



# Summer Safeguarding July 2025.

*Why safeguarding should be everyone's focus!*

# Always let somebody know where you are!

Tell your parents/carers/siblings where you are going, who you will be with and when you will be back.

Take your mobile phone with you and make sure that it is fully charged.

Give your parents/carers another contact number. This should be a number of somebody else that you are with.

Inform your parents/carers if your plans change so that they know where you are.

Take everything that you will need with you (phone, money, sun screen, hat, water, food).

# Screen Time.

- Buddy up with friends and family to manage screen time together. You could agree to set times when you won't use devices or even try a digital detox together.
- Turn off notifications and other features you spot which are designed to draw you back to your device.
- Set a schedule. If you have something important to do, then give yourself a timetable for when you're going to check your phone or other devices.
- Get an alarm clock and leave your devices to charge in another room overnight. This way your devices won't be a distraction from getting a good night's sleep!
- If being online is your favourite thing in the world, try and find something offline which brings you just as much joy. It'll make finding a healthy balance much easier.

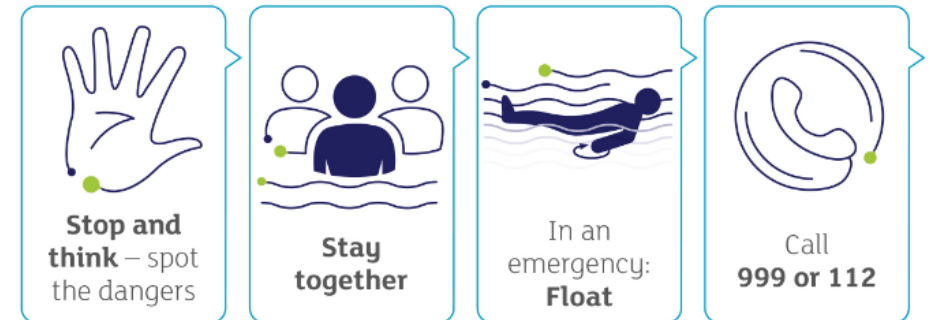
# Online Safety.

- Further online safety guides can be found on our school website:
- <https://www.st-pauls.org.uk/safeguarding-and-child-protection/online-safety>

# Water Safety.

- Drowning is among the leading causes of accidental death in the UK, with many people never intending to go in the water.
1. Tilt your head back and submerge your ears
  2. Relax and breathe normally
  3. Use your hands to help you float
  4. It OK if your legs sink
  5. Spread your arms for stability

## Water Safety Code



# Beach Safety.

The beach is a fantastic place to be – but there can be hidden danger too. Consider the top five tips below if you are heading to the beach this summer:

1. Choose a lifeguard beach.
2. Float to live.
3. Know the risks and what to do.
4. Know your flags and what they mean.
5. Call 999 or 112 in an emergency.

<https://rnli.org/safety/beach-safety>






# Railway Safety.

Be aware of the signs!

SIGN	WHAT DOES IT MEAN?	WHERE WOULD YOU SEE IT?
	This is advanced warning of a level crossing closure in order to let a train pass. Did you know even the emergency services aren't allowed to go past when these lights are flashing!	At level crossings
	You must pay attention to the lights. Stop means a train is on its way. You should wait for the light to turn green before crossing the tracks.	You will see this sign at some footpath or bridleway level crossings or private vehicle crossings where there aren't barriers.
	Before crossing over the tracks you should Stop, Look and Listen to ensure a train isn't approaching. Once you have checked thoroughly that a train isn't approaching, carefully cross over the tracks.	At a level crossing where there is no other forms of protection like lights or barriers.
	A phone is nearby to use in case of emergency, and also to obtain permission to cross.	At a level crossing. Be aware that if there isn't an emergency phone, there will always be a number you can call in an emergency.  The signs will tell you if you need to phone.
	You can't go further than this sign as it could be dangerous.	At stations.
	That the level crossing in front of you does not have a barrier. You must Stop, Look and Listen in order to ensure it is safe to cross the tracks.	At a level crossing where there is no barrier. These types of level crossings are usually found in rural areas where cars have to give way to trains.
	This indicates that there is a level crossing ahead that uses either automatic barriers or gates operated manually by railway staff.	At a level crossing that has a gate or a barrier.

# Railway Safety.

Be aware of the signs!

SIGN	WHAT DOES IT MEAN?	WHERE WOULD YOU SEE IT?
	<p>If the lights at a level crossing continue to show, another train may be approaching.</p> <p>The sound that the signal makes changes when this happens too so you know there is a second train approaching.</p>	At a level crossing.
	<p>This is a reminder that trains don't always sound their horns as they approach level crossings and only do so if you're too far out to be able to see.</p>	Level crossings.
	<p>If the light is not showing red or green you must call the operator to discuss crossing the tracks safely.</p>	At a level crossing.
	<p>If the light is not showing red or green you must Stop, Look and Listen and only proceed over the tracks if you are sure that there is no oncoming train.</p>	At a level crossing.
	<p>These signs display different instructions of what to do in an emergency. It's always important to read signs carefully. Sometimes there might be an emergency phone you can use, in others there will be specific numbers to call to report an emergency.</p>	At a level crossing.



# Sun safety.



**Wear sun cream.**



**Wear a hat.**



**Stay in the shade.**



**Protect your eyes.**



**Cover up.**

- Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

# Signposting.

Milton Keynes Safeguarding Hub – call 01908 253169

Childline - call 0800 1111

Young Minds - call 0808 802 5544

MIND - call 0300 330 0648

NSPCC - call 0808 800 5000

Kooth - <https://www.kooth.com/>

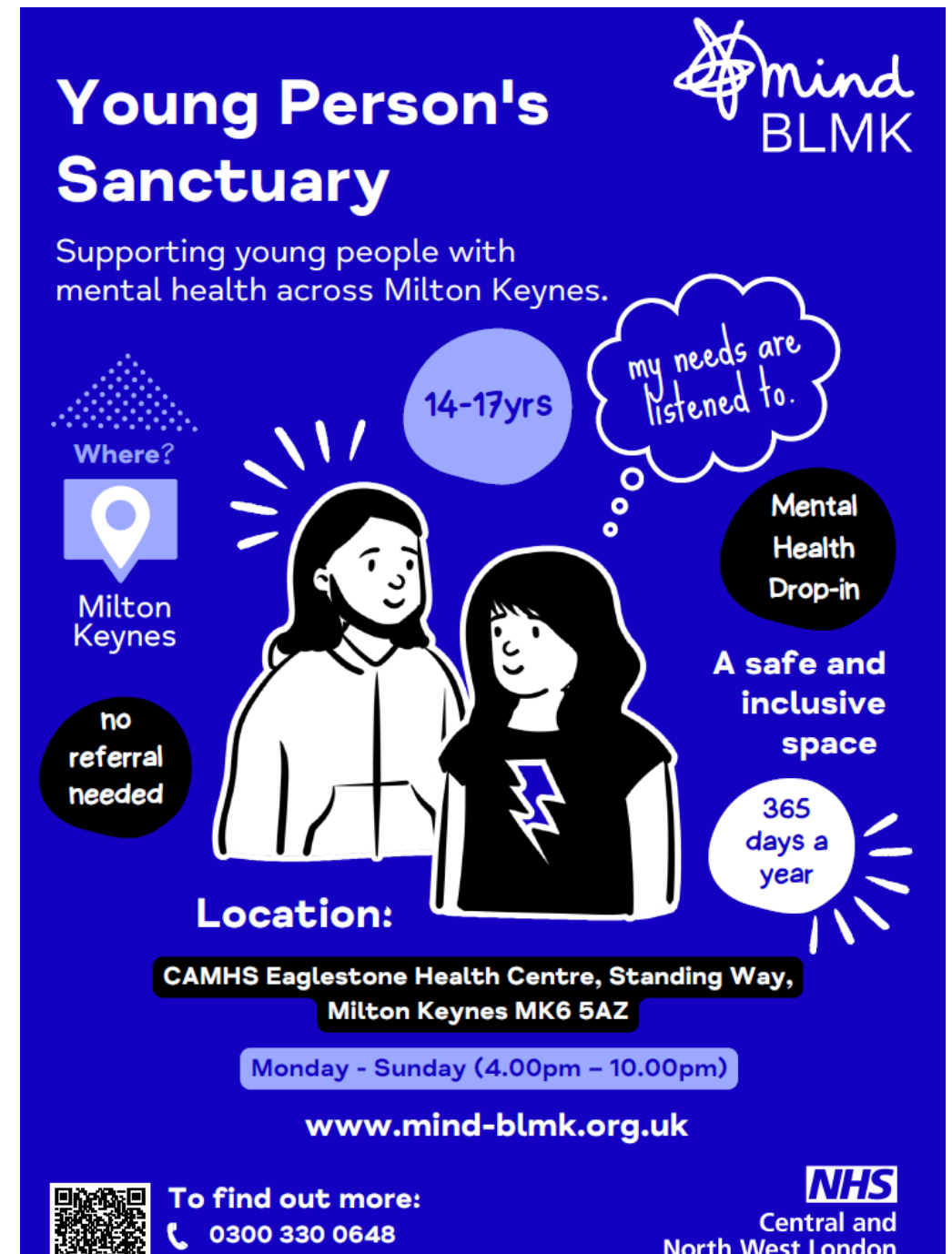
Shout - <https://giveusashout.org/>

Further external contacts can be found on our school website:

<https://www.st-pauls.org.uk/safeguarding-and-child-protection/key-external-contacts>

# Signposting.

A non-judgemental drop-in that young people can use if they face mental distresses.



The poster is for 'Young Person's Sanctuary' by Mind BLMK. It features a blue background with white and yellow text and graphics. At the top right is the Mind BLMK logo. The title 'Young Person's Sanctuary' is in large white letters. Below it, a subtitle reads 'Supporting young people with mental health across Milton Keynes.' The central graphic shows two young women; one has a thought bubble saying 'my needs are listened to.' and the other has a speech bubble saying '14-17yrs'. To the left, a location pin icon is labeled 'Where?' and 'Milton Keynes', with a circular badge below it stating 'no referral needed'. To the right, a circular badge says 'Mental Health Drop-in', and another says 'A safe and inclusive space'. At the bottom right, a sun-like icon says '365 days a year'. The 'Location:' section lists 'CAMHS Eaglestone Health Centre, Standing Way, Milton Keynes MK6 5AZ'. The hours 'Monday - Sunday (4.00pm - 10.00pm)' are in a yellow box. The website 'www.mind-blmk.org.uk' is at the bottom. A QR code and the text 'To find out more: 0300 330 0648' are in the bottom left. The NHS logo and 'Central and North West London' are in the bottom right.

**Young Person's Sanctuary**

Supporting young people with mental health across Milton Keynes.

**Where?**  
Milton Keynes

**no referral needed**

**14-17yrs**

*my needs are listened to.*

**Mental Health Drop-in**

**A safe and inclusive space**

**365 days a year**

**Location:**  
CAMHS Eaglestone Health Centre, Standing Way,  
Milton Keynes MK6 5AZ

Monday - Sunday (4.00pm - 10.00pm)



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

To find out more:  
0300 330 0648

**NHS**  
Central and North West London

# Signposting.

A self-referral mental health service.



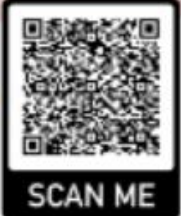
## MHST is Still Here for You This Summer!!

Your Mental Health Support Team is open all summer long.

Just because it's the school holidays doesn't mean support stops. Whether you're a young person, parent, or carer – you can still get help from us.


You can self-refer via our website – no need to wait for school to open!

Or visit our website;  
[Milton Keynes Mental Health Support Team in Schools \(MHST\)](#)



Or speak to your GP to get connected with our team.

Reach out, stay connected, and take care this summer.



# Holiday Activities and Food Programme 2025.

You can find a number of summer holiday activities and food programmes here:

<https://www.milton-keynes.gov.uk/children-young-people-and-families/holiday-activities-and-food-programme-2025>

This link includes:

- Local activity programmes.
- Healthy living and food advice.
- Cost of living support.