



SAFEGUARDING NEWSLETTER

Summer 2026- Issue 2

Latest advice for parents and carers

Device boundaries

In today's digital world, devices like tablets, smartphones, and laptops are part of everyday life— even for young children. Used well, they can offer learning opportunities, creativity and connection. But without clear boundaries, children can be exposed to online risks, screen time struggles and content that isn't age-appropriate.

Why boundaries matter

Even at a young age, children are:

- Curious and impressionable, often unable to assess what's appropriate.
- At risk of viewing violent, sexual or disturbing content accidentally or through peers.
- Vulnerable to online contact from strangers
- Prone to sleep disruption, anxiety and mood swings from too much screen time.

That's why clear and consistent boundaries are essential for both safety and healthy development.

Tips for conversations at home: Building trust and understanding

Open, ongoing conversations are one of the most powerful safeguarding tools you have as a parent. When children feel safe talking to you about what they see and experience online, they are far less likely to be harmed by it—and much more likely to come to you for help when something goes wrong.

Explain to your child:

- That online spaces, like games and videos, aren't always made for children—even when they seem fun.
- That some people online pretend to be someone they're not and may try to trick or manipulate.
- That not all content is safe or real—boundaries help protect their brain, body, and feelings.

Try these conversation starters regularly:

- "What are you playing/watching right now? Show me how it works?" This encourages sharing and lets you check the content and chat features together.
- "Has anything ever popped up that made you feel weird or unsure?" Helps children recognise red flags and opens the door for them to share worries without shame.
- "What do you do if someone you don't know sends you a message or wants to play?" Reinforces that they should never respond to strangers online.
- "Why do you think we set limits on screen time and certain apps?" Encourage reflection and understanding that boundaries are there to protect their mental health, sleep, and safety.
- "If a friend showed you something upsetting or made you feel uncomfortable online, what would you do?"

Teach them it's okay to say 'no', walk away, and always tell an adult—even if someone says, 'Don't tell.'

4 KEY DEVICE BOUNDARIES

Parental access

- Passwords are shared
- Regularly checked
- Apps and games are monitored and approved
- Filters and privacy settings are installed

01

Screen-free time

- Limits on daily use
- Screen-free activities
- Consistent, screen-free bedtime

02

Tech-free zones

- Devices out of bedrooms and bathrooms
- Screen-free meal times

04

03

Honesty

- Complete honesty about how the device is used
- Talk openly about online activity



Personal Safety

What every child should know about personal safety

As parents and carers, we teach our children many important skills: how to cross the road safely, how to be kind to others and how to look after themselves. Personal safety is another important life skill that helps children recognise when something doesn't feel right, understand their boundaries and know where to get help when they need it.

The good news is that personal safety conversations do not need to be frightening or complicated. In fact, some of the most effective conversations happen naturally as part of everyday family life.

Helping children understand body safety

One of the most important messages children can learn is that their body belongs to them.

Children should understand that they have a right to feel safe and that they can speak up if something makes them feel uncomfortable. This includes helping them understand personal boundaries and that they can say "no" to unwanted touch.

It is also helpful for children to know the correct names for all parts of their body. Research suggests that children who can accurately describe their bodies are often better able to communicate concerns if something happens that worries them.

Teaching body safety is not about making children fearful of others. It is about helping them develop confidence, self-respect and an understanding of healthy boundaries.

Safe, unsafe and confusing situations

Children often find it easier to understand personal safety when we move away from talking about 'good people' and 'bad people'.

Instead, it can be helpful to talk about situations that feel:

Safe – when they feel comfortable, happy and secure.

Unsafe – when they feel frightened, worried or in danger.

Confusing – when something does not feel quite right but they are not sure why.

Helping children understand that confusing feelings matter is particularly important. Sometimes children cannot explain exactly what is wrong, but they know something does not feel right. Encouraging them to talk about these feelings helps them learn to trust themselves and seek support.

HOW PARENTS AND CARERS CAN SUPPORT PERSONAL SAFETY AT HOME

- **01 Keep conversations regular**
Brief, everyday chats often work better than long talks. Use daily life, books or TV as chances to discuss safety.
- **02 Encourage open communication**
Encourage your child to talk about worries and problems, and listen calmly.
- **03 Practise safety scenarios**
Role-play helps children feel confident about what to do if they feel uncomfortable or need help.
- **04 Reinforce body boundaries**
Teach children that they can politely decline unwanted hugs, kisses or physical contact if they feel uncomfortable.
- **05 Praise speaking up**
Praise children for sharing worries or uncomfortable experiences, encouraging them to speak up.

Safe secrets, unsafe secrets and surprises

Surprises, like birthday presents or special treats, are fun and temporary but secrets can be different.

Surprises are shared, but unsafe secrets are kept hidden and can make someone feel worried or upset.

Children should never keep a secret that makes them uncomfortable or that someone asks them to hide from trusted adults. Teach your child that it is always okay to tell.

Water Safety

Water safety: Helping children stay safe around water

As the weather gets warmer, many families spend more time outdoors and around water. Following several incidents involving people getting into difficulty in open water during recent heatwaves, now is a good time to think about how we can help children stay safe around water.

Why can water be so dangerous?

Many children are naturally drawn to water. They may see it as a place to play, cool down or explore. However, even water that appears calm and shallow can be dangerous. Rivers, lakes, reservoirs and canals often remain much colder than expected, even on hot days. Sudden immersion in cold water can cause panic and make it difficult to breathe or move.

Open water can also contain hidden dangers such as:

- strong currents
- slippery banks
- weeds and underwater plants
- hidden objects beneath the surface
- sudden changes in depth
- poor visibility

Teaching children about water safety

Children do not need to be frightened of water, but they do need to understand how to respect it.

Simple messages can help children develop safe habits:

- always stay with a trusted adult near water
- never enter water without permission
- do not run near water
- never push or dare others to go into water
- wear appropriate safety equipment when needed, such as buoyancy aids
- follow signs and safety instructions.

Repeating these messages regularly helps children remember them when they are excited, distracted or playing with friends.

Drowning can happen quickly and quietly

One of the biggest misconceptions about drowning is that it is noisy and obvious. In reality, children who are struggling in water are often unable to shout or wave for help.

This is why close supervision is so important. Accidents can happen in a matter of seconds, even in shallow water.

Young children should always be supervised around water, whether they are the beach, near a river, in a paddling pool or playing in the garden with water.

How parents and carers can support with Water Safety

Supervise closely

Young children must be actively supervised around water, with no distractions.



Teach children to respect water

Help children recognise that water can be dangerous, even when calm or shallow. Encourage them to follow safety rules.



Choose supervised locations

Where possible, choose beaches, swimming pools and water activities that have trained lifeguards.



Be a positive role model

Children learn safety from adults; following signs and demonstrating safe behaviour around water helps them develop good habits.



If a child gets into difficulty

The Royal Life Saving Society UK encourages people to remember that they should never enter the water to attempt a rescue.

Instead:

- call 999 immediately
- encourage the child to float on their back if they are able
- throw something that floats if available
- seek help from a lifeguard or emergency services.

Trying to rescue someone by entering the water yourself can place more people at risk.

UK KIDS EAT FREE

& SUMMER DINING DEALS 2026

⇒ Great savings for families this summer! ⇒

Save Money
Eat
Together!

PLACE	OFFER	WHEN / DATES (2026)	DETAILS
 ASK Italian	 Kids Eat Free	 All Summer Holidays 20 Jul – 31 Aug	1 free kids meal with each adult main meal.
 Bella Italia	 Kids Eat Free	 4 Jul – 31 Aug (excludes 8–24 Aug)	1 free kids meal with each adult main meal.
 Zizzi	 Kids Eat Free	 All Summer Holidays 20 Jul – 31 Aug	1 free kids meal with each adult main meal.
 YO! Sushi	 Kids Eat Free	 All Summer Holidays 20 Jul – 31 Aug	1 free kids meal per paying adult.
 Frankie & Benny's	 Kids Eat Free	 6 Jul – 4 Sep	1 free kids meal with each adult main meal.
 Las Iguanas	 Kids Eat Free	 All Summer Holidays (20 Jul – 31 Aug)	1 free kids meal with each adult main meal.
 Pizza Hut	 Kids' Buffet from £1	 All Summer Holidays (20 Jul – 31 Aug)	Kids eat for £1 from the buffet when an adult spends £10+.
 TGI Fridays	 Kids Eat Free (Rewards members)	 All Summer Holidays (20 Jul – 31 Aug)	1 free kids meal with each adult main meal.
 Bill's	 Kids Eat Free	 23 Jul – 3 Sep	1 free kids meal with each adult main meal.
 The Real Greek	 Kids Eat Free Sundays	 Every Sunday All year round	1 free kids meal per adult main meal.
 Café Rouge	 Kids Eat Free	 4 Jul – 31 Aug	1 free kids meal with each adult main meal.
 Franco Manca	 Kids Eat Free	 All Summer Holidays (20 Jul – 31 Aug)	1 free kids meal with each adult main meal.
 Tesco Café	 Kids Eat Free with Clubcard + adult purchase	 All Summer Holidays (21 Jul – 31 Aug)	1 free kids meal with each adult meal + Clubcard.
 Morrisons Café	 Kids Eat Free with qualifying adult meal	 All Summer Holidays (20 Jul – 31 Aug)	1 free kids meal with each qualifying adult meal.
 Asda Café	 Kids Eat for £1	 All Summer Holidays (20 Jul – 31 Aug)	Kids eat for £1 with each adult meal.
 Pausa Café at Dunelm	 Kids Eat Free with qualifying spend	 All Summer Holidays (20 Jul – 31 Aug)	1 free kids meal with £4 spend in Pausa Café.
 Dobbies Garden Centres	 Kids Eat for £1	 All Summer Holidays (20 Jul – 31 Aug)	Kids eat for £1 with each adult meal.
 Holiday Inn	 Kids Eat Free	 All Summer Holidays (20 Jul – 31 Aug)	Up to 2 kids eat free with each adult meal.

⇒ Offers vary by location, dates and terms. Always check before visiting. ⇒

simple play & craft ideas ♥



Social Media

Why social media isn't appropriate for primary-aged children

Many children become curious about social media while they are still in primary school. They may hear friends talking about it, see older siblings using it or ask for accounts themselves. While this curiosity is completely natural, most social media platforms are designed for teenagers and adults, not younger children.

Popular social media platforms, such as **TikTok**, **Instagram**, **Snapchat** and **YouTube**, set a minimum age of 13 for creating an account. These limits are largely linked to online data and advertising regulations rather than a guarantee that the platforms are suitable for young children and teenagers.

In reality, many of the conversations, videos and images shared on these platforms are created by and for older teenagers and adults. This means children may easily come across content, language or ideas that are confusing, upsetting or simply not appropriate for their age. Even for children who are 13 or older, these platforms often require careful guidance and supervision from adults.

For younger children in primary school, social media can therefore expose them to online spaces that they are not yet ready to manage safely or confidently.

How to talk to your child about social media

When children ask about social media, a calm and open conversation can help them understand the reasons behind family rules.

- Explain the purpose of age limits**
Let children know that these rules exist to help keep them safe.
- Focus on readiness rather than punishment**
Frame it as something they will be able to explore when they are older and better prepared.
- Acknowledge their feelings**
Children may feel frustrated when friends seem to have access. Listening to their feelings helps them feel understood.
- Keep the conversation ongoing**
Rather than a single "no," make it an ongoing discussion about online safety and responsibility.

Conversation starters

If you are unsure how to begin the conversation, these prompts can help:

- "I know lots of children talk about social media. Have you heard people at school talking about it?"
- "What do you know about apps like TikTok or Instagram?"
- "Some apps are designed for teenagers rather than younger children. Do you know why that might be?"
- "Our job as parents is to help keep you safe while you're still learning about the online world."

Why waiting matters

Choosing to delay social media use can help children in several important ways.

Protecting emotional wellbeing

Social media often includes comments, likes and comparisons that can affect children's confidence and self-esteem.

Reducing exposure to unsuitable content

Even with filters and controls, children may come across upsetting, confusing or inappropriate material.

Supporting healthy friendships

Children benefit most from learning social skills through face-to-face interaction, play and real-world experiences.

Helping children build digital skills gradually

As children grow older, they develop stronger judgement, critical thinking and resilience that help them manage online environments safely.



Coercive Control

Coercive control is a form of domestic abuse that can often be overlooked.

Some examples of coercive control are: controlling and isolating behaviours, using threats and coercion, emotional abuse, or economic or financial abuse. Although it is usually mainly adults who are affected, children can also be impacted by this type of abuse.

Some of the impacts may be: parents and carers describing children as quiet, stressed and depressed; behaviour changes including children emotionally and physically abusing parents and siblings; children expressing worries and fears about their parent and carer's coercive and controlling behaviours; some children engaging in self-harm and disruption to children's social and support networks.

Further information can be found at:

<https://learning.nspcc.org.uk/research-resources/2023/impact-coercive-control-children-young-people>



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/>

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.

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/SupportingYoungPeople-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 |



Self Esteem

Self-esteem is about valuing yourself as a whole person. Here's how you can support yourselves and your children in this journey.

Celebrate strengths and uniqueness – we need to ensure we focus on what makes each person special, their talents, and their positive qualities.

Practice positive reinforcement – celebrate their effort, progress, and achievements in all areas of their lives, focusing on growth, development and effort – not just outcomes.

Set realistic goals and celebrate milestones – setting achievable goals builds confidence. Celebrate even small successes along the way.

Practice self-compassion – we all have flaws, and that's okay! Treat yourself and others with kindness and understanding.



Road Safety Reminder

We are very aware that the roads around school can get busy at the start and end of the day! We all want to get our children to school as quickly and safely as possible. We are asking all of our parents and carers to do the following to help ensure the safety of our children.

Don't block zig-zags! These yellow lines are there for a reason; they allow children a safe space to see oncoming traffic before they cross. Parked cars on zig-zags block their view, increasing the risk of accidents.



Pavement parking is a no-go too!

Parked cars on the pavement force pedestrians, including children, to walk into the road. This can be especially dangerous around busy junctions. Let's work together to keep our children safe!

Staying Home Alone

There is no legal age a child can be left at home alone, but it's against the law to leave a child alone if it puts them at risk. Every child matures differently, and because of this, it would be almost impossible to have a "one size fits all" law. As your child gets older, talk to them about how they feel about being left home alone.

If they're worried, work out what parts of being home alone worry them.

Do they feel safe in the neighbourhood?

Are they afraid of the dark?

Talk about anything that's bothering them and discuss a solution. Understanding why they don't feel comfortable will give you an idea of how to help – or why they might not be ready to be left alone. Don't do it if they are not comfortable.

Click the image below for more information

<https://www.nspcc.org.uk/advice-for-families/home-alone/>



The NSPCC have developed a questionnaire that may be useful in deciding whether to leave your child home alone.

<https://www.nspcc.org.uk/advice-for-families/home-alone/home-alone-quiz/>



We all experience bumps in the road during our parenting journeys!

Did you know, we offer free parenting programmes which give parents and carers opportunities to access a variety of tools, strategies and peer support, that can help improve family life.

Whether you have a toddler or teen, we can support you!

For more information or to register your interest, click the link below 📌

<https://familyinfo.buckinghamshire.gov.uk/.../free.../>

or call BFIS on 01296 383293

If you're interested in a parenting programme but anxious about registering, drop-in to a Hub site and chat to a member of the team to find out more.

Family Hub Network

Free Parenting Programmes

Our parenting programmes will help you develop new and existing parenting skills, offer advice and build your confidence as a parent.

Proud to be part of
Family Hub Network
Buckinghamshire

LITTLE TALKERS
18 months to 3 years old
• Focuses on children's speech, language and communication skills and how parents can promote them
• Designed by Buckinghamshire Speech and Language Therapy

PARENT PUZZLE
1 to 6 years old
• Understand challenges and how to address them
• How to support your child's growth for calmer parenting

TALKING TEENS
11 to 18 years old
• Focuses on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict
• Learn more about teenagers and their needs

THE NURTURING PROGRAMME
7 to 11 years old
• Help deal with the challenges that come with parenting
• Think about what we do, why we do it and how it makes us feel

BALANCEABILITY
2.5 to 5 years old
• Accredited learn to cycle programme
• Develops confidence, spatial awareness, dynamic balance, and how to ride without stabilisers

KEEPING YOUR CHILD IN MIND
All ages
• Work together in ways that support growing children and a calmer family life
• Explore the conflict between parents/carers both in a current or previous relationship

Scan me

01296 383293
familyinfo@buckinghamshire.gov.uk



MoneyHeave

'The Bucks Link Up', held once a month in Aylesbury, aims to assemble, educate and support the local community in learning about financial wellbeing. These monthly events provide a safe space for individuals to learn about various aspects of managing finances, with topics including job and career development, dealing with debt and bills, managing housing options, investments, and financial planning.

The event is hosted by Moneyheave, an organisation that works to break down barriers to economic equality and promote healthier financial habits to improve overall wellbeing. Previous events, such as '**What I Wish I Knew About Money**', have resulted in over 80% of people reporting they found the session both useful and engaging, and felt clearer on financial concepts. With the lack of financial literacy taught in schools, Moneyheave aims to fill the knowledge gaps and make finance accessible, relatable, and engaging for everyone. knowledge and make finance accessible, relatable and engaging for everyone.

Parents can find information about the Bucks Link Up events in the attached flyers or by following the links below. Their session in July, '**Money on Your Mind: Managing Financial Stress and Mental Health**', will provide simple but useful knowledge and guidance on how to manage, budget and utilise your finances effectively without anxiety. You'll also learn ways to manage uncomfortable feelings about money, such as stress and fear, from a professional guest speaker, allowing you to leave feeling more confident and secure about your finances and how to handle any financial stress you or your loved ones might undergo, whether now or in the future.

<https://luma.com/BucksLinkUp>

<https://www.eventbrite.co.uk/o/67893640823>

MONEY ON YOUR MIND:
MANAGING FINANCIAL STRESS AND MENTAL HEALTH

FREE Limited Spaces Available

The Hub Cafe (Previously Oasis Cafe)
100a Walton Street,
Aylesbury, HP21 7QP

How does money affect your mental health?

SCAN TO REGISTER

Thursday 30th July 2026

6:00pm - 8:30pm

07940 521834 admin@moneyheave.com @moneyheave

DROWNING IN DEBT?
TAKING BACK CONTROL OF WHAT YOU OWE

FREE Limited Spaces Available

How does money affect your mental health?

SCAN TO REGISTER

Thursday 27th August 2026

6:00pm - 8:30pm

The Hub Cafe (Previously Oasis Cafe)
100a Walton Street, Aylesbury, HP21 7QP

07940 521834 admin@moneyheave.com @moneyheave

ADULTING 101: GET READY FOR THE WORKPLACE

A free, 4-session hybrid programme designed to give you the exact skills, mindset, and tools employers are looking for right now.

LEARN HOW TO:

- Professionally communicate in the workplace
- Build professional relationships
- Use AI in the workplace responsibly
- Gain 1:1 career advice

Secure Your Spot ->

LIMITED TO 10 SPACES!

Get a £75 voucher for completing the course

SCAN TO REGISTER

For any enquiries, please email us at admin@moneyheave.com https://moneyheave.com/workready/

Moneyheave has also introduced a brand new programme '**Adulting 101: Get Ready for the Workplace**', a line up of 4 sessions designed to help those aged 18-30 develop the skills, mindset and tools they need to hit the ground running as they begin their careers. They'll learn how to communicate professionally, use tools like AI responsibly, and understand and manage their new income like professionals. Only four slots remain, so early registration is encouraged to avoid missing out. Those selected for the cohort will be invited to a 1-to-1 session with an experienced career advisor. Participants who complete all 4 weeks of the program will receive a £75 voucher for work attire and styling. The flyer is attached and the link to register can be found below.

<https://moneyheave.com/workready/>

Families set for cheaper days out this summer

VAT drops from 20% to 5% on kids' meals, cinema tickets and major attractions as the Great British Summer Savings launches - here are some of the biggest savings...



Theme parks

Legoland and Alton Towers are among the theme parks applying the VAT cut - **advance tickets now from £29.75**, down from £34. A family of four can save **around £20** on a day out

Cinema trips

The Odeon, Vue and Cineworld cinema chains are taking part. Odeon says a family ticket drops from **£32 to £28.50** - a saving of **£3.50**. Children's tickets alone fall by **around £1.50**

Kids' meals in restaurants

McDonald's cuts the price of a Happy Meal to **£2.99** (down 27%) Nando's "Nandino" meals fall from **£6.95 to £6.08** Wetherspoons kids' meals drop from **£5.75 to £5.03**

Free bus travel for kids

All children **aged 5-15** travel **free on local buses in England** throughout August. A family making weekly return trips **could save £27**

Attractions & soft play

Zoos, museums, soft play centres and exhibitions all qualify - savings vary but apply to **all tickets**, not just children's





SCREEN-FREE CAR GAMES

KIDS WILL LOVE!

Life's Little Secrets



1 I SPY

Take turns saying, "I spy with my little eye..." and give a clue about something you can see.



2 RAINBOW HUNT

Find something for every color of the rainbow outside the car.



3 ALPHABET GAME

Find each letter of the alphabet on signs, license plates, or billboards.



4 ANIMAL SPOTTING

See who can spot the most cows, horses, birds, tractors, or other animals.



5 LICENSE PLATE CHALLENGE

Count how many different states you can find.



6 FINISH THE SONG

One person starts singing a song and stops. The next person has to finish the lyrics.



7 20 QUESTIONS

Think of a person, place, or thing. Everyone else asks yes-or-no questions to guess it.



8 SILLY STORY

Each person says one sentence to create a funny story together.



9 SCAVENGER HUNT

Look for items like:

- Red truck
- Stop sign
- School bus
- Motorcycle
- Water tower
- Barn
- Bridge
- Mailbox
- Dog
- American flag



10 CATEGORIES

Pick a category (animals, foods, Disney characters, etc.) and take turns naming one without repeating.



11 MEMORY GAME

"I'm going on vacation and I'm bringing..." Each person repeats the list and adds one new item.



12 RHYME TIME

One person says a word, and everyone races to think of words that rhyme.



13 CAR COLOR RACE

Choose a color and see who spots 10 cars of that color first.



14 WOULD YOU RATHER?

Ask fun questions like:

- Would you rather have a pet dinosaur or a pet dragon?
- Would you rather eat pancakes every day or pizza every day?



15 GUESS THE SOUND

Roll down the window briefly (when safe) and guess what outside sound you hear.



NO SCREENS. JUST SMILES.
MAKING MEMORIES ONE MILE AT A TIME!

