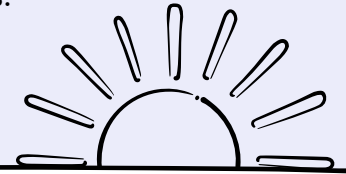




PSA SAFEGUARDING BULLETIN



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](#)

AFFORDABLE FAMILY DINING

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 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 holidays:

- ASDA Cafés
- Beefeater (breakfast only – 2 kids eat free with 1 adult breakfast)
- Bella Italia
- Brewers Fayre
- Dunelm – Pausa Café
- Heathrow Airport (selected restaurants during holidays)
- Hungry Horse Pubs
- IKEA
- Morrisons
- OK Diners
- Premier Inn (breakfast – 2 kids eat free per adult)
- Sizzling Pub and Grill
- TGI Fridays
- The Real Greek
- YO! Sushi

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

SUMMER SLEEPOVER SAFETY

As summer approaches, many children will be asking to go on sleepovers with friends, and it can be a fun and exciting way for them to build independence and social confidence. But as with anything, a little preparation can go a long way in helping to keep them safe.

Before agreeing to a sleepover, make sure you know who your child is staying with and that you're comfortable with the other family. A quick conversation with the host parent can help clarify important details, such as who will be supervising, what the plans are, and whether there are any pets, older siblings, or other guests in the home.

It's also worth checking things like bedtime routines, expectations around devices, and whether your child has any allergies or medical needs that the host should be aware of. Let your child know they can contact you at any time if they feel uncomfortable or want to come home, and reassure them that this is always okay.

Sleepovers can be a brilliant experience for children, as long as clear boundaries, communication, and trust are in place. A little planning helps make sure the memories they make are happy ones.

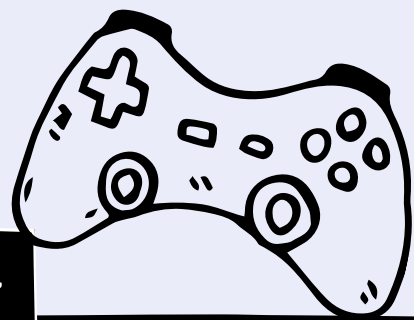


BALANCING SCREEN TIME OVER THE HOLIDAYS

During the summer break, many children will naturally spend more time on screens - gaming, messaging friends or watching videos. This doesn't have to be a bad thing, but balance is key. The UK Safer Internet Centre recommends having open conversations about screen use and setting healthy boundaries together.

Encourage your child to take regular breaks and plan a mix of activities - like outdoor time, reading, or family outings - to help create a natural balance. Rather than focusing on strict limits, try asking what they're enjoying online and explore apps or games with them.

By showing interest and setting clear expectations, you can help your child develop positive digital habits while still enjoying their downtime.





QWELL

From 1 July 2025, adults in Buckinghamshire have round-the-clock, free access to mental health resources through a new online platform, Qwell. This new digital mental health support tool offers a safe and anonymous space for individuals to seek help and support.

Available at <https://explore.qwell.io/bucks/>, Qwell provides a safe, anonymous space for adults aged 18 and over to:

- Read discussion boards created by adults seeking peer support and advice from others.
- Browse therapeutic content: articles, podcasts, mini activities and videos created by the clinical content team. Mini activities are short, practical exercises, e.g. 'create a good mood playlist'.
- Read and write comments: Adults can comment on discussion boards and articles and support their peers/receive support. All comments are pre-moderated.
- Participate in live forums: real time or 'live' interactive workshops.

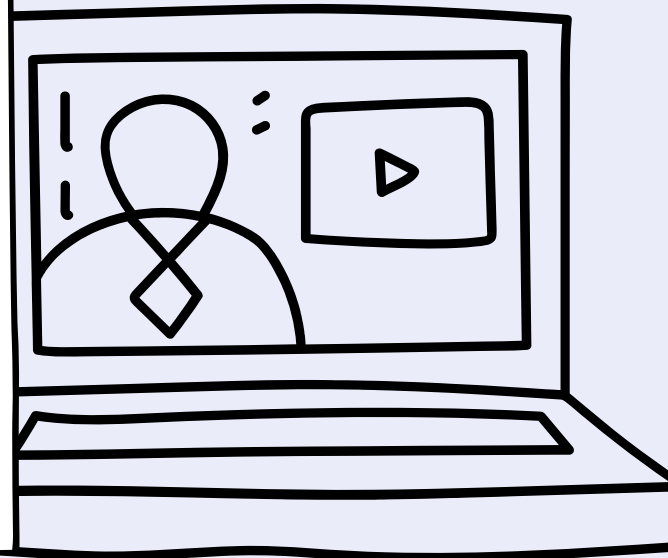
BROOK'S RSE AT HOME FOR PARENTS AND CARERS

RSE at Home with Brook is their series specially created for parents and carers who want to further support their children's relationships and sex education at home.

These short, 30-minute webinars are delivered online via Zoom, where Brook's experienced staff provide support and practical guidance on how to start conversations and navigate potentially tricky topics at home, such as consent, online safety and healthy relationships.

The sessions are friendly, non-judgemental, and designed to help you feel more confident when talking to your child about these important topics.

To attend a session, book your space via their website: www.sexualhealthbucks.nhs.uk/rse-home.



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

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

- Phone: 0808 800 5000
- Website: nspcc.org.uk

Samaritans

- Phone: 116 123
- Website: samaritans.org

Kooth

- Website: kooth.com

Sikh Helpline

- Phone: 0845 644 0704 or 07999 004 363
- Website: 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 safeguarding team.

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

