



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

Designated Safeguarding Lead:

Mrs V Prowle



Deputy Designated Safeguarding Leads:



Mr C Pickard Miss N Chinnery

School Safeguarding Governors:

Mrs C Taylor

All can be contacted via the office or by telephone on:

01582 728262

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):



Dear Mums, Dads and Carers,

As another school year draws to a close, it's a perfect opportunity to reflect on how much has been achieved since September of last year:

- Staff and children alike have worked hard incredibly hard on a variety of topics and enjoyed some great extra-curricular opportunities
- Foundation Stage have taken full advantage of the improvements to their outdoor area and are spending much more time learning outside
- We have expanded our offer of extra-curricular clubs and opportunities to widen the experience of the children in school, including those in KS1

None of what we do would be possible without you as parents and carers so, as the end of term approaches, I would like to say thank-you: for the time you devote to helping your children at home; for encouraging them when things get tough; for getting them to school each day ready to learn and, of course, for your support of the team of dedicated professionals here at Putteridge.

I hope you have a wonderful summer.

Mrs V Prowle (Designated Safeguarding Lead)

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

☎: 01582 547653

Out of Hours service: 0300 300 8123

✉ MASH@luton.gov.uk

Or make an online referral via the website:

https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=aJZE_O SgZfQ

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CIN: Child in Need

TAF: Team Around the Family

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

CHUMS: Mental Health and Wellbeing Service

SEND: Special Educational Needs & Disabilities



Supporting your child with Transition?

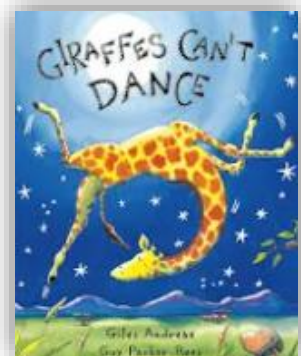
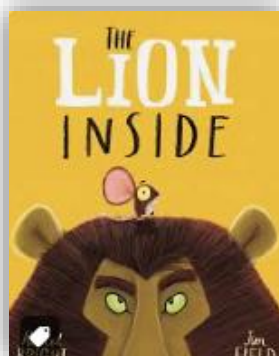
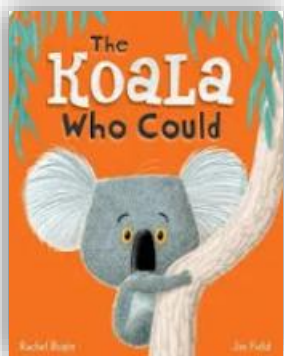
Just like adults, children cope with changes and transitions in different ways. Some people breeze through with excitement and others feel anxious and need more support. At Putteridge, we are very mindful of these differing needs so we plan our transitions to high schools and new classes carefully and with a great deal of thought. However, you as parents/carers play a vital role in making sure this is a positive experience for your children. Here are some tips for supporting us with this:

1. **Be positive!** – How you react to change will strongly influence your child and if you feel anxious, so will they. Talk about the positive elements of change – new experiences, new opportunities, new topics and meeting new people.
2. **Focus on the constants for your child**, the things that will be the same. Those in EYFS through to Y5 will be moving class with their peers so their friends will still be with them, they will still see familiar adults and many routines will be the same.
For those in Y6 moving to High School, they too will have constants in terms of life at home and, for some, they too will still be with their peers in their new school.
3. **Look at our curriculum information** on the school website to check out the topics they will be covering in their new year group to help them feel excited about the year ahead.
4. **Listen to any concerns** that are forthcoming but don't go looking for them – remember that most children will be excited about the move and are more than ready for it.
5. If your child is moving from KS1 to KS2, **talk about what this will look** like at drop-off and pick-up times – you could even do some practice runs!
6. **Keep in touch with friends during the holidays** so that those connections stay strong.

Recommended reads...

As we approach the end of the school year, here are some books that might help support your child with transitions:

- **The Koala Who Could**, by Rachel Bright, *"a funny tale for anyone who finds change a little bit worrisome"*
- **The Lion Inside**, also by Rachel Bright, *"a story about confidence, self-esteem and a shy little mouse who sets out to find his roar"*
- **Giraffes Can't Dance**, by Giles Andreae, *"a story about confidence, self-esteem and developing a positive mindset about trying new things"*



Summer water safety



47% of drownings occur between May & August with a heightened risk in evidence when air temperatures spike.

The tragic events over the May half-term, which saw 19 deaths within the space of a few days as a result of swimming or playing in open water, have crystallised the importance of education around how to enjoy Britain's waterways safely.

Summer is an amazing time to enjoy the outdoors but we should be mindful that, according to the Royal Life Saving Society's National Drowning Report 2023, warmer weather is directly linked to an increase in fatal drowning incidents.

Every year we hear of multiple children who get into difficulties in our rivers, lakes and seas, often with tragic consequences.

Teenagers (aged 13-17) and young adults are proportionately more likely to lose their lives.

When the UK average max. temp. reaches or exceeds 25°C, there is a x5 increase in accidental drownings compared with days with an average temp. of 10°C.

Lakes, lochs and rivers pose the greatest risk as there are often unseen hazards and conditions that the average person is not equipped to handle and there is a lack of professional supervision, such as a lifeguard.

An average of about 400 people accidentally drown in the UK every year.

Dangers of playing in or near open water:

- ✓ **Unknown depth** - some rivers and canals may only be 1 to 2 metres deep. If you jump in from a height, you may hit the bottom much sooner than you think and cause yourself an injury
- ✓ **Currents** – currents are not always visible. These can pull you under the water and can be hard to swim out of
- ✓ **Invisible submerged objects** – items like trolleys, bricks and sharp objects can be found on riverbeds and in open water. If this isn't visible you may hurt yourself. Equally, the reeds and plants in open water can be hazardous if they get tangled around legs or arms preventing you from being able to swim.

- ✓ **Uneven and / or slippery banks** - it's easy to lose your footing and then it can be hard to get yourself back on the bank
- ✓ **Cold temperature of the water** – in summer, even though the temperature outside is hot, the temperature of water in rivers, the ocean, lakes etc. is still colder than you think.

Follow the Water Safety Code

The Water Safety Code gives you essential and easy-to-remember information about how to stay safe in or near water. It helps you to:

- Plan for your activity (whether that's swimming or other water sports or simply being near water)
- Know what to do in an emergency

It's important to remember that whether you're by the sea, a lake, loch, river, canal, pool, pond or quarry, water can be very dangerous. You may be a good swimmer in a warm, indoor pool but, if you're in cold water, you may not be able to swim so well – especially if you've entered the water unexpectedly and / or are fully clothed.



- ✓ 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 if there are any.
- ✓ **Never use inflatables in open water – although they look fun, inflatable water toys can easily get caught in the wind and be blown out to sea.**
- ✓ **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 standing depth and always make sure someone is supervising you**
- ✓ Call 999
- ✓ Ask for the Coastguard if you are near the coast
- ✓ Don't enter the water to attempt 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
- ✓ **If you fall in or become tired, stay calm, float on your back and call for help.**
- ✓ **If you see someone 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.**

Rip Currents

Rip currents are strong, narrow channels of fast-moving water that pull swimmers **away** from the shore. They can be difficult to spot but often leave visual clues on the water's surface:

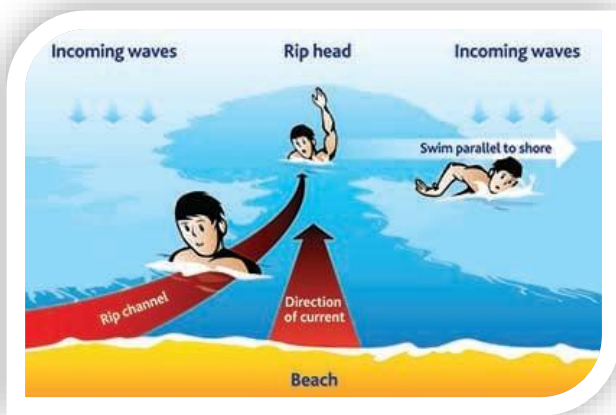
Darker water: a channel of calmer, darker or murkier water (due to stirred-up sand) flowing out to sea

A break in the waves: An area where incoming waves are noticeably not breaking or crashing

Foam & debris: A line of foam, seaweed or debris moving steadily away from the shoreline

Choppy surface: A noticeably choppy or rippled surface compared to the surrounding water





How to Escape

1. **Do not try to fight the current.** Trying to swim straight back to shore is the most common mistake and leads to exhaustion.
2. **Swim parallel.** Swim sideways, parallel to the beach, until you are completely out of the pull of the current
3. **Swim at an angle.** Once you are out of the narrow current, swim at an angle back toward shore, preferably using breaking waves to help push you in
4. **Float and signal.** If you are too tired or cannot escape by swimming, float or tread water. Rip currents lose their power just beyond the surf line. Raise your hand, wave and shout to attract attention from the beach.

For more information and advice about keeping your children safe around water, including what the different coloured flags on our beaches mean, go to the [RLSS UK website](#) where you will find lots of parent resources.

Support for families throughout the summer

Resources to help

With the cost of food and childcare continuing to have an impact on many families, the upcoming summer holidays are likely to be a worrying time for those parents who are struggling. Thankfully there are many resources available to help during this period and I have compiled some of these below:

1. Kids Eat Free schemes across the UK

Some supermarkets and restaurants allow children to eat for free or at a reduced rate during the school holidays. To access these schemes, children **DO NOT** have to be eligible for free school meals – they are available to anyone.

<https://www.moneymagpie.com/save-money/where-can-kids-eat-for-1-or-less-this-holiday>

2. Holiday Activity and Food Programme (HAF)

The Holiday Activity and Food Programme is a holiday scheme which offers in-person enrichment support for school-aged children from Reception to Year 11 and will be available over the summer holidays for children in England who are eligible to receive free school meals.

The programme aims to provide:

- Enrichment activities for children aged 4+
- At least one free healthy meal a day
- At least 4 weeks' face-to-face provisions during the six-week holidays

It is important to note that anyone wishing to access support from the HAF programme must submit an application for **each** holiday. More information about the programme and how to apply, can be found on the [Government website](#).

3. Vouchers and food parcels from local councils

Some councils across the UK currently offer weekly food vouchers such as [Healthy Start food vouchers](#) or parcels to families in need. Other initiatives offered by councils that can help to ensure that children have continued access to nutritious food throughout the summer holidays, include:

- A weekly food voucher (from selected councils in England)

The support available varies between councils and authorities, so [check with the local council](#) to see what help is on offer.

4. Food Banks

Families can also access emergency support from food banks. There are over [1,400 Trussell Trust food banks across the UK](#), and many independent food banks such as the [Luton Food Bank](#), offer vouchers and food packages along with essential toiletries. Families needing support can get a referral from Citizen's advice, GPs, social workers, or their local council.