

Community Health and Safety Newsletter

We have compiled a series of Health and Safety guidance newsletters to help you to support your children to be aware of dangers in our immediate, and wider, community. These will be shared half termly.

Whilst the Park Hall area is generally safe, there are inevitable hazards that may be attributed to **seasonal changes** eg sun protection, wearing reflective clothing in the darker months etc. Equally, there may be **environmental hazards**, for example, being aware of tree debris in high winds and the changes in water depth and conditions on our nearby canal and lake. In addition there are **social hazards**, including potential danger in our communities, from people we don't know and perhaps from people we do know, and of course poor and unsafe driving practice; parking that obscures visibility and idling vehicle engines, which pose potential toxins for our children who are smaller and more vulnerable to such fumes.

It is our shared responsibility to ensure that our children are as safe as possible, through awareness of hazards and how these may change, at different times of the year, and as children grow.

Sun Protection

Remember to apply sunscreen before you go out in the sun and try to reapply sunscreen regularly, even when using 'once a day' and 'water resistant' sunscreens.

A short time in the sun is best – 15 minutes is a good amount of sun after which it is best to drink water and have a shade break!



Sun hats, caps and head coverings, that allow air to circulate, are a fantastic way to stay cool and sunglasses are a brilliant way to protect your eyes from the bright sunshine. Most importantly, never ever look directly at the sun!

Check out the NHS site below, for more detailed advice, at –

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Clever Never Goes and On-Line Safety



One of many fantastic sites to visit, and one which is a great way to introduce children to evaluate situations that are potentially unsafe, is <https://clevernevergoes.org/>

This site explores ways in which, rather than fearing the worst, children can consider the dangers apparent, in specific situations that may be unsafe, and gives children some tools to respond.

Clever Never Goes provides a home pack available to download. A useful leaflet is available via the following link for those who would like to use this –

<https://clevernevergoes.org/wp-content/uploads/2020/12/Clever-Never-Goes-Parent-Leaflet.pdf.pagespeed.ce.kS5DsxRpCp.pdf>

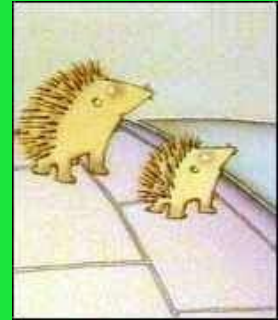
Think! Road Safety

<https://www.think.gov.uk/>

Whether walking, scooting or cycling do remember the safety code for roads and pavements and stay safe!

For cycle safety, there are 5 key facts –

1. Making frequent and good observations
2. Choose the most suitable cycling position for your journey
3. Communicate your signals really clearly
4. Understand the routes and roads you are using
5. Be prepared – reflective and florescent clothing / accessories etc



A well fitted helmet will protect from potential head injuries and suitable clothing protects the body. Remember all advice can save a life!

Further details are provided at –

<https://www.think.gov.uk/cycle-safety/>

Younger children (aged 3-6 years) may enjoy the games found on the following site –

https://www.think.gov.uk/education-resources/explore-education-resources/?age%5B0%5D=3-to-6&resource_type%5B%5D=game

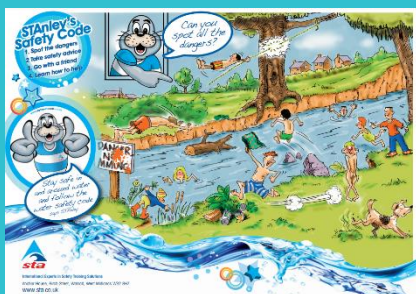
Children aged 7-12 years may also find the following games useful –

https://www.think.gov.uk/education-resources/explore-education-resources/?age%5B0%5D=7-to-12&resource_type%5B%5D=game

The following site also gives great advice around the wearing of seat belts for all ages, through the following link –

https://www.think.gov.uk/wp-content/uploads/2020/07/DfT_SeatBeltBooklet.pdf

Water Safety



The waterways are wonderful places to take children, but it's very important that they also know and understand about staying safe when around water.

Warm sunny days can make the idea of a quick dip in cool water really appealing, but the water can be icy cold, beneath the surface, and can hide concealed weeds and grasses that can entangle and snare legs. In colder months, canal towpaths especially may be muddy and slippery – so take great care!

The Canals and Rivers trust produce great safety booklets, Waterside Safety Challenges and a host of information around how to have fun, and be safe around water.

<https://canalrivertrust.org.uk/support-us/our-campaigns/safety-on-our-waterways/water-safety-for-kids>

This site also provides advice on how to stay safe around canals and towpaths across the changing seasons.

<https://www.teachwire.net/teaching-resources/stanleys-safety-code-can-you-spot-the-dangers-activity-sheet-for-ks1/>