



Summer safety tips

Summer is a time to have fun. Here are some things you can do to help you stay safe:

1. Take a friend with you when you play outside.
2. Know your full name, address and telephone number of your parent(s)/carer.
3. Before you take anything from anyone even someone you know, check with your parent or trusted grown up first.
4. Check first with your parent or person in charge before going anywhere or getting into a car, even with someone you know.



Summer Safety tips

5. Say "No" and tell a parent if someone tries to treat you in a way that makes you scared or worried.
6. Talk to your parent or trusted adult about which online activities are safe.
7. Use a 'buddy' system when swimming and always make sure you have a trusted grown up watching.
8. Always look both ways before crossing a road use a crossing where you can.

ONECOPSTOP

KEEP SAFE AND KNOW THE LAW



Hello - this will be our final newsletter until September. This week we have included some summer safety tips and suggestions of local clubs offering activities. Have a wonderful summer holiday and I will see you all in September!

Local Activities

- Abbeycroft Leisure Haverhill, Bury St Edmunds, Brandon, Mildenhall, Newmarket, Great Cornard
- All Sorts Support SEND Provision in Lowestoft
- Footstars Leiston, Saxmundham, Rendlesham, Woodbridge
- Inspire Suffolk Ipswich, Lowestoft, Trimley/Felixstowe, Woodbridge
- Involve Active SEND provision in Lowestoft
- Premier Sport Ipswich, Felixstowe, Martlesham, Saxmundham, Stowmarket
- Premier Sport Newmarket & Red Lodge
- Thomas Gainsborough School Sudbury/Great Cornard
- Ultimate Boxing Lowestoft, Beccles, Leiston

Check out their own websites for full details



Water safety

With lots of us heading to the beach this summer it's important we understand how you can keep safe on the beach and in the sea. ColintheCoastguard.com (see right) has some great tips on how to do this and he even has his own Facebook and Instagram, so check it out.

PARENT HUB

'Pink Orange Suffolk' distributes FREE health ingredient kits to households in Suffolk for families that would normally receive free school meals. For full details check out the Pink Orange Facebook page or go to www.pinkorange.co.uk



Suffolk Young Carers

Suffolk young carers support all children from age 5 and upwards who are doing more than would usually be expected of a person of their age due to providing care or support for someone with a long-term physical illness, mental illness /health or substance misuse. They offer information, advice, guidance, and support for more information www.suffolkfamilycarers.org

