



July 2022

Dear Pupils, Parents and Carers

Safeguarding children during the holidays

At John Kyrle High School we work hard to ensure all our children are safe.

On many occasions, this has involved working in partnership with the local authority and outside agencies to ensure that children are safe both in and out of school. As we approach the summer holidays, I thought it was an appropriate time to signpost families to sources of support, should they be needed.

The holidays can be stressful for children, young people and adults everywhere. Having someone to speak to is vitally important.

I hope you find the following reference points useful.

Organisation:

MASH – Herefordshire multi-agency safeguarding hub	01432 260800
NSPCC Helpline - if you have concerns for your own, or another child's safety	0808 800 5000
Police - if you feel that a child is in immediate danger	999
Police non-emergency	101
NHS Direct	111
Children's Services	01432 260800
Herefordshire Housing	0330 777 4321
Welsh Water (Herefordshire)	0800 052 0145
Fire Brigade/Ambulance/Police	999

For mental-health Issues, please contact the following organisations:

Strong Young Minds	symproject@theclldtrust.org
Young Minds (NHS)	0808 802 5544
KOOTH - an online mental well-being community	https://www.kooth.com/

I am also taking this opportunity to advise you regarding social media use over the holiday periods.

Remember not everyone is who they say they are on social media. Please take time to check on your child's use of social media over the holiday period. Significant use of ICT over long periods can have a negative impact on a young person's development. Please monitor their screen use and restrict when necessary.

Here are some basic safety points to remind your child:

- stay away from group chats
- never give your personal details out on social media
- check privacy settings to ensure locations are private
- look at 'groups' to review who are members

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- never send indecent pictures of yourself, or forward on pictures that you may have been sent
- delete any material which is clearly inappropriate or of a sexual nature
- report anyone who is harassing you
- always report abuse which takes place online.

Children can feel lonely during holiday periods. Please use the following link for CHILDLINE, where children can access support and ideas to help with loneliness:

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

If you or your family suffer financial hardship during the holidays, please contact one of the following voluntary agencies for support:

Details of foodbanks across Herefordshire and can be found online at [Give Food](#). In Herefordshire, [Talk Communities offers advice on debt, finance and budgeting](#).

In addition, the 'Churches in Ross Community Larder' can be contacted on crclarder@outlook.com if you or someone you know is in need of help.

Finally, as I write this letter the sun is shining and the forecast for the weeks ahead is certainly warm, if not very hot at times. We know that excessive sun exposure is linked to many forms of skin cancer. Please ensure that children wear a minimum of SPF 30 on their skin when exposed to direct sunlight. If you do go out in the hot weather, please take a water bottle with you. Children should also drink at least 1½ litres of water per day to stay hydrated.

Stay away from dangerous places such derelict buildings, and please do not go swimming in un-supervised pools or rivers. Underwater currents can be fatal. Use the swimming pools provided by the local authority as these have qualified lifeguards in attendance, in case of emergencies.

I wish you a relaxing and enjoyable summer holiday and I look forward to seeing students return in September.

My very best wishes to you all,



Mark Croad
DSL/Assistant headteacher