



## SUMMER SAFETY

This edition of our Safeguarding Newsletter is full of important messages to help keep our children and young people safe during the summer holidays.

### Beach safety

## Beach safety

The beach is a fantastic place to be – but there can be hidden dangers too. If you're heading to the seaside, discover our top five tips to help you and your family stay safe.



### [RNLI Beach Safety – Top Five Tips To Stay Safe By The Sea](#)

## 1. Choose a lifeguarded beach

In 2022, RNLI lifeguards aided over 23,200 people on the beach. Choosing to visit a lifeguarded beach gives you and your family the protection of highly trained lifesavers. They can see the dangers develop, prevent accidents before they happen and respond instantly if anyone gets into difficulty.

RNLI lifeguards patrol over 240 beaches across the UK and Channel Islands. Find a lifeguarded beach near you or your holiday destination.





## 2. Call 999 or 112 in an emergency

When you go to the beach, always carry a means of calling for help. If you're going in the water, you can carry your mobile phone in a waterproof pouch. That way, if you find yourself or spot someone else in an emergency situation, you can get help.

In a coastal emergency, call 999 if you're in the UK or 112 if you're in Ireland and ask for the coastguard.

## 3. Float to Live

If you find yourself struggling in the water, or if you fall in unexpectedly, Float to Live. Relax and try to breathe normally. Tilt your head back and submerge your ears. Use your hands to help you stay afloat. Once your breathing is under control, call for help or swim to safety.

It's important to help children learn how to float too, and practise often somewhere safe – like a local swimming pool. Our video can help you learn more about teaching your child how to float so, if you're visiting the coast, you and your loved ones can enjoy a safe and happy summer.

## 4. Know the risks and what to do

When you're heading to the beach, it's important that you know the risks and what you can do to minimise them. From rip currents to tides, cold water shock to waves, being aware of the dangers will help you to stay safe.

One of the risks at the beach is rip currents. They are strong currents that can quickly drag you out to sea.

## 5. Know your flags

If you visit a lifeguarded beach, there will be flags on the beach to show you where it's safe to swim. If you're planning to swim or bodyboard, stay between the red-and-yellow flags. For surfboards, stand-up paddleboards or other non-powered craft, go between the black and white chequered flag. You should not swim there.

If a red flag is flying, the water is dangerous. Do not enter the water under any circumstances...

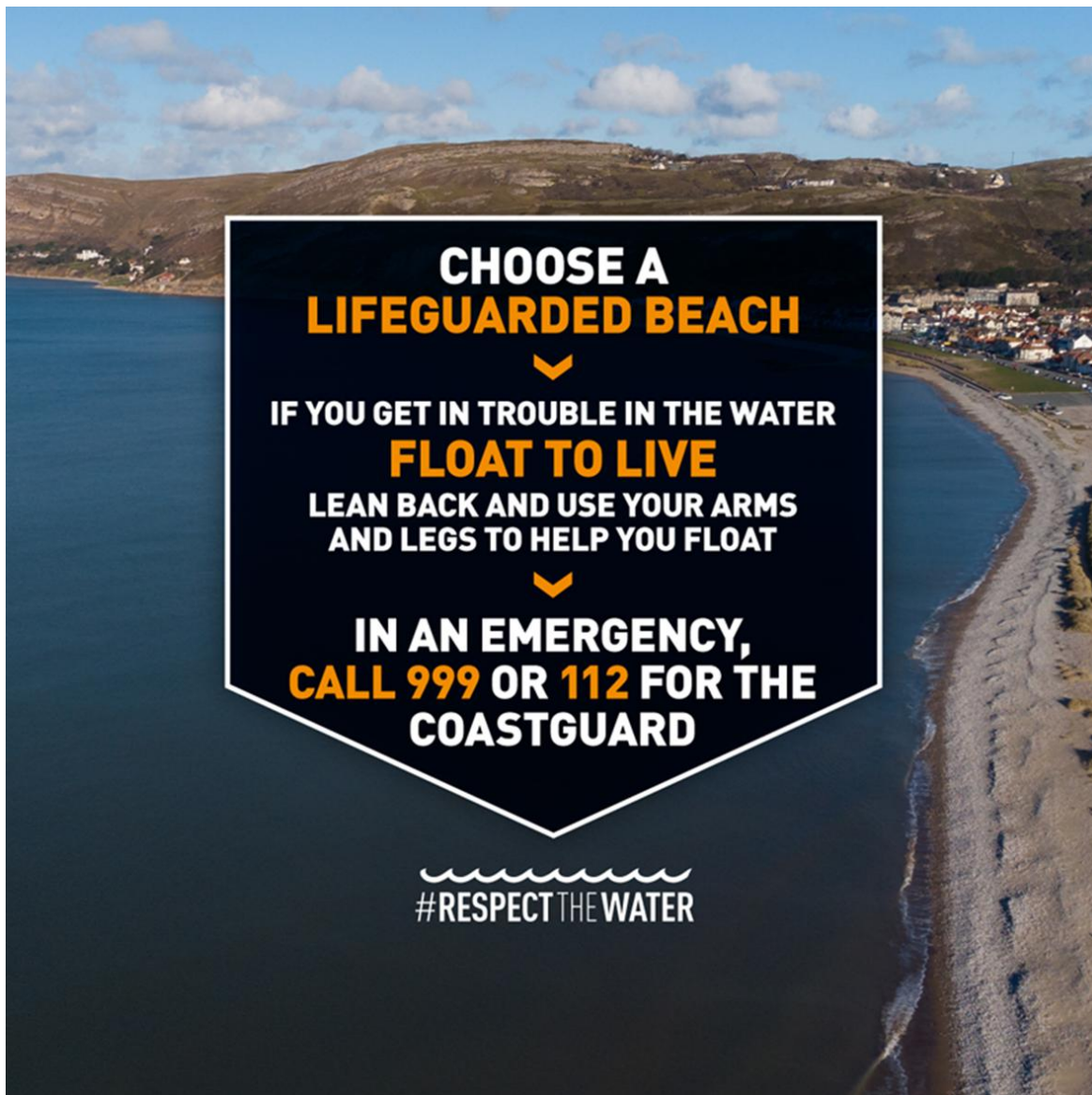


## What should I do if I find myself in the water unexpectedly?

Around half the people who die at the coast never intended to go in the water. If you find yourself in the water unexpectedly, you should Float to Live by following these steps:

1. Tilt your head back and submerge your ears
2. Relax and try to breathe normally
3. Use your hands to help you stay afloat
4. It's OK if your legs sink, everyone floats differently
5. Spread your arms and legs to improve stability





## CHOOSE A LIFEGUARDED BEACH



IF YOU GET IN TROUBLE IN THE WATER  
**FLOAT TO LIVE**

LEAN BACK AND USE YOUR ARMS  
AND LEGS TO HELP YOU FLOAT






IN AN EMERGENCY,  
**CALL 999 OR 112 FOR THE  
COASTGUARD**

  
#RESPECTTHEWATER

## Be Water Safety Aware

When the weather is warm the water can seem so inviting, but it is a risk that is simply not worth taking. Swimming in rivers, canals and lakes is dangerous. Remember these points when out and about this summer:

-  Only swim in properly supervised pools, the dangers of water include: very cold temperatures, hidden currents, fast flowing water, deep water, locks and weirs, pollution, hidden rubbish and debris. It may also be difficult to get out and there will not be lifeguards present.
-  If you see another person or a pet in trouble in the water do not enter the water yourself. Raise the alarm or if you have a mobile phone call 999 and ask for the fire service. Try and give an exact location of where you are and look for and signs or landmarks. If there is a lifebuoy or throwline nearby throw it to them. If not, throw anything to them that will float.
-  If you fall into water by accident try to fight your instinct to thrash about, instead lean back and float on your back while you catch your breath. Once you are calm call for help or swim for safety if you are able.



**WATER SAFETY:** Drowning can happen quickly and silently. Unless rescued, it could take as little as 20 to 60 seconds for a drowning person to submerge.

- Wear your life jacket.
- Provide constant, active adult supervision and know how to swim.
- Swim in an area with lifeguards. Designate a "water watcher" to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in! You could become a victim yourself.
- Swimming classes are available for both children and adults. Visit [redcross.org/watersafety](https://www.redcross.org/watersafety) for a map of Learn-to-Swim providers in your community.
- Download the Red Cross Swim app for safety tips, kid-friendly videos, and activities, and take the free Water Safety for Parents and Caregivers online course in English.

**PICNIC, GRILLING SAFETY:** Summer is a great time to get outside for a picnic or to fire up the grill. Follow these tips to prevent illness and keep everyone safe:

- Always supervise a barbecue grill when in use.
- Don't add charcoal starter fluid when coals have already been ignited.
- Make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.

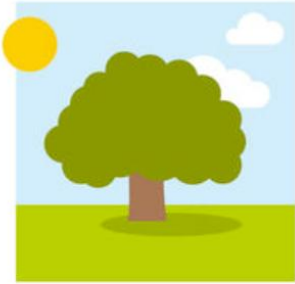
**OUTDOOR SAFETY:** Whether camping or just enjoying the outdoors, follow these tips:

- Pack a first aid kit.
- Take a Red Cross first aid and CPR course and download the [First Aid app](#).
- Share your travel plans and locations with a family member, neighbour or friend.
- Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.



# Stay safe in the sun

## How to enjoy the sun safely



### Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



### Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



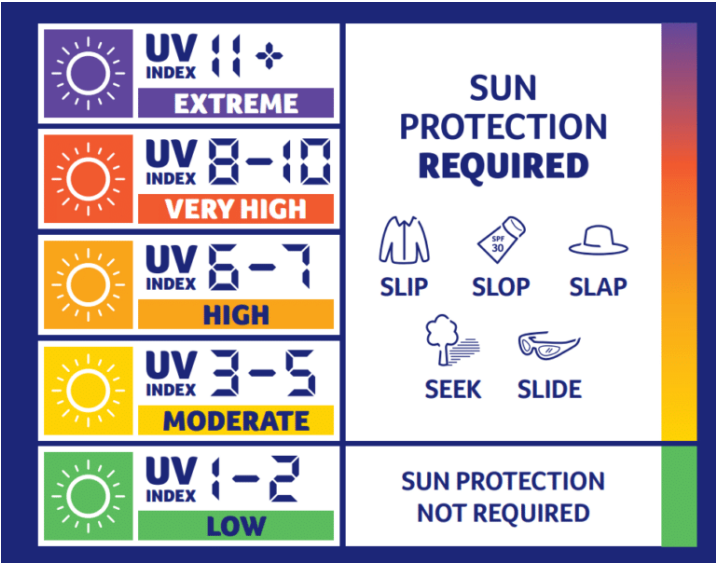
### Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.

[Sunscreen and sun safety - NHS](#)

[How to stay safe in hot weather | NHS inform](#)

[Keeping your baby safe in the sun - NHS](#)





## Staying safe online in the summer holidays – advice for parents and carers

Children and young people across the UK are getting ready to have more free time to spend with friends and family as the summer holidays get into full swing.

For many young people this time will be spent using the internet to keep in touch with school friends, catch up with the latest apps and online trends, and play their favourite games.

### Sit down together

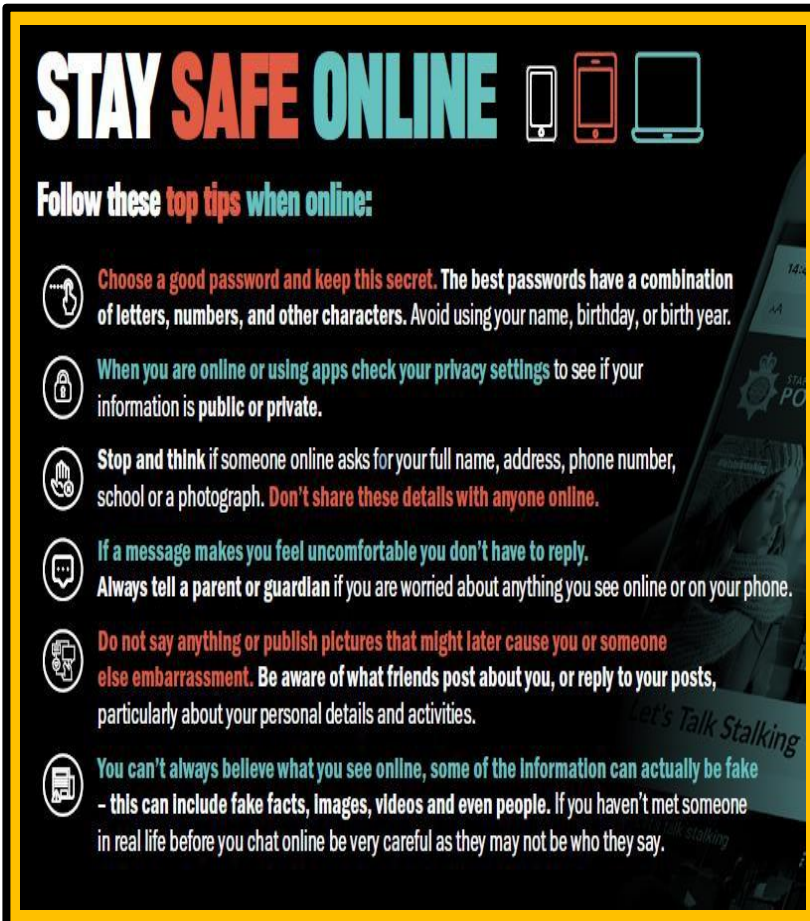
The summer holidays are a great chance to sit down with your children and find out about the things they like to do online. Together you can visit their favourite sites and join in with their favourite games. This is a great way to stay up to date with their online lives and show them that you're interested in what they are doing.




Holidays are also a good opportunity to have positive conversations about the internet, so if something ever upsets your child online, they will feel more confident in confiding in you.

Sometimes young people may find it difficult or may not want to speak to an adult about their online lives. It's important to reassure them that no matter what the issue may be, you are there to listen without judgement and help them without confiscating their devices or punishing them.







To learn more about the apps, games and services children are using you can spend some time on them, familiarise yourself with their reporting and blocking features and ensure that you have the knowledge to be able to help them if they face a problem over the summer holidays or in the future.

### Become an expert



**STAY SAFE ONLINE**   

**Follow these top tips when online:**

-  **Choose a good password and keep this secret.** The best passwords have a combination of letters, numbers, and other characters. Avoid using your name, birthday, or birth year.
-  **When you are online or using apps check your privacy settings** to see if your information is public or private.
-  **Stop and think** if someone online asks for your full name, address, phone number, school or a photograph. **Don't share these details with anyone online.**
-  **If a message makes you feel uncomfortable you don't have to reply.** Always tell a parent or guardian if you are worried about anything you see online or on your phone.
-  **Do not say anything or publish pictures that might later cause you or someone else embarrassment.** Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.
-  **You can't always believe what you see online, some of the information can actually be fake** – this can include fake facts, images, videos and even people. If you haven't met someone in real life before you chat online be very careful as they may not be who they say.

## Holiday support – Activities and events

Please click on the link below for information and support from the GOV.UK website for activities and food programme offered to eligible families over the summer holidays:

Holiday activities and food programme 2025  
- GOV.UK ([www.gov.uk](http://www.gov.uk))

**BCP Food Map:** [Food Map](#) The Access to Food map shows all the different types of community food support available in our area, and how you can access them.



**PLACES WHERE KIDS EAT FREE (OR FOR £1)  
SUMMER HOLIDAYS 2025**

[moneysavingcentral.co.uk/kids-eat-free](http://moneysavingcentral.co.uk/kids-eat-free)



<p><b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm</p> <p><b>ASDA</b> Kids eat for £1 daily, with no adult spend</p> <p><b>ASK ITALIAN</b> Kids under 10 eat for £1 during school holidays</p> <p><b>BEEFEATER</b> Kids Eat FREE with Newsletter Voucher this Summer</p> <p><b>BELLA ITALIA</b> Children eat for £1 with any adult main</p> <p><b>BILLS</b> Kids Eat Free weekdays, 21st July – 29th Sept</p> <p><b>BREWERS FAYRE</b> Kids Eat FREE with Newsletter Voucher this Summer</p> <p><b>BREWDOG</b> 2 Kids eat free with 1 adult, 19th July - 31st August</p> <p><b>BURGER KING</b> From 28th July - 31st August, Kids Eat Free (via app)</p> <p><b>CHIQUITO</b> Kids eat FREE Daily Until August 31st</p> <p><b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch</p> <p><b>FRANKIE &amp; BENNY'S</b> Kids Eat Free from 14<sup>th</sup> July – 31<sup>st</sup> August 2025</p> <p><b>FUTURE INNS</b> Under 5s eat for free with any adult meal</p> <p><b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day</p> <p><b>HUNGRY HORSE</b> Kids eat for £1 on Mondays</p> <p><b>IKEA</b> Kids get a meal from 95p daily from 11am</p> <p><b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App</p>	<p><b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend</p> <p><b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend</p> <p><b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend after 3pm</p> <p><b>PREMIER INN &amp; TRAVELODGE</b> 2 kids eat for FREE with 1 adult breakfast</p> <p><b>PRETO</b> Kids up to age 10 eat free with 1 paying adult</p> <p><b>PUREZZA</b> Kids under 10 get free pizza with every adult meal</p> <p><b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays</p> <p><b>SIZZLING PUBS</b> Kids eat for £1, Every Monday to Friday, 3 - 7pm</p> <p><b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult</p> <p><b>TESCO</b> Kids Eat FREE with a 60p spend until Aug 31st</p> <p><b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)</p> <p><b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend</p> <p><b>TOBY CARVERY</b> Kids eat for £1 all day (weekdays) until Aug 29th</p> <p><b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast</p> <p><b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays</p> <p><b>ZIZZI</b> Kids eat free this summer holidays (ex Saturdays)</p>
--	--

Copyright of MONEY SAVING CENTRAL

## **BCP Council Family Information and BCP Council Family Hubs**

<https://www.fid.bcpCouncil.gov.uk/>

### **Additional support available at your local family hub**

Pop in, telephone or email for information, advice and guidance from our friendly teams, we are here to help you to access many service within our hubs and can also help with:

- food vouchers
- breast pump loan scheme
- nappy banks and sanitary wear
- signposting to employment support
- childcare, funding and a range of holiday activities.



BCP parks foundation – Range of free activities all summer.

[Parks, nature and green spaces | BCP](#)

[Home - The Parks Foundation](#)

[Events - The Parks Foundation](#)

**BCP Mumbler:** [Summer Holiday - Bournemouth, Christchurch & Poole Mumbler](#) [Free Things To Do with Kids in Bournemouth, Christchurch & Poole this Summer - Bournemouth, Christchurch & Poole Mumbler](#)

**Soft Play Cafes:** [Kids Play Cafe](#)

Links below for free days out opportunities during the summer holidays

[https://www.visit-dorset.com/listing/rspb-weymouth-wetlands-\(radipole-and-lodmoor\)](https://www.visit-dorset.com/listing/rspb-weymouth-wetlands-(radipole-and-lodmoor))

<https://www.visit-dorset.com/listing/durlston-country-park-national-nature-reserve>

<https://www.helpandkindness.co.uk/summer-in-dorset-2025>

BCP family support directory

<https://www.visitbournemouth.com>

Family Events - Bournemouth

Things To Do in Summer 2025 | Top UK Family Days Out



<https://www.letsgoout-bournemouthandpoole.co.uk>

## Activities and events:

Follow **BCP Council Family Information** and **BCP Council Family Hubs** on Facebook

**The Parks Foundation:** [Home - The Parks Foundation](#) also on Facebook. The individual cafes have their own Facebook pages where they publicise their own events or you can view them on the Parks Foundation website.

Links below for free days out opportunities during the easter holidays

[https://www.visit-dorset.com/listing/rspb-weymouth-wetlands-\(radipole-and-lodmoor\)](https://www.visit-dorset.com/listing/rspb-weymouth-wetlands-(radipole-and-lodmoor))

<https://www.visit-dorset.com/listing/durlston-country-park-national-nature-reserve>

<https://www.helpandkindness.co.uk/summer-in-dorset-2025>

Home - The Parks Foundation

<https://www.fid.bcpCouncil.gov.uk>

- BCP family support directory

<https://www.visitbournemouth.com>

Family Events - Bournemouth

Things To Do in Summer 2025 | Top UK Family Days Out

<https://www.letsgoout-bournemouthandpoole.co.uk>

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds Home - Kooth](#)

[Childline | Free counselling service for kids and young people | Childline](#)

[Drug and Alcohol Support | WithYou](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)



The Stable school Autumn Term – Wednesday 3<sup>rd</sup> September 2025

Any concerns over the summer holidays – Please email – [safeguarding@thestableschool.co.uk](mailto:safeguarding@thestableschool.co.uk) .

The email in box will be checked at regular intervals over the holiday period.





