



**SPARK**

**EDUCATION TRUST**

**SAFEGUARDING**

Safeguarding Newsletter

July 2025



# Safeguarding Newsletter

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*Welcome to our July Newsletter from the Spark Safeguarding Team. Our aim is to provide you with the latest, relevant help and support that we feel will be of importance to school staff and your families to assist you in ensuring that everyone understands that safeguarding is everyone's responsibility every-day.*

## Staying Safe in School Holidays

Around our local areas there are some risks to be aware of and ensure that your child is aware of, you may also need to talk to them about other safety risks if you are going on holiday.

Network Rail Safety [Video for Primary Children](#)

Building/Construction Site Safety -[RosPA](#)

Open Water Safety Tips from [RLSS](#) and [Swim England](#)

Beach and Cliff Safety -[North Yorkshire Council](#)



Open water Safety – [RNLI](#) [Float to Live](#)

Check that you have set up all devices safely. [Internet Matters](#) have a wealth of resources for parents to use keep your child safe online.

Read more about using **Artificial Intelligence** safely [here](#).

[Educate Against Hate- Protecting Your Child From Extremism and Radicalisation](#)

If you are worried about the way someone has been communicating with your child online you must contact the police or [CEOP](#) to report.

For more Online Safety Leaflets including

other languages please visit [Child net](#) Arabic • Bengali • English • Farsi • French • Hindi • Polish • Punjabi • Somali • Spanish • Turkish • Urdu • Vietnamese • Welsh [Action For Children](#) has a useful 1:1 online [Chat Service](#) with a parenting coach if you require more advice. They can also offer support using a translation service.



## Safety in the home

Recent concerns about toy safety have hit the press and social media

[Toy Safety Fact Sheet pdf](#) highlights how toys from online marketplaces and cheaper stores are not always made to be safe like toys made by reputable brands.



## Winton's Wish

GRIEF SUPPORT FOR KIDS under 12. A brand-new webpage speaks directly to bereaved children aged 12 and under and gives them the resources to help them find their feet when their world is turned upside down by grief. Packed with real voices content, activity videos, new Grief Galaxy activity sheets, and ideas to help you support bereaved children when they need you the most.

[Frank](#)– information on vaping risks and laws

## Talk about Staying Safe Online with your child

Children know all about staying safe online, they regularly learn about this in school. Chat to your child during the holidays, use the posters as conversation starters!

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*School holiday periods can be a difficult time trying to get the balance between work, home and life-style and keeping the children busy as well as safe! Sometimes as parents we need some tips and advice to support us.*

**HAF Programme** children from reception class to Year 11 who and are in receipt of benefits-related free school meals are eligible for free activities, including a meal over the holidays.

[Middlesbrough HAF](#)

[Stockton HAF](#)

[Redcar & Cleveland HAF](#)



**Local Library Services and events**– enjoy books, events, information and internet access

[Stockton Library on Facebook](#)

[Middlesbrough Library](#)

[Redcar and Cleveland Library](#)



Pets at Home are offering My Pet Pals workshops for children, [click here](#) for availability and locations.

## Kids Eat Free

**Moneysaving Central** list several restaurant, pub and café chains that offer a kids eat free scheme when dining with an adult.

**Dobbies Garden Centres** have a Little Seedlings gardening workshops for children aged 4-10

**Is your child a Young Carer?**

Contact Eastern Ravens to discuss the support and activities they can offer young carers in Teesside.

Tel: 01642 678454

Contact **Dai-**

and events

divergent

Tees Valley.



**sy Chain** for support for autistic and neuro-individuals across



Primary Times **What's On Guide**

Extensive list of activities across Tees Valley

For more activities at venues across the area visit:

[Tees Active](#)

[Wearemiddlebrough](#)

[EnjoyRedcarandCleveland](#)

[Enjoy Darlington](#)

## Half term activities a little further away...

**MonkFest at Monk Park Farm** includes foam parties, glitter, activities, live music and a lot more

**The Deep Hull** Wrecks and Reefs, Detectives, Shark Egg Hunt,

Summer holiday fun at **Eden Camp** offering various WWII themed activities.

**North Yorkshire Moors Railway** A summer of pixies and pirates

**Newby Hall** Fire work Championships and camping and other events

**Thorpe Farm centre** Maize Maze opens 26th July, Teddy Bear Hunt 1st Aug

**Thorp Perrow** Family Fun weekend and Storm in Tea Cup Circus



## 10 Top Tips for Parents and Educators

# STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

**1 STICK TO LIFEGUARDED AREAS**

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.

**2 LEARN SIGNS AND FLAGS**

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.

**3 STOP AND THINK**

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what looks below could cause serious injuries.

**4 CONSIDER WATER TEMPERATURE**

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly. Instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.

**5 INFLATABLE SAFETY**

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.

**6 SUPERVISION IS KEY**

For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

**7 DON'T GO TOO FAR**

When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a swimming depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

**8 KEEP POOLS AND TUBS DRAINED**

For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from pooling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.

**9 FLOAT AND CALL 999**

If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

**10 TEACH WATER SAFETY**

Beyond swimming lessons, children should be educated in education on water safety. Use WLS UK's accredited programme 'Water Smart Schools', which offers 900 lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

**Meet Our Expert**

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



**The National College**

[@wake\\_up\\_weds](#)

[/www.thenationalcollege](#)

[@wake.up.wednesday](#)

[@wake.up.weds](#)

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# Transitioning back to school: Establishing Routines

Your child may have got out of a routine for school during a long period off, such as the summer holidays, but here is what you can do to help establish new, positive routines to help them readjust.

Going back to school is a really exciting time for a lot of children, but it can also be a worry for some children. We've put some tips together, to help you and your child readjust to the school routine and minimise the negative impacts.

## **Tips for keeping a healthy routine for school**

### **Routine Activities**

Encourage your child to have a similar set of activities that they do each morning after they wake up. This is important because routines can help to provide a sense of stability and something for us to anchor onto. Feelings like anxiety can often make a person feel like they are not in control and therefore some form of a routine can create comfort and stability. You can help with this by talking to your child about the importance of a routine. It may even help to give examples of the ways you or other adults, like celebrities or influencers use routines in their days to help explain how this can help to create stability. Remember to remind your child that it's okay if it doesn't always work out, and that there's always tomorrow to try again.

### **Role Modelling**

Encourage your child to get dressed out of their pyjamas each day by modelling this yourself. It might also help to choose clothes with them the day before and lay these out ready for them to put on. Changing out of clothes they slept in can help your child feel ready for the day. We know that there's days we don't want to do this, and that's okay too, but let your child know that it's an anomaly to acknowledge it's not a part of your every day schedule.

### **Have some sort of a plan**

Try to plan activities where you can. This can either be for later that afternoon or even better for tomorrow or the rest of the week. Having something to look forward to can help to lift our mood and give some structure to each day. But it's okay if it doesn't work out as there are often reasons why our plans don't happen as we want them to. Remember, lazy days also count as a plan!

### **Look for activities**

Look for activities that your child/children would be interested in doing as a whole family. For example, you can use one of [these activities on the Change4life website](#) or visit the website of your local council for listings of activities taking place in the local area that are free or low cost to attend.

### **Family time**

Organise family time activities. This could involve games or other activities you can organise and do together, whether it's at the dinner table, on the bedroom floor or while you're taking a walk to the shops. They don't have to require lots of effort to set up, cost lots of money or need technology. See some examples of [fun activities you can do in nature](#).

### **Sleep routines**

Encourage your child to use time in the evening to relax and connect with others. Whatever form of connecting with others your family is comfortable with and able to do, conversations like these will help your child to feel calm and ready for sleep. It may also help to burn off any extra energy they are storing. If your child is in the habit of going to sleep quite late then this may be impacting on them going to school. You may be finding that they are struggling to settle into a sleep routine for school. It can help to discuss bedtimes with your child by allowing for a realistic and gradual change. You could try to settle on a cut-off time for them getting into bed and then try to work this time backwards slowly. For example, if they tend to stay up very late then encourage them to go to bed 30 minutes earlier. Then the next day, or a few days later, you could encourage them to go to bed another 30 minutes earlier. Keep doing this over a few days and weeks until they are falling asleep at a time that fits with a routine for school.



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## Useful links and resources

National online safety guides for some engaging posters to share with parents and pupils

Safety Centre Read more on how to set privacy settings, block apps and users, report any concerns and additional safety measures

What is Gender Identity and how can you support a child and parent.

Hart Gables support LGBTQ+ communities in Teesside, they can support the child/YP and family.

Harbour Live Chat for victims of domestic abuse in Stockton

My Sisters Place domestic abuse service in Middlesbrough

Arch Teesside supporting victims of sexual violence

Papyrus have some excellent resources and advice for all on the promotion of positive mental health and resources for suicide prevention

Citizens Advice-can assist and support on financial services, housing, benefits and much more

Stockton & District Advice and Information Service

Citizens Advice Middlesbrough

Citizens Advice Redcar and Cleveland

Middlesbrough Foodbank, learn more and locations

Stockton foodbanks and The Bread and Butter Thing

## Family Hubs

Find out more about your local family hub and the support and services they offer families.

Stockton Family Hub

Middlesbrough Family Hub

Redcar and Cleveland Family Hub

Contact Growing Healthy for more about the services they can offer you and your family.

## Mental Health Helplines - UK

**Samaritans** - 116 123 (free 24 hour helpline)

**SHOUT** - Text SHOUT to 85258 (free, confidential, open 24 hours)

**CALM (for men)** - 0800 58 58 58 (open from 5pm to midnight every day)

**Papyrus (below 35)** - Call 0800 068 4141 (young suicide prevention open 9am to midnight every day)

**YoungMinds (young people & parents)** - Crisis Messenger text YM to 85258 (available 24/7)  
Parent Helpline 0808 802 5544 (Mon-Fri from 9.30am to 4pm)

## Mental Health Support



Below are community services that are available:

Crisis service TEWV is now through 111 option 2 (the previous number was closed down at the start of June 25)

Supporting families affected by suicide | If U Care Share – newly commissioned in Teesside

Stockton Young People's Service | Change Grow Live

Papyrus UK Suicide Prevention | Prevention of Young Suicide

**ARE YOU WORRIED ABOUT A CHILD OR YOUNG PERSON AND ARE UNSURE WHAT TO DO?** If a child or young person is at **immediate risk, please ring the Police on 999.** If you are worried about a child or young person, and feel they are at risk of being harmed, or if you would like advice and guidance

Children's Social Care	Office Hours contact	Out of hours contact	Email
Middlesbrough	01642 726004	01642 524552	<a href="mailto:MiddlesbroughMACH@middlesbrough.gov.uk">MiddlesbroughMACH@middlesbrough.gov.uk</a>
Redcar and Cleveland	01642 130700	01642 524552	<a href="mailto:RedcarMACH@redcar-cleveland.gov.uk">RedcarMACH@redcar-cleveland.gov.uk</a>
Stockton and Hartlepool	01642 130080	01642 524552	<a href="mailto:chil-drenshub@hartlepool.gov.uk">chil-drenshub@hartlepool.gov.uk</a>

**LEARNING FOR LIFE**

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