

Summer 2024- 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 on where to get support, Parenting Webinars and workshops, support over the summer holidays with places to eat and activities.

Summer Holiday Activities

Whilst the holidays allow time for friends and family to spend time together, we also appreciate that it can be difficult to keep children entertained for these periods of time. The Bucks family Information Service has a whole list of available activities that are taking place over the holidays. Some activities are free and some involve a cost.

Visit this website for further information and a wider range of choices available:

https://

directory.familyinfo.buckinghamshire.gov.uk/?
categories=holiday-activities&collection=thingsto-

do&keywords=May&location=Aylesbury&page=1

Musical Theatre Masterclass | May Half term

Musical Theatre Masterclass for 5 to 11-year-olds. Saturday 1 June 2024. Get creative with choreography and belt your heart out...

Less than a mile away . Recently updated

Comedy Club 4 Kids | May Half term

Comedy Club 4 Kids is family-friendly but without any patronising idiocy. In fact, it's just like a normal...

Less than a mile away • Recently updated

Motts Coaches Coastal Days (May Half-Term)

Oh we do like to be beside the seaside! With its miles and miles of glorious coastline, our...

Less than a mile away

May Half Term at Discover Bucks Museum

Saturday 25 May – Spring Into Summer – Family Day. We're springing into summer at Discover Bucks Museum: play...

Less than a mile away • Recently updated

Kids' Clay Safari Animals Workshop (Aylesbury) May Half

Little ones will love getting creative with colourful clay! With the choice of a snake, crocodile,

Less than a mile away • Recently updated



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PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

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

SAINSBURYS CAFES

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

PAUSA CAFE @ DUNELM

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

THE REAL GREEK

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

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

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

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

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

BEEFEATER & BREWERS FAYRE

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

PRETO

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

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

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

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

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

BELLA ITALIA

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

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

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

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

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SEND—Your Way Psychology Events

All events are led by clinical psychologists, sometimes with input from SEN teachers or other professionals.

Autism and Planning Back to School Transitions - Monday 5th August 8.30-9.30pm

Neurodiversity and Girls - Wednesday 11th September 8.00-9.00pm

Autism and the diagnostic Process - Monday 7th October 8.30-9.30pm

How to talk with children about autism or neurodiversity? - Wednesday 6th November 8.00-9.00pm

So, my child has autism... what next? - Wednesday 4th December 8.30-9.30pm

To find out more please visit www.yourwaypsychology.co.uk/events

or our Eventbrite page https://www.eventbrite.com/o/your-way-psychology-education-64217406063

Your Way Psychology is a trusted clinical and educational support service that is widely used across Buckinghamshire and surrounding counties. Like most of our team I work part-time in private practice and part-time in the NHS. Our team includes Clinical Psychologists, Educational Psychologists, Speech and Language Therapists, Specialist Nurses, SENCOs and teachers.

Our services to children and families

- Free events and networking opportunities
- Autism multidisciplinary diagnostic assessments
- ADHD and Autism multidisciplinary diagnostic assessments
- Educational Psychology assessments
- Dyslexia and Dyscalculia diagnostic assessments
- Follow-up SEN support services and intervention

The current wait list is 2-4 weeks depending on the service. To find out more about us please visit our website www.yourwaypsychology.co.uk



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Bright Futures Together—What's on over Summer

MY Family: FREE monthly peer support group run by parents and carers, for parents and carers

Next dates: Wednesday 14 August

Time: 19:00 - 21:00

Where: Marlow Youth and Community Centre, Wycombe Road, Marlow, SL7 3JD A peer support group for parents and carers of young people aged 11-25 and who are experiencing mental health difficulties. Runs every third Wednesday of the month.

Click here for more information visit https://brighterfuturestogether.org.uk/all-projects/my-

family/

Neurodiversity Webinar for parents/carers

Date: Tuesday 23 July Time: 16:00 – 17:00 Where: online via Zoom

This FREE webinar for parents/carers across Buckinghamshire will provide a basic introduction to neurodiversity and an overview of local services and support (in Buckinghamshire) Speaking will be Emma Weaver, Trainer and Deputy CEO, ADHD Foundation - The Neurodiversity Charity and Janette Fullwood, Director of Brighter Futures Together (please note, this is a repeat of the webinar run earlier in the year)

To register visit GoodHub | Neurodiversity Webinar for parents/carers across Buckinghamshire

Gardening Project

Dates: Monday 29 July & Monday 12 August

Time: 11:00 - 16:00

Where: Marlow Youth and Community Centre, Wycombe Road, Marlow, SL7 3JD

For young people aged 11-18 who have passion for sustainability and environmental issues. We need help with digging, planting and building at our new Community Garden @ Marlow Youth and Community Centre.

FREE sessions - refreshments and lunch will be provided.

For more information and to register visit https://brighterfuturestogether.org.uk/all-projects/



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Marlow Movers

A series of FREE family friendly themed walks for the local community to get moving, boost their wellbeing and create connections through enjoying a healthy outdoor activity. Young people under 18 must be accompanied by an adult.

Eco Walk Litter Pick: Monday 22 July, 14:00 – 15:00

Wild Walk at Model Farm: Monday 29 July, 15:00 – 16:00 Eco Walk Litter Pick: Monday 5 August, 10:30 – 11:30 Glow Worm Hunt: Monday 12 August, 22:00 – 23:00 Mindfulness Walk: Monday 19 August, 08:00 – 09:00

Midday Mile with Angie: Monday 2 September, 12:00 – 13:00

To book and for more information visit Marlow Movers (goodhub.com)

Foodie Friday Summer Cooking and Activity Camps @ Marlow Youth And Community Centre For young people aged 11-16 years old

Dates: Friday 9, 16 and 23 August

Time: 11:30 - 15:30

Young people (11-16) can take mini-break in a different country (Italy/Mexico/India) every week and prepare and enjoy a tasty traditional meal. Then join in a themed activity or just unwind in a young-person friendly space. Our globe-trotting guest cooks Kevin and Kate will be helping us discover each country's culture through its food.

Fully funded places available via Bucks HAF (for young people who receive benefits-related free school meals) and additional subsided places available £25 per session. Includes hot lunch and snacks.

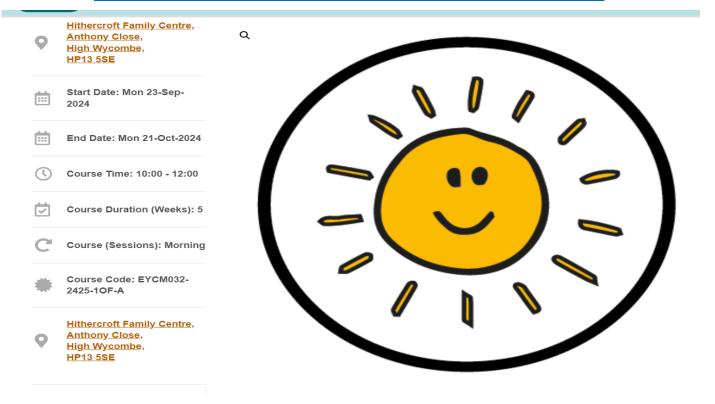
For more information email hello@brighterfuturestogether.org.uk



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Confident Me —FREE online Course for Parents



https://adultlearningbc.ac.uk/courses/confident-me-eycm03224251ofa/

There are lots of courses all offered for free through adult learning. Some are scheduled during the summer holidays but others are starting in September. Take a look at this website for a full range of courses available—including supporting your child with homework, developing a confident child, story time workshops and lots more.

https://adultlearningbc.ac.uk/course-search-list/?_sft_product_cat=family

-learning&_sfm_enrolmentenddate=19072024+31122050&sf_paged=2

Help and Support for Mental Health

If you are struggling with your mental health and are finding it difficult to cope, the first thing to remember is that you're not alone and help is available. Things can get better.

Mental health is something we all have. Because of this, anybody can suffer from poor mental health or from specific mental health conditions at any time in their life.

Depending on your situation, there are several ways you can get help with your mental health. For example, you can talk to your GP, contact a helpline or speak to a counsellor or therapist. Listed below are just a few organisations which might give you a good starting point. Do NOT suffer alone!

<u>Buckinghamshire Safe Haven</u> - Bucks Safe Haven offers support to adults in Buckinghamshire who are experiencing a mental health crisis. They can help with listening support, signposting and safety planning. Bucks Safe Haven operates from 6pm to midnight and is located in Aylesbury (Sunday, Monday, Tuesday and Wednesday) and High Wycombe (7 days a week), although telephone and support calls can be offered to people who cannot access the service face-to-face. To access the service, please call <u>01296</u> 453017 (Aylesbury) or <u>01494 218098</u> (High Wycombe).

<u>Healthy Minds</u> – Healthy Minds is an NHS service offering quick and easy access to talking therapies, practical support and advice. You can self-refer by telephoning <u>01865 901600</u>, texting "TALK" and your name to 07798 667169, or via the form on their website. The website also provides access to a range of online evidence-based self-help resources.

<u>Heads Together</u> – Heads Together is a campaign co-ordinated by the Royal Foundation of the Duke and Duchess of Cambridge which runs a series of programmes to help tackle mental health issues and the stigma around them. One of these programmes is the Heads Up campaign which aims to get men to feel comfortable talking about their mental health.

<u>National Debt Helpline</u> – National Debt Helpline provides free debt and welfare advice. Call on <u>0808 808</u> 4000 or visit the website to chat to an adviser.

<u>Shout 85258</u> - Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text 'SHOUT' to <u>85258</u>.

Refuge – Refuge is a 24-hour domestic abuse helpline. For help and advice about domestic abuse,

Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

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

- Enter slowly and carefully
 Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*. Are you really a good swimmer?
- Stay within reach
 Don't go too far and stay within a standing depth.
- Always be supervised
 Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.

ROYAL
LIFE SAVING
SOCIETYUK

Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

In an emergency...

- Call 999
- Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.
- If you're in trouble FLOAT and call for help

Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.









FLOAT

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT







Summer Safety Awareness when out and about

Clever Never Goes

CLEVER NEVER GOES is the new, childfriendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

https://youtu.be/KVBkbmmqlAk

WE SPEND THE FIRST FEW
YEARS DOING EVERYTHING WE
CAN TO PROTECT OUR
CHILDREN...

Then we have to learn how to give them some independence...

Teaching children simply to avoid strangers doesn't work. Most strangers will help rather than harm children. Conversely, it is often people known to children that pose the greatest threat. That's why we've invented Clever Never Goes.

Clever Never Goes teaches children to recognise when someone (anyone) is asking them to go with them. We call this 'Go Spotting'. It's about giving your child practical safety skills and confidence to engage with the outside world.

OUT WITH STRANGER DANGER IN WITH CLEVER NEVER GOES

TEACH THE CLEVER OPTION AT HOME

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

It's been created to help parents/guardians talk to their children about staying safe in a simple way.

Instead of creating a fear of people it teaches them to recognise the danger in a situation, regardless of who's involved.

THE RULE:

If anyone asks you to go - even someone that you know - if it hasn't been agreed, remember: CLEVER NEVER GOES

The CLEVER NEVER GOES rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian.

And please remember, children learn through repetition so make sure you remind them regularly of CLEYER NEVER GOES when they're going outside or online.

For more information, ideas and resources to have that clever conversation go to: clevernevergoes.org

WHY CHANGE?

Since it was introduced in the 1970's, the 'stranger danger' message has been fundamentally flawed.

Most strangers will help rather than harm a child, and many people that do pose a risk to children are not strangers.

Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has led to children spending less time outdoors, fuelling a rise in obesity and mental health problems.

Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that creates safer, happier and healthier children.

Backed by more than 1,000 schools across the UK, CLEVER NEVER 60ES is more practical than stranger danger and gives children the skills and confidence to safely explore their outdoor and online worlds without fear. And gives parents the reassurance to let them.





This leaflet has been brought to you by the charity Action Against Abduction (registered no. 1081904) with the support of the Police and Crime Commissioner for Hampshire.



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Road Safety – Stop, look, listen and think!

Teaching children about road safety from a young age is important. Your child may not be crossing the road by themselves yet, but the drip feeding of how to cross a road safely every time you're out and about will stand children in good stead for when they eventually do - even if you're still a few paces behind just to check. A few basics to remember include:

- **Never cross between parked cars**. Children are shorter than adults and therefore will not be seen by motorists/cyclists if stood next to a car. Children's own visibility will be reduced too
- Put gadgets/phones away. Don't be tempted to look at a screen whilst crossing –
 you need your wits about you. Adults need to model this too.
- Take earphones out- listen out for traffic as well as look for it
- Always use a crossing if one is available don't be tempted to take a short cut
- Don't run always walk



Road Safety



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 online.

https://www.internetmatters.org/





Summer Timetable 2 April to 26 July 2024

BIERTON

Elmhurst Family Centre

Elmhurst School, Dunsham Lane, Aylesbury, Buckinghamshire HP20 2DB

Tuesday Grandparents Group
Details on the next page Grandparents Group Joan 11:30am Appointment only Details on the next page Midwives Clinic
Little Talkers Commences 11 June 1:30pm to 2:30pm Booking required Details on the next page Little Talkers
Midwives Clinic Appointment only Details on the next page Midwives Clinic



For more information please visit familyinfo.buckinghamshire.gov.uk/familycentres

BIERTON

2 April to 26 July 2024

Bierton CE Combined School High, Achieve Success, Find Your Sparkle and Shine



Session/activity overview and further details

Play and Explore A session for families and carers with children My First Play Time

(up to 10 years during school holidays) A session for families and carers with children aged 0 to 5 years Children can explore and learn whilst playing Activities such as messy play, arts and crafts,

Anti and postnatal support for families. Contact your Midwife

Midwives Clinic and Breastfeeding Clinic

Homepage - Buckinghamshire Healthcare NHS Trust - Birth or go to the link below for more information. Choices Website (buckshealthcare.nhs.uk) There will be a variety of activities including arts and crafts, games and outside play. No need to book

construction, and sensory play.

No need to book

with a range of activities

aged 0 to 1 years

Come and speak to a Health Visitor to discuss any concerns Health Visitor drop in and Health Checks

Call 01296 838000 (Option 6, then Option 2) to find out more.

Go to https://www.bucksmind.org.uk/services/ for more

for Young People and Adults

information on services and self referral

Bucks Mind provides counselling support

Bucks Mind

you may have regarding your childs development

Covering Your Healthy Active Child, Getting Ready for Reception-Parent and Child, and Story Workshops.

Booking required please visit:

For parents of children aged 0 to 5 years.

Family Learning Workshops

Little Talkers

Family Support Service. It offers support if you're concerned about your toddler's talking and understanding of language Little Talkers is a 5 to 6 week programme delivered by the Email to book: earlyhelpduty@buckinghamshire.gov.uk or but their social skills appear to be developing well.

call 01296 383293

News - Buckinghamshire Adult Learning (adultlearningbc.ac.uk)

There will be a variety of activities including arts and crafts,

games and outside play.

No need to book

Grandparents and their Grandchildren up to 5 years.

A Play and Explore Session for

Grandparents Group



For more information please visit

familyinfo.buckinghamshire.gov.uk/familycentres







We know that for lots of families your circumstances may have changed recently, so if you feel your child may now be eligible for Pupil Premium, please complete the form and return it to the school office. If you are not sure, complete it anyway and we can run it through the Bucks System.



Free School Meals & Pupil Premium

Research shows that better food in schools is improving what children eat during the school day, and there's evidence of a clear link between what children eat at lunchtime in school, where they eat it and how they focus with their teachers in the afternoon.

All children in reception, year 1 and year 2 in state-funded schools in England are eligible for Universal Infant Free School Meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, special schools and pupil referral units.

Free School Meals are also available to pupils in years 3 and above whose parents receive certain benefits and register using this application form. Please return this form to your child's school if you think you qualify for Free School Meals.

Pupil Premium - completing this form could also raise money for your child's school...



The Pupil Premium is a Government scheme that provides funding to schools of £985 - £1,385 per pupil whose parents receive one of the qualifying benefits listed on this application form.

The school can use this money to raise the attainment of disadvantaged pupils and close the gap between them and their peers

Q. How can I apply?

A. Simply complete this application form and return it to your child's school

Q. Why should I apply?

A. You and your school could benefit from Pupil Premium funding worth £985 - £1385 per pupil. As well as this, if your child is in year 3 or above this form is also used to apply for Free School Meals and could save you hundreds of pounds a year.

Q. My child is in Reception, year 1 or year 2 and automatically receives Universal Infant Free School Meals, do I still need to complete this form?

A. Yes! Pupil Premium is only paid to a school if the parent registers using this form and is receiving one of the qualifying benefits listed. Even though your child automatically receives free meals at school completing this application form may entitle your school to Pupil Premium funding.

To register for free school meals, including Pupil Premium, please complete this application form and return it to your child's school as soon as possible to avoid delay.



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Buckinghamshire Council

2022/23

FREE SCHOOL MEAL & PUPIL PREMIUM APPLICATION FORM

CHILDREN WHOSE PARENTS/CARERS RECEIVE ONE OF THE FOLLOWING BENEFITS ARE ENTITLED TO FREE SCHOOL MEALS AND WILL GENERATE PUPIL PREMIUM FOR THEIR SCHOOL:

- √ Income Support (IS)
- ✓ Income-based (not contribution-based) Job Seeker's Allowance (IBJSA)
- The guaranteed element of the State Pension Credit.
- Income-related employment and support allowance

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

- Support under Part VI of the Immigration and Asylum Act 1999
- ✓ Universal Credit with an annual net earned income of no more than £7,400
- ✓ Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Where they are entitled to Child Tax Credit and also Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school meals.

Administration for the provision of free school meals is undertaken by Buckinghamshire Council for those pupils attending an education establishment within Buckinghamshire. This form should be completed and returned to your child's school.

1. DETAILS OF PARENT/CARER WITH QUALIFYING BENEFIT - COMPLETE IN BLOCK LETTERS SURNAME/FAMILY NAME as it appears on your benefit letter: DATE OF BIRTH: FORENAME: TITLE: dd/mm/yyyy NATIONAL INSURANCE NUMBER OR NATIONAL ASYLUM SEEKER NUMBER ADDRESS POST CODE DAYTIME TEL. NO(s) 2. DETAILS OF THE CHILD/CHILDREN Surname/Family Name Forename Date of Birth Name of School 3. DECLARATION I declare that the information given on this form is true and complete and I undertake to inform the school if my entitlement to one of the qualifying benefits is terminated. I understand that the results of any free school meal eligibility check may also be used to assess my entitlement to other support/benefits, including free travel to school. The remainder of this declaration does not apply to pupils in Reception, Year1 or Year 2 - I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial, and ongoing, entitlement to free school meals. I understand that I may be liable for any costs incurred in providing free school meals for my child(ren), should I fail to inform the school of the termination of my benefit. I have read and I understand the above declaration. SIGNATURE (Parent/Guardian) DATE

s110 of The Education Act 2005 requires that data is only used for its intended purpose, i.e. to determine eligibility for free school moals and that improper use of information is an offence. All LA users are required to sign a declaration to confirm that they will only use data for its intended purpose.