



Longley Park

SIXTH FORM ACADEMY

Creating Excellence Together,
through a culture of care

Safeguarding Bulletin

Dear Parents and Carers,

As we approach the Spring Bank holiday break, we want to take this opportunity to remind all parents and carers of some important safety considerations to ensure the well-being of our young people. During the school holidays, children and young people may engage in activities that are outside of the school environment. This bulletin will cover information and tips on how to help you're your child safe.

1. Online Safety -

- **Social Media:** Many young people will spend more time online during the holidays. It's important to ensure that they are using social media and online platforms in a safe manner. Remind your child to keep their profiles private and to be cautious about what they share online.
- **Screen Time:** Excessive use on online platforms can sometimes lead to mental health issues or exposure to harmful content. Encourage your child to be mindful of this.
- **Parental Controls:** Make sure parental controls are set up on devices, especially if your child is using new technology or apps over the break despite how old they are.
- **Cyberbullying:** the use of social media or chatting with friends online is not always a positive experience, check in with your child about their interactions. Encourage them to report any negative or harmful behaviour they encounter.

2. Mental Health and Well-Being

- The holiday season can be an emotional time for many young people. For some, it may bring up feelings of loneliness, anxiety, or stress. Encourage your child to talk about their feelings and let them know they have a trusted adult they can turn to when needed.
- Keep an eye out for any signs of distress, such as withdrawing from family activities, changes in mood, or difficulty sleeping.
- Ensure your child has a balance of activities during the break: time for rest and relaxation, as well as opportunities to be active and social (safely).

3. Open Water Swimming – A Growing Concern

With the warmer weather, it's not uncommon for young people to explore outdoor swimming options, including lakes, rivers, and ponds. While this may seem like a fun and adventurous activity, open water swimming can pose serious risks, especially if the water conditions are unknown.

Key Safety Points:

- **Cold Water Shock:** Even on warmer days, open water can be very cold. Sudden immersion can lead to shock and make it difficult to swim or stay afloat.
- **Hidden Hazards:** There may be strong currents, underwater debris, or sudden drop-offs that can make swimming dangerous.

- **Lack of Supervision:** Young people often swim in isolated areas without adequate supervision, putting them at risk if an emergency occurs.
- **No Lifeguards:** Unlike swimming pools, open water sites often lack lifeguards and rescue equipment.

What You Can Do:

- **Discuss the Risks:** Have an open conversation with your child about the dangers of open water swimming and encourage them to avoid swimming in unsupervised areas.
- **Encourage Safer Alternatives:** Suggest supervised activities at local leisure centers or swimming pools where trained lifeguards are present.
- **Report Dangerous Areas:** If you are aware of locations where young people tend to swim, encourage them to stay away from these areas and report them to the local authorities if necessary.

4. Railway Line Safety

Railway lines can be incredibly dangerous, and many young people are unaware of the risks associated with being near or on the tracks. Whether they are walking along the tracks, taking shortcuts, or using them as a meeting point, railway lines present a serious hazard.

Key Safety Points:

- **Train Speed and Noise:** Trains can come very quickly and silently, making it difficult to notice until it's too late.
- **Trespassing:** It is illegal and dangerous to trespass on railway lines. The consequences of being on the tracks can be fatal, and the risk is not always obvious to young people.
- **Distraction:** With the rise of mobile phone usage, many young people are distracted and may not be aware of trains approaching.
- **Weather Conditions:** Wet or icy conditions can make walking on railway embankments or tracks even more dangerous.

What You Can Do:

- **Educate About Dangers:** Talk to your child about the dangers of being near or on railway tracks and remind them that train stations and tracks are off-limits unless they are in a designated area with adult supervision.
- **Encourage Safe Routes:** If your child regularly walks near railway lines, encourage them to use safer routes, even if they seem longer, and to stay alert to their surroundings.
- **Set Boundaries:** Establish clear rules about railway line safety and the importance of staying away from these areas.
- **Report Dangerous Behaviour:** If you observe unsafe behaviour near railway lines, please contact local authorities or the British Transport Police.

5. General Safeguarding Tips for the Easter Holidays

Beyond these areas, we encourage all parents and carers to:

- **Maintain Open Communication:** Ensure your child knows they can approach you if they feel unsafe or uncomfortable at any time.
- **Check on Activities:** Be aware of where your child is going, who they are with, and what

activities they are involved in.

- **Promote Safe Social Media Use:** Ensure your child is aware of the risks of sharing too much personal information online, especially during the holidays when they may be more active on social platforms.

6. Contextual Safeguarding Issues in Sheffield

As many of you know, Sheffield is a large and diverse city, with its own set of local safeguarding concerns. These issues can sometimes become more pronounced over the holiday period. These may include:

- **Child Exploitation:** Easter holidays can lead to an increase in opportunities for children to be groomed or exploited, particularly online. Be vigilant and ensure your child knows to report any contact from strangers or any interaction that feels uncomfortable.
- **Mental Health Issues:** The holidays can be a difficult time for young people, particularly those who may feel isolated, have family problems, or are struggling with mental health difficulties. If you notice any signs of distress, please don't hesitate to reach out for support.
- **Domestic Abuse:** Unfortunately, the holiday season can sometimes lead to increased domestic tensions. If you or someone you know is affected by domestic abuse, please contact local services for support

7. Where to Get Further Advice and Guidance in School

If you are concerned about your child's well-being or need advice, we are here to support you.

We also have a team of **Designated Safeguarding Team** who can assist:

- **Catherine O'Connor**
Telephone: 0114 262 5757 (Ext. 5795) coconnor@brigantitrust.net
- **Vicky Bark**
Telephone: 0114 262 5757 (Ext. 5793) vbark@brigantitrust.net

Our **Designated Safeguarding Lead** is:

- **Yasmin Celik** ycelik@brigantitrust.net
Telephone: 0114 262 5757 (Ext.5702)

Please do not hesitate to contact any of the above staff should you have concerns, or if you need support or guidance over the holidays. The central email address for sharing your concerns is safeguarding@longleypark.ac.uk, or you can telephone 0114 262 5757, and member of the safeguarding team will endeavor to respond as soon as possible.

7. Support Services Available

If you have concerns about your child or if you need advice, there are a number of services you can contact:

- **Sheffield Safeguarding Hub:**

If you are worried about a child's safety or welfare in Sheffield, the Safeguarding Hub is available to assist you. They provide support, advice, and intervention where needed.

Contact details:

Phone: 0114 273 4855 (Monday to Friday, 9am-5pm)

Out of hours: 0114 273 4855 (Emergency duty service)

Email: enquiries.safeguardinghub@sheffield.gov.uk

- **NSPCC:**

The NSPCC offers advice, support, and resources for parents and carers on a range of safeguarding topics, from online safety to mental health.

Contact details:

Helpline: 0808 800 5000 (Free, 24/7)

Email: help@nspcc.org.uk

- **Childline:**

Childline provides a confidential service for children and young people to talk about any concerns they may have, including bullying, mental health, abuse, or any other issues affecting them.

Contact details:

Freephone: 0800 1111

Website: www.childline.org.uk (Available 24/7)

Below is a link that offers a wider range of support services for young people also shared by Sheffield Children's NHS:

[Young person support directory - Resource Library - Sheffield Children's NHS Foundation Trust](#)

We want all of our students to enjoy their holidays in a safe and secure environment. By working together, we can help our young people make safer choices and reduce risks during their time away from school. If you have any concerns or questions, please feel free to contact me directly at ycelik@brigantiastrust.net.

Thank you for your continued support in safeguarding our young people.

Wishing you all a safe and enjoyable break!

Warm regards,

Yasmin Celik

DSL/AP

