

Safeguarding Update: Summer 2026

Dear Parents and Carers,

As we reach the end of the academic year, the safeguarding team and I would like to thank you for your continued partnership. Keeping children safe is a shared responsibility. As we look toward the long summer break, we have created this quick, action-oriented checklist to help ensure your children remain safe, healthy, and happy.

Summer Safeguarding in 30 Seconds

- **Outdoors:** Drowning is silent and still. Watch out for cold water shock, and ensure independent kids carry a fully charged phone.
- **Digital:** Look past the app name—check for hidden messaging features and talk about smart wearable privacy.
- **Wellbeing:** Routine changes can be tough. Free holiday safety planning templates, cost-of-living help, and confidential family support are available below.
- **Contacts:** School emails are not monitored daily. See the emergency contact table at the bottom of this letter to screenshot or print.

Crucial Chats to Have Before They Head Outside

The summer holidays bring great opportunities for adventure, but also new risks. Please discuss these key areas with your children before the break:

- **The Reality of Drowning:** Talk to your children about the **"Water Safety Code."** Crucially, remind them that silence and stillness are the real signs of drowning—not the loud splashing we often see in films.
- **Cold Water Shock:** Even on blistering hot days, the sudden temperature drop in rivers, quarries, or the sea can cause involuntary gasping and immediate panic, even in exceptionally strong swimmers.
- **The "Dead Phone" Rule:** For older children gaining independence, make a fully charged phone a non-negotiable condition of going out. A dead battery removes their primary safety net in an unfamiliar place.
- **Hidden Hazards:** Firmly remind children to steer clear of the hidden dangers found in abandoned sites (derelict buildings, construction areas), railway lines, and quarries.
- **Heatstroke Prevention:** In unfamiliar heat waves, encourage frequent hydration and avoid scheduling strenuous activity during the hottest midday hours.
- **Deep Dive:** For practical toolkits, please search online for the **HSCP Water Safety Toolkit**.

4 Digital Blindspots to Check on Your Child's Device

Online safety shifts rapidly. Rather than focusing just on the name of the app your child is using, it is vital to look at what that app is actually capable of doing.

- **Hidden Chat Features:** Creative or photography apps (like Pinterest or VSCO) and simple mobile games often feature direct messaging capabilities that aren't instantly obvious. Always check the features, not just the app category.
- **AI & Image Manipulation:** The NCA and IWF have issued severe warnings regarding AI being used to manipulate ordinary photos of children. Revisit your child's privacy settings together and have an honest conversation about digital consent.
- **Smart Wearables:** Devices like Meta Ray-Bans or cheaper unbranded smart glasses record HD video and audio discreetly. Discuss the privacy implications of these devices—both for your child's safety and out of respect for others.
- **The 'TikTokisation' of Online Life:** A recent study by the 5Rights Foundation highlights how design features like 'infinite scroll' and autoplay shape children's behavior.
 - **The Risk:** High volumes of short-form content late into the night.
 - **The Impact:** Disrupted sleep patterns and less time spent face-to-face with friends or active hobbies.
 - **The Fix:** Avoid a lecture. Be curious. Ask them to *show* you how their favorite platforms work and let them lead the conversation.

Supporting Your Family's Wellbeing

Routine & Household Stress

- **Holiday Safety Plans:** The loss of school structure can impact a child's wellbeing. We encourage sitting down together before the break to create a simple 'Holiday Plan'—a list of what they can do if they feel overwhelmed, who they can talk to, and how they can stay connected to things that make them happy.
- **Child-to-Parent Violence (CAPVA):** Family life can become incredibly stressful during long holidays. If you are experiencing abusive or coercive behavior from your child, please know you do not have to manage this alone. Support is available. [CAPVA | Respect](#)

Domestic Abuse Awareness

- Historical data shows that major sporting events—including the current **Men's World Cup**—frequently see a sharp rise in domestic abuse reports. If you or someone you know is affected, please use the confidential contact lines below.

Summer Financial Support

- We know the summer break places an extra strain on family budgets. Local schemes are active to help families access cost-of-living support, including reduced-cost family days out and holiday meal programs.

Fridge-Worthy Contacts & Emergency Support

 **Immediate Danger:** If a child or adult is in immediate danger, always call **999** immediately. Do not wait for a school response.

During the school summer closure period, the Skylark safeguarding team will monitor our shared inbox (dsl@skylarkfed.co.uk) periodically, but it will **not** be checked daily. Please use the direct local authority lines below for urgent concerns.

Urgent Authority Referrals

Region / Services	Office Hours Contact	Out of Hours Contact	Email Address
Wiltshire (IFD)	0300 456 0108	0300 456 0100	integratedfrontdoor@wiltshire.gov.uk
Hampshire (MASH)	0300 555 1384	0300 555 1373	childrens.services@hants.gov.uk

Free & Confidential Helplines

- **Hampshire Domestic Abuse Advice Line:** 03300 165 112 (*Or search online for 'Stop Domestic Abuse' to use their secure text chat function*)
- **NSPCC Helpline (For Parents):** 0808 800 5000
- **YoungMinds Parents Helpline:** 0808 802 5544
- **Childline (For Children):** 0800 1111
- **Youth Mental Health Crisis:** Text **YM** to **85258**

School-Specific Admin Lines (Non-Urgent)

- **Appleshaw St Peter's:** 01264 772210
- **Kimpton, Thruxton & Fyfield:** 01264 772297

We wish all of our families a safe, restful, and happy summer break.

SAFEGUARDING GUIDE: Summer 2026. A Parent & Carer Newsletter Update.

OUTDOOR SAFETY

Water Safety
Talk about the "Water Safety," silence can mean drowning

Cold Water Shock
Sudden drop can cause involuntary panic

Environmental Hazards
Hidden dangers in abandoned sites, railway lines

Heat Safety
Encourage frequent hydration, avoid peak sun

DIGITAL SAFETY

In-App Messaging
Many gaming & creative apps have hidden messaging

AI & Image Sharing
Check privacy settings, discuss consent & photo manipulation

Smart Wearables
Smart glasses record HD video, discuss implications for privacy

Online Life 'TikTokisation'
Infinite scroll & algorithms impact sleep, ask how they use platforms

FAMILY WELLBEING

Holiday Safety Plans
Create simple lists for feeling overwhelmed & staying connected

Cost of Living Support
Support is available for accessing cost-of-living help

Domestic Abuse Awareness
Increase during sports events (like World Cup), Hampshire Domestic Abuse Line

KEY CONTACTS

Emergency: 999 DSL: dsl@skylarkfed.co.uk Hampshire MASH: 0300 555 1384
Childline: 0800 1111 NSPCC: 0808 800 5000 YoungMinds: Text YM to 85258

