-3pm when the UV index is highest. Keep babies and young children out of direct sunlight.



Learn more about how to protect your skin this summer at britishskinfoundation.org.uk/sun-safety
X @BSFcharity

Stay Well Prescription



FREE Mental Health Service for young
people ages 5-18 years in Staffordshire
(upto 25 with *SEND* or *careleavers*)



Scan Me



Who can refer?



Self Refer



Parents/Carers



GP's & Professionals

Call: 01782 418518 *option 2 or 3*

Email: staywellcypstaffs@changes.org.uk

Visit: staffs.staywellcyp.org

Stay Well Digital Training Sessions

July - September 2026 Delivered on MSTeams



FREE for Professionals, Parents/Care Givers and Volunteers working with Children & Young People within Staffordshire.

It is advised (but not compulsory) to complete the introductory course; 'Understanding the Emotional Wellbeing & Mental Health of Children and Young People' before accessing the specialist training sessions.

Please mark with an (x) which sessions you would like to attend and fill out the information below before sending back to training.staywellstaffs@changes.org.uk.

You will then receive an email back to confirm your booking.

Understanding the Emotional Wellbeing & Mental Health of Children & Young People

Monday 6th July - 10:30am - 3pm ☐
 Tuesday 21st July - 10:30am - 3pm ☐
 Friday 7th August - 9am - 1:30pm ☐
 Monday 17th August - 9:30am - 2pm ☐
 Tuesday 1st September - 10:30am - 3pm ☐
 Friday 18th September - 9am - 1:30pm ☐
 Monday 28th September - 9:30am - 2pm ☐

Dealing with Difficult Emotions (Anger)

Tuesday 14th July - 9:30am - 11:30am ☐
 Monday 27th July - 12:30pm - 2:30pm ☐
 Monday 10th August - 9:30am - 11:30am ☐
 Tuesday 25th August - 12:30pm - 2:30pm ☐
 Tuesday 8th September - 9:30am - 11:30am ☐
 Monday 21st September - 12:30pm - 2:30pm ☐

Supporting Children & Young People with Worry & Low Mood

Tuesday 7th July - 12:30pm - 2:30pm ☐
 Monday 20th July - 9:30am - 11:30am ☐
 Monday 3rd August - 12:30pm - 2:30pm ☐
 Tuesday 18th August - 9:30am - 11:30am ☐
 Tuesday 15th September - 9:30am - 11:30am ☐
 Tuesday 29th September - 12:30pm - 2:30pm ☐

Raising Self-Esteem in Children & Young People

Tuesday 7th July - 9:30am - 11:30am ☐
 Monday 20th July - 12:30pm - 2:30pm ☐
 Monday 3rd August - 9:30am - 11:30am ☐
 Tuesday 18th August - 12:30pm - 2:30pm ☐
 Tuesday 15th September - 12:30pm - 2:30pm ☐
 Tuesday 29th September - 9:30am - 11:30am ☐

For further training enquiries contact:

Email: training.staywellstaffs@changes.org.uk | Tel: 01782 418518

Stay Well Digital Training Sessions



Understanding & Managing Self-Harm in Children & Young People

Monday 13th July - 9:30am - 11:30am ☐
 Tuesday 28th July - 12:30pm - 2:30pm ☐
 Friday 14th August - 9:30am - 11:30am ☐
 Monday 24th August - 9:30am - 11:30am ☐
 Monday 7th September - 12:30 - 2:30pm ☐
 Tuesday 22nd September - 9:30am - 11:30am ☐

Supporting Children & Young People with Suicidal Thoughts

Monday 13th July - 12:30pm - 2:30pm ☐
 Tuesday 28th July - 9:30am - 11:30am ☐
 Tuesday 11th August - 9:30am - 11:30am ☐
 Monday 24th August - 12:30pm - 2:30pm ☐
 Monday 7th September - 9:30am - 11:30am ☐
 Tuesday 22nd September - 12:30am - 2:30pm ☐

Understanding Disordered Eating in Children & Young People

Friday 24th July - 9:30am - 11:30am ☐
 Friday 21st August - 9:30am - 11:30am ☐
 Friday 11th September - 9:30am - 11:30am ☐

Social Media Awareness/Cyberbullying Support

Friday 10th July - 9:30am - 11:30am ☐
 Friday 31st July - 9:30am - 11:30am ☐
 Tuesday 4th August - 12:30pm - 2:30pm ☐
 Friday 28th August - 12:30pm - 2:30pm ☐
 Monday 14th September - 9:30am - 11:30am ☐

LGBTQ+ Awareness

Friday 17th July - 9:30am - 11:30am ☐
 Tuesday 11th August - 12:30pm - 2:30pm ☐
 Friday 4th September - 9:30am - 11:30am ☐
 Friday 25th September - 9:30am - 11:30am ☐

Supporting Children & Young People with Bereavement & Loss

Wednesday 15th July - 10am - 12pm ☐
 Tuesday 11th August - 9am - 11am ☐

For further training enquiries contact:

Email: training.staywellstaffs@changes.org.uk | Tel: 01782 418518

Stay Well Digital Training Session



Supporting Neurodiverse Children & Young People

Tuesday 14th July - 12:30pm - 2:30pm ☐
 Monday 27th July - 9:30am - 11:30am ☐
 Monday 10th August - 12:30pm - 2:30pm ☐
 Tuesday 25th August - 9:30am - 11:30am ☐
 Tuesday 8th September - 12:30pm - 2:30pm ☐
 Monday 21st September - 9:30am - 11:30am ☐

PLEASE READ THE BELOW INFORMATION BEFORE BOOKING

Instructions for Digital Sessions:

- Post Course Questionnaires will be sent via email on completion of the training and must be sent back to receive the training slides and certificate of attendance.
- If you do not receive the Microsoft Teams link and you have confirmation of your booking, please contact: training.staywellstaffs@changes.org.uk or call 01782 418518. You will receive the link around 2-7 days in advance, so if you are not in receipt of this, please contact ASAP.
- Please ensure you have access to both audio and video settings during the training session.

Name:	
Job Role (if parent/carer N/A):	
Organisation (if parent/carer N/A):	
Email Address:	
Do you have access to a device with working audio & video? Yes / No	

For further training enquiries contact:

Email: training.staywellstaffs@changes.org.uk | Tel: 01782 418518



WEDNESDAY 22ND JULY
11:00AM-2:00PM

JOIN US FOR OUR 2026

FAMILY HUB FUN DAY

FUN FOR ALL THE FAMILY!

AUNTIE DAWN'S JUNIOR DISCO
PARTY GAMES
LOTS OF PRIZES
BALLOON MODELLING
FACE PAINTING
REFRESHMENTS
ICE LOLLIES

COME ALONG TO
STAFFORDSIRE MOORLANDS FAMILY HUB,
ALBERT STREET, BIDDULPH, STAFFS, ST8 6DT



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GENERATIVE AI SAFETY

Generative AI tools – such as ChatGPT – are now commonly used by children. In fact, 3 in 4 pupils in the 2024 Annual Literacy Survey reported using generative AI, up from just 2 in 5 the previous year. While these tools can boost learning and creativity, they also raise concerns around misinformation, privacy and overuse. This guide explores the key risks and how to support safe use.

WHAT ARE THE RISKS?

MISINFORMATION AND ACCURACY



Generative AI can sometimes produce false or misleading content. Children – and even adults – may assume the information is accurate and trustworthy. This can affect learning and understanding of important topics. It's vital to teach children to critically assess all information, even when it comes from AI.

EXPOSURE TO INAPPROPRIATE CONTENT

Because generative AI is trained on vast datasets from across the internet, there is a chance it may occasionally generate harmful or inappropriate content. Without supervision, children could encounter disturbing or unsuitable material. Active monitoring and clear usage boundaries can help reduce this risk.

PRIVACY AND DATA SECURITY

Some AI tools ask for personal details or store users' interactions. If privacy settings are not correctly configured, children's personal data could be exposed or misused. Teaching good digital hygiene and setting strong privacy controls is essential for protecting children online.

REDUCED CRITICAL THINKING



Relying too heavily on AI-generated responses may reduce children's willingness to think independently. If they consistently use AI to solve problems or complete tasks, it could impact their ability to reason, analyse and form their own ideas. Encouraging thoughtful reflection is key.

DIGITAL DEPENDENCY



Regular use of generative AI can contribute to increased screen time and less real-world interaction. If left unmanaged, it may affect physical activity levels, sleep, and social development. Striking a healthy balance between online and offline activities is important for wellbeing.

UNCLEAR ETHICAL BOUNDARIES



Children may not fully understand the ethical implications of using AI to complete homework or creative tasks. This can lead to unintentional plagiarism or dishonest academic practices. Conversations around responsible use and academic honesty are crucial.

Advice for Parents & Educators

ESTABLISH CLEAR GUIDELINES

Set clear, age-appropriate rules for when and how generative AI can be used. Reinforce these regularly to help children develop a healthy, respectful and informed relationship with the technology.



ENCOURAGE CRITICAL EVALUATION

Help children to question the accuracy of AI-generated information and seek out additional trusted sources. This builds essential digital literacy skills and supports better decision-making.



PROMOTE ACTIVE SUPERVISION

Keep an eye on how the children in your care use AI tools. Check in regularly to ensure they're using them appropriately and be ready to step in if something doesn't feel right.



ENHANCE PRIVACY AWARENESS

Talk to children about the importance of keeping personal information private. Make sure privacy settings are in place and explain how data shared with AI tools could be used.



Meet Our Expert

Brendan O'Keeffe, Deputy Headmaster and Director of Digital Strategy at Eaton House Schools, has extensive expertise in digital safety, safeguarding, and generative AI in education. As an author and speaker on digital literacy and online safety for institutions such as The National College, Brendan guides parents and educators in creating safe digital learning environments.



#WakeUpWednesday

The National College