



St Laurence School Staying Safe Guide #2 Easter 2018

Our Staying Safe guide has been designed to help raise awareness of parents and carers about some current issues facing our students in their daily lives. I do hope it will help you in keeping your children safe whilst also serving to encourage some discussion at home. The digital format will allow you to open links to videos and articles, enabling you to further understand some of the issues. We live in a world where anything is possible, please believe in the possibility that your child could make poor choices and make themselves vulnerable at times. It is our aim to reduce the risk of this occurring amongst our students. With the exam season fast approaching the healthy lifestyle section is especially relevant. Ultimately, if you have a safeguarding concern, please report it to your son / daughter's Head of House, tutor, any member of the school safeguarding team or indeed the Police.

Mr Will Penny

Designated Safeguarding Lead

Healthy Lifestyles

Eating healthily, getting at least 8 hours sleep and drinking at least 2 litres of water are all basic guidelines for keeping our bodies functioning at their best which is vital for everyone's physical and mental wellbeing not least for those students approaching their exam seasons.

We often find that students with poor concentration levels, those who don't feel 'up for the challenge' that school provides or those who just feel a little down are lacking one or more of these three basics. So why not give eating a little healthier, getting to bed a little earlier – try turning off the Xbox or carrying a water bottle that is full of WATER and not an energy drink a go – what is there to lose?

For further advice:

1. Tips for healthy eating:
www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx
2. Getting a good night's sleep:
www.nhs.uk/Livewell/Childrensleep/Pages/bedtimeritual.aspx
3. Why to stay hydrated:
<https://universityhealthnews.com/daily/nutrition/why-is-drinking-water-important-6-reasons-to-stay-hydrated/>

Staying Safe when 'out and about'

We have had reports in recent weeks of students having encounters with strangers that have made them feel uncomfortable and vulnerable. These have been reported to the Police and shared with students.

If you ask yourself the following questions: 'Are your children aware of the risks that they face when they are out and about alone or with groups of friends – risks such as getting lost, danger from traffic, stranger danger, grooming, running into gangs? Do you always know where they are going and who with? Are they being exposed to alcohol or drugs?' what is the answer? Have you discussed and explained ways to minimise these risks as a family? Other examples of staying safe would include ensuring your child wears a helmet when cycling or skateboarding, although not the coolest thing to do a helmet is proven to save lives. When cycling do your children have bright lights and wear high visibility clothing?

For further advice:

1. <http://stlouiscac.org/Safety%20Tips/teeninfo.html>
2. www.nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/

Recreational Drug Use Update

A recent workshop delivered by Motiv8, an organisation who provide a holistic service to meet the needs of young people experiencing problems with drugs or alcohol, provided an update about issues they are dealing with locally. Two key messages stood out:

1. The most popular drug that is used in the Bradford on Avon area is cannabis or skunk, closely followed by cocaine and mephedrone or 'Meow Meow' – all are cheaper than ever before yet tinged with more risk than ever before as these drugs that our young people are exposed to are stronger and cut with a wider variety of dangerous substances. For example, a batch of cocaine recently seized in Trowbridge was cut with crushed glass and another with fertiliser.
2. Cannabis or skunk is now stronger than it ever has been and is having far greater impacts on users. Impacts such as darkened eyes, mood swings, restlessness or being lethargic and often generally less motivated.

Students experimenting or regularly taking drugs are putting themselves and others at risk of serious harm. If you are concerned about your child or a friend then further advice is found at:

1. www.talktofrank.com/treatment-centre/motiv8
2. www.nhs.uk/Livewell/drugs/Pages/cannabis-facts.aspx