

As the summer holidays approach, we want to share important safeguarding information to help you support your child's safety and wellbeing over the coming weeks. This time of year, brings opportunities for fun, relaxation and independence – but it also comes with some risks. Hopefully you will find the information below in helping to keep everyone safe.

We wish you and your family a happy, healthy and safe summer holiday and look forward to seeing you all in September.

Your Safeguarding Team at Broughton							
Mr S Bailey	Mr D Botes	Mrs A Boardman	Mrs V Bamber	Miss E Cross	Mr C Banks	Mr A Ellis	Ms Law

Online Safety During the Holidays

Many young people spend more time online during the holidays. Talk to your child about:

- **Increased Screen Time:** More free time often means more time online. Talk regularly with your teen about what apps, games and platforms they are using.
- **Settings:** Reviewing privacy settings on social media and gaming platforms. Keeping personal information private.
- **Social Media Pressures:** Support your child in managing screen time and knowing how to report inappropriate content.
- **Stay Alert to Risks:** This includes online bullying, harmful content, grooming, and unsafe challenges. Reporting and blocking inappropriate content or behaviour.

Useful resources:

- www.thinkuknow.co.uk (CEOP)
- www.saferinternet.org.uk
- [Parental Controls booklet 2026](#)

HAF Activities - The link below has been created to help parents find out about the activities available for families in Preston during the summer. It also provides a wide range of advice and signposts to additional support on topics such as sleep, managing online safety, and family wellbeing. You can access the information here: [PRESTON Summer 2026 Activities](#)



Mental Health & Emotional Wellbeing - Changes in routine can have a significant impact on young people's wellbeing. To help support your child during periods of change, encourage them to maintain a regular sleep pattern, stay physically active, spend time with family and friends, and talk openly about any worries or concerns they may have. It is also important to encourage healthy use of social media and to take breaks from it when needed.

Compass Bloom, who we work closely with in school, have created a padlet and QR to help support parents and pupils with mental health support with a wealth of tips and tools all in one place.



Water safety – As the weather gets warmer, many young people spend more time outdoors with friends. We would like to remind families about the importance of staying safe around water.

Preston and the surrounding areas have a number of rivers, canals, lakes, and reservoirs. While these may look inviting on hot days, open water can be extremely dangerous.



Please encourage your child to:

- Never swim in rivers, canals, reservoirs, or other unsupervised open water.
- Only swim in designated areas where lifeguards are present.
- Avoid jumping or diving into unknown water.
- Stay away from canal edges, locks, and fast-flowing water.
- Look out for friends and avoid risky behaviour around water.
- Keep phones charged and know how to call for help in an emergency.

Understand the risks

- Cold water can cause shock even to strong swimmers - Entering cold water suddenly can trigger gasping, muscle "freeze", and heart shock
- Slippery or steep banks can make exiting difficult
- Submerged hazards like trolleys, glass, machinery, and weeds
- Unpredictable depths and currents
- Risk of illness from polluted water

Remember the mantra: "Float to live"—lie on your back and spread arms and legs, breathing calmly until shock passes. [Float To Live – What To Do In An Emergency – RNLI](#)

Know what to do in an emergency

- Knowing what to do if someone else gets into danger
- Never get into the water, even if you are a strong swimmer. Instead:
- Stay calm. Always think before you act.
- There may be other people around, so shout for help as loudly as you can.
- Dial 999 and ask for the Fire & Rescue Service. Explain your location clearly – use road names, bridge numbers and describe any landmarks.
- Keep an eye on the person, keep talking to them and stay near them. Encourage them to float on their back in a star shape.
- If you can, throw a safety line or rope to them.

Support Outside of School

Our school website, under the safeguarding tab, has a vast amount of support services for parents and pupils should you need any support throughout the holidays or click on the link - [Broughton - Mental Health and Wellbeing](#)

If you are in crisis and need immediate support please contact:

- The Samaritans – Call 08457 909090
- Childline (up to 25 years) – Call 0800 1111
- Shout (24/7 Crisis text line for young people) - Text Shout to 85258
- Domestic Abuse – Domestic Abuse Support Services - 0300 3033 581. If you are a victim or in danger call 999.
- Lancashire Mental Health Crisis Line - 0800 953 0110
- Present at A&E or call 999 if you think you are in danger or a danger to yourself.

Safeguarding is everyone's responsibility

