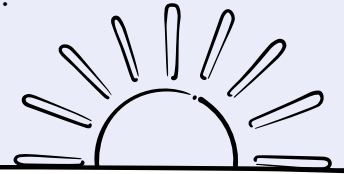




PSA SAFEGUARDING BULLETIN



Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.



ANNA FREUD - PREPARING FOR THE SUMMER HOLIDAYS

It's nearly the summer holidays and the end of another school year. For students in both secondary and primary schools, this is a joyous time. Weeks of endless daytime lie ahead to be spent in the sunshine, either at home or abroad.

However, as the school gates close, some of them might begin to feel a bit lost. The structure that holds their days together will be gone, and they may be left with little to do, and they may also miss their friends as they won't be able to see them every single day.

The Anna Freud organisation, aimed at promoting mentally healthy schools, has been looking at this issue and has produced their self-care summer toolkit. If you're interested in exploring their resources, please follow the links below:

[Self-care summer toolkit](#)

[Helping children after long holidays and key transitions](#)



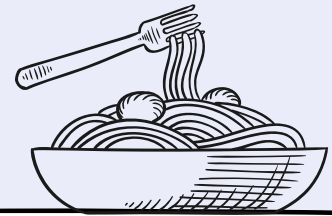
PRACTISING SELF-CARE IN THE SUMMER HOLIDAYS

The summer holidays can be a time to relax, recharge, and take a break. However, as mentioned above, young people may struggle with the loss of structure and not seeing their friends every day. It's important that they look after their mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, you have techniques you can turn to in stressful times.

This toolkit contains activities, teaching materials, and guidance to help support and boost mental wellbeing over the summer and beyond:

- [My self-care plan - Anna Freud](#)
- [Self-care form time activities - Public Health England](#)
- [Wellbeing activities: being kind to yourself - British Red Cross](#)
- [Self-care resources - Anna Freud](#)

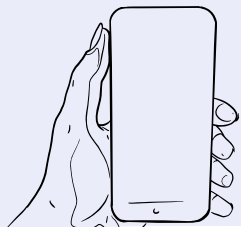
AFFORDABLE FAMILY DINING



Save money on eating out during the school holidays with these meal deals in restaurants across the UK. As school is almost out for the summer this year, many of us will be thinking of ways to keep the children entertained, well-fed, and active. With money feeling tighter than ever due to the cost of living crisis, here's a list of places where kids can eat for free or just a few pounds over the summer school holidays, making dining out as a family easier and more affordable:

- Angus Steakhouses
- ASDA
- Beefeater
- Bella Italia
- BrewDog
- Brewers Fayre
- Dobbie's Garden Centres
- Dunelm – Pausa Cafe
- Gordon Ramsay Restaurants
- Heathrow Airport
- Hungry Horse Pubs
- IKEA
- London Hoxtons
- Morrisons
- OK Diners
- Premier Inn
- Preto
- Purezza
- Sizzling Pub and Grill
- Tesco
- TGI Fridays
- The Real Greek
- YO! Sushi

You can view the full details of each restaurant and what they offer [here](#).



HOLIDAY ACTIVITIES AND FOOD PROGRAMMES

Free activities for the Summer Holidays

- Secret London has compiled a list of 200 free things to do in the city, offering something for everyone.
- For a local adventure, families can visit Black Park. This beautiful park offers a variety of outdoor activities, including walking trails, playgrounds, and picnic areas.

Food programmes that are available

- The foodbank operates in various locations and provides emergency food supplies.
- Olio is a free app that connects neighbours and local businesses to share surplus food, reducing waste and helping those in need. You can find free food items available in your area through the app.
- Too Good to Go is an app that allows you to buy unsold food from restaurants, cafes, and bakeries at a fraction of the original price.

SAFE PLACES ACROSS BUCKINGHAMSHIRE

The community safety team are in the process of refreshing the Buckinghamshire safe places scheme.

The scheme aims to provide reassurance to vulnerable individuals when they are out and about in the community, especially where they find themselves in a difficult situation.

Safe place businesses display a sticker in their window to show help is available inside. They may provide a quiet place to sit, a glass of water, give directions or phone a taxi/close contact.

You can find [a list of safe places across Buckinghamshire here.](#)



WHERE TO GO FOR HELP OVER THE HOLIDAYS

In Case of Emergency

If you believe there is an immediate risk of significant harm or if anyone is in immediate danger, always call the police on 999.

Support Services

Police

- Emergency: 999
- Non-Emergency: 101

Childline

- Phone: 0800 1111
- Website: [childline.org.uk](https://www.childline.org.uk)

NSPCC (National Society for the Prevention of Cruelty to Children)

- Phone: 0808 800 5000
- Website: [nspcc.org.uk](https://www.nspcc.org.uk)

Samaritans

- Phone: 116 123
- Website: [samaritans.org](https://www.samaritans.org)

Kooth

- Website: [kooth.com](https://www.kooth.com)

Sikh Helpline

- Phone: 0845 644 0704 or 07999 004 363
- Website: [sikhhelpline.com](https://www.sikhhelpline.com)

Slough

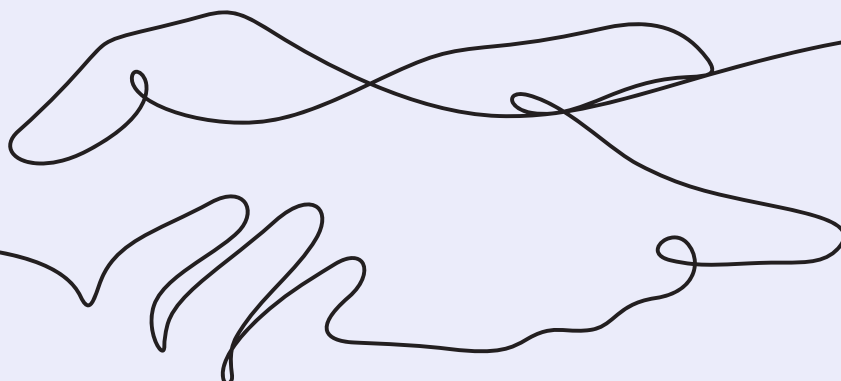
- [Slough Children First](#)

Domestic Abuse Support

- [Get Help and Support](#)

For urgent safeguarding concerns, you can also contact Buckinghamshire Council MASH Team. The quickest way to let the Buckinghamshire Council MASH Team know is by calling:

- 01296 383 962 (9am to 5:30pm Monday to Thursday, 9am to 5pm Friday)
- 0800 999 7677 (before 9am, after 5:30pm, after 5pm on a Friday, or at weekends - Emergency Duty Team)





PSA SAFEGUARDING TEAM

Please see below the new safeguarding team as of 2 September 2024.

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school.

If you have any concerns please email: safeguarding@psa-bucks.com. **This email will be checked periodically over the summer.**



Miss Day
DSL



Mrs Summerell
DDSL



Miss Lallian
DDSL

