



# SAFEGUARDING NEWSLETTER

**Summer 2025- Issue 2**

## **Latest advice for parents and carers**

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information and support on where to get support, online harm prevention, local support groups and workshops, water safety, railway safety, mental health support and support for over the summer holidays.

### **Helping Hands**

The Helping Hand team is available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis.

Let them know if:

- you are struggling to afford food
- you cannot keep on top of your bills
- you are in debt
- you are struggling to pay for essential goods in your home

Whether you get in contact by phone or our online form, we will ask a few questions about your situation so we can offer the best support or advice.

You can request support from the Helping Hand team by visiting their website: <https://www.buckinghamshire.gov.uk/cost-of-living/>

calling [01296 531 151](tel:01296531151)

Our phone lines are open:

- Monday to Thursday (9am to 5:30pm)
- Friday (9am to 5pm)

We are closed on bank holidays.





## Is your child chatting to a real friend - or an AI chatbot?

AI Chatbots are built into platforms children are using every day on their phones and other devices. Research from [Internet Matters](#), shows that **two-thirds of children are using AI chatbots** like ChatGPT, Snapchat's My AI, character ai and others, and they're being used for schoolwork, to seek advice and even for companionship\*.

**Chatbots interact in a human-like way**, they are always available, are friendly and non-judgemental, and use empathetic language - which can make children feel acknowledged and understood. However, this makes it harder for children to recognise that they're interacting with a tool rather than a real person. Chatbots are not real and their responses cannot always be trusted.

Also, they're **often not designed with children in mind** - most lack safety settings or parental controls. So if children ask for advice on sensitive topics, the lack of age checks plus inconsistent filtering mean they may be presented with responses that are inappropriate for their age.

To help you get to grips with what AI chatbots are, and for advice and tips on how you can help your children use them safely, [check out Internet Matters new AI information hub.](#)

### A Parent's Guide to AI

<https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

This has a really helpful video guide to support parents in making the most of artificial intelligence with children.





## PARENTAL CONTROL MIRRORING APPS

Keeping children safe online

This is what they can do



### MONITOR ONLINE ACTIVITY

Block browsing, social media, and apps

### LOCATION TRACKING

Know where they are at all times

### MONITOR TEXTS AND CALLS

View messaging and call history



### LIMIT SCREEN

Filter inappropriate or schedules



### CONTENT MONITORING

Filter inappropriate or mature content

### DETECT POTENTIAL RISKS

## PARENTAL CONTROL APPS FOR PARENTS

Suitable for Android and iOS phones



Qustodio



FamilyTime



mspy



Aura



Google Family Link



bark



Norton





## Online Harm—Local Context

Thames Valley Police have put together a short film which presents dramatizations based on real cases in the Thames Valley Area. These cases are based on online abuse and harm which children have been subjected to. It is a hard hitting film but highlights the dangers that our children can easily be exposed to. It also discusses some preventative measures that parents can put in place.

<https://www.youtube.com/watch?v=CqWMgMX3ty8>

## What to do if you can't find your little one

That moment when you realise you cannot spot your little one in a busy crowd is horrific.

Some advice on what to do:

Consider these three questions-

How old is your son/daughter?

What colour is their hair?

What colour are they wearing?

In addition to **shouting their name**, **shout their description**—Eg. 3 year old boy, blonde hair, blue shorts, look around you!

Calling the child's name alerts the child however, the description gives everyone around specifics to look for.

Teach your child in advance to keep calling mummy/daddy and to stand still! It is also a good idea to teach your child their name, address and phone number.



# Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



Mental Health  
Support Team  
Buckinghamshire

## YOU ARE INVITED TO MHST SUMMER WELLBEING CAMP 2025

### WHAT?

A 3-day programme packed with fun activities to help you take care of your emotional health and wellbeing

### WHO?

For children aged 7 - 11, starting Year 3, 4, 5 or 6



### WHERE & WHEN?

Stoke Mandeville Combined School, Lower Road, Stoke Mandeville, Aylesbury, Bucks, HP22 5XA

- Monday 28<sup>th</sup>, Tuesday 29<sup>th</sup> & Wednesday 30<sup>th</sup> July @ 10am - 3pm  
OR
- Monday, 4<sup>th</sup>, Tuesday 5<sup>th</sup> & Wednesday 6<sup>th</sup> August @ 10am - 3pm  
OR
- Monday 18<sup>th</sup>, Tuesday 19<sup>th</sup> & Wednesday 20<sup>th</sup> August @ 10am - 3pm

PLACES WILL BE  
ALLOCATED ON A  
FIRST COME,  
FIRST SERVED BASIS

TO SIGN UP,  
PLEASE ASK YOUR  
SCHOOL FOR A  
REGISTRATION  
FORM

PLEASE NOTE, CHILDREN  
NEED TO BRING A PACKED  
LUNCH AS LUNCH WILL  
NOT BE PROVIDED

For more information please contact:

Email: [bucksmhst@oxfordhealth.nhs.uk](mailto:bucksmhst@oxfordhealth.nhs.uk)

Phone: 01865 901566





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## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### M&S

Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### FUTURE INNS

Under 5s eat for free with any adult meal.



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<https://www.rlss.org.uk/pages/category/parentsresources>

## Summer

## WATER SAFETY

To enjoy the water safely and make the right call...



ENTER SLOWLY  
AND CAREFULLY



STAY WITHIN  
REACH



ALWAYS BE  
SUPERVISED

In an emergency...



CALL  
999



IF YOU'RE IN  
TROUBLE FLOAT AND  
CALL FOR HELP

### Follow the Water Safety Code



#### Stop and Think

Is the area safe? Consider potential hazards—too deep or too shallow, currents, tides, underwater objects.

Enter slowly and carefully, and never jump from heights.

Think carefully about your ability to splash or swim in cold outdoor water. Are you really a good swimmer?

Research local information and conditions - read local signs and speak to locals, including the lifeguards.

Never use inflatables in open water – although they look fun, inflatable water toys can quickly get caught in the wind and be blown out to sea.



#### Stay Together

Seek lifeguarded areas and always ensure someone is available to raise the alarm.

Don't go too far – enter the water slowly, stay within reach, stay within a standing depth and always be supervised.

### In an emergency



#### Call 999

Ask for the Coastguard if you are at the coast. Don't enter the water to rescue.

Be sure everyone in your group knows who to call in an emergency. If you are abroad, ensure you know the correct number to call.



#### Float

If you fall in or become tired, stay calm, float on your back, and call for help. If you see somebody who has fallen in, throw something that floats to them.

Ensure the whole family knows basic water safety and what to do if they find themselves unexpectedly in the water. You can access FREE RLSS UK resources to help.





## A life risked on the railway every half hour: Network Rail issues new trespass safety warning as summer holiday season begins

Network Rail is urging people to stay off the tracks and not put themselves and others at risk new safety figures reveal that there were more than 19,300 trespass incidents on the rail network in the 2023/24 financial year - that's one every half an hour.

Trespass was one of the biggest causes of delay in 2023/4, accounting for 908,168 minutes of delays to rail passenger and freight services - a 15% increase in the number of delays minutes caused by trespass in the previous year.

The figures also reveal that trespass is almost twice as likely to happen during the summer months, with more than 60% of all incidents recorded during British Summer Time. As a result, Network Rail and the British Transport Police are calling on people to ensure that they know how to keep themselves safe when they are in a rail setting.

This summer, the rail industry will continue to educate people living in near high-risk areas about the dangers of railway trespass using the story of Harrison Ballantyne, an 11-year old boy who lost his life after straying unauthorised onto the railway. His harrowing story can be viewed on the [You vs Train website](#), which also details facts about the dangers present on the railway as well as information on the rail industry's anti-trespass initiatives. Parents with children of Key Stage 1 age can find more age-appropriate rail safety tools on the [Switched On website](#).





## EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

**Parents: Supporting Young People Online (Childnet)**

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- |           |              |
|-----------|--------------|
| • Arabic  | • Punjabi    |
| • Bengali | • Somali     |
| • English | • Spanish    |
| • Farsi   | • Turkish    |
| • French  | • Urdu       |
| • Hindi   | • Vietnamese |

## ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

## USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

## Keeping your child safe in sport—safeguarding for parents



### Child Protection in Sport Unit

A free e-learning course for parents

We've designed this course to help you understand your role in keeping children safe in sport and to let you know who to turn to if you have any worries.

The course is free to take and is suitable for any parent of a child who takes part in sport, regardless of your level of safeguarding knowledge. It should take you around 10 minutes to complete.

<https://thecpsu.org.uk/parents/keeping-your-child-safe-in-sport-e-learning-course>