



CRANBOURNE

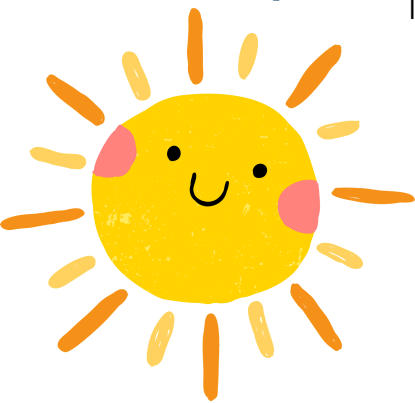
Safeguarding

Newsletter

July 2025

Staying safe over the summer

Sun safety



It's important to stay safe when spending long periods of time outside in the sun.

- Use sun cream - at least SPF30+. Look for how many stars is on the bottle - this tells you how safe it is for UVA exposure. Four stars is the minimum protection recommended
- If you get sunburn, you should apply soothing after sun cream or spray like aloe vera. Stay out of the sun until all signs of redness have gone. Always seek medical help if you feel unwell or your skin swells badly or blisters
- Wear a hat and sunglasses
- Stay hydrated - drink plenty of water
- Take breaks in the shade, especially between 11am and 3pm

Safety at the beach

- You should never swim in the sea alone
- Watch out for tides and currents - they can catch you off guard
- Don't dive into unknown water
- Look for the information signs when you get to the beach
- Always respect marine life
- Take all rubbish home with you



Beach Flag Safety



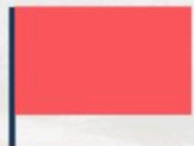
Life-guarded area: Safest to swim



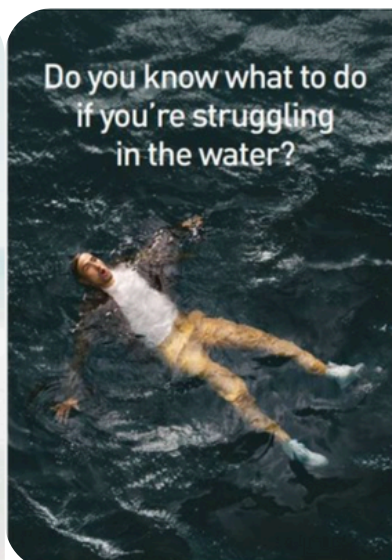
Orange windsock: Do not use inflatables



For surfboards and kayaks: do not swim or use bodyboards



Danger! Do not enter the water under any circumstances



FLOAT TO LIVE:

- Tilt your head back with ears submerged
- Relax and try to control your breathing
- Use your hands to help you stay afloat
- It's OK if your legs sink, we all float differently

In a coastal emergency
call 999 or 112 for the coastguard
Get more advice at [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips)

The RNLI is the charity that saves lives at sea
The Royal National Lifeboat Institution is a charity registered in England and Wales (208800),
Scotland (202716), the Republic of Ireland (20754) and (202016), the National
Charities Commission (104), the New York State Charities Bureau (104), the National Endowment for Democracy
and other (104) Trust, Public, Private, British, 104

Lifeboats

#RESPECT THE WATER

Electric scooters: what are the facts?

- It is against the law to use a privately owned e-scooter on public roads, pavement and cycle lanes
- E-scooters are classified as motor vehicles. You must have a driving license to use an e-scooter
- E-scooters must have motor insurance
- Illegal use of a private e-scooter can result in possible fines, points on a driving license and the e-scooter being seized by the police



Online safety

- Never share personal information with anyone online
- Check your privacy settings
- Think before you post
- Delete and block anyone who you do not wish to speak to or anyone who makes you uncomfortable
- Report anything that makes you feel uncomfortable - NSPCC <https://www.nspcc.org.uk/> and CEOP - <https://www.ceop.police.uk/safety-centre/>

Anti-social behaviour

- This is behaviour in the community that causes harassment, alarm or distress to another person
- Be a good person and show your best self to others



The Cranbourne Food Pantry

- The Food Pantry will remain open throughout the summer holidays - every Thursday from 11.15am to 12.15pm. We know the holidays can be a difficult time for many families, so please do come down and take what you need.
- When you enter the school site, please turn right at the car park and follow the pathway towards the green gates. There will be members of staff in the pantry ready to assist you, but the main Reception will be closed.



If you need support over the summer

- Shout - text 85258
- Samaritans - 116123
- Papyrus - 0800 068 4141
- Young Minds - text YM to 85258
- Self Harm Support Hub - <https://www.selfharmsupporthubhants.org.uk/support-for-parents-carers-and-guardians/>
- Chat Health - Text 07507 332160 (11-19) or 07507 332417 (parents and carers)
- Kooth - <https://www.kooth.com/>
- NHS 111
- If someone is at immediate risk of harm and you need urgent help, call 999
- We have lots of additional resources listed on our website - <https://www.cranbourne.hants.sch.uk/the-lighthouse>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it is something big or small, Childline's trained counsellors are here to help you.



CEOP is a law enforcement agency that helps keep young people safe from sexual abuse & online grooming. You can make a report directly if you are worried about online sexual abuse or something that has happened online which has made you feel unsafe, scared or worried.

YOUNGmINDS



Young Minds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health and all young people get the mental health support they need, when they need it, no matter what.
www.youngminds.org.uk



Nude image of you online?
We can help take it down.



Report Remove is here to help young people under 18 in the UK to confidentially report sexual images & videos of themselves online & remove them from the internet. It is against the law for anyone to share a sexual image or video of someone who is under 18; **Report Remove is safe, easy and free.**

THE MIX



The MIX is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Whatever issue a young person is facing, **The Mix** is always there for them!
www.themix.org.uk

shout 85258



Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Their trained volunteers are there to listen at any time of day or night, & messages won't appear on the phone bill.

WE WILL LISTEN and WE CAN HELP



At Cranbourne every single staff member is responsible for safeguarding. All staff are here to promote the welfare of our students & protect them from harm.

All staff are trained to take the appropriate action and ensure that someone from the safeguarding team follows up to support you with specific assistance and guidance:



Mrs K Reddy
Lead DSL



Mrs K Gare
Deputy DSL



Miss S Conlon
Deputy DSL



Mrs C Ryan
Deputy DSL

We want you to talk to who you feel most comfortable; it could be your form tutor, your Head of House, someone from the DSL team or any other member of staff.



Mrs P Corrigan
Deputy DSL



Mrs C Millett
Deputy DSL



Miss R Alner
Head of House



Mrs T Simpson
Head of House



Mrs J Vaughan
Head of House



Miss S Miller
DDSL / HOH