



Montsaye Academy Summer Safeguarding Newsletter

JULY 2024 ISSUE 1

Dear Parents, Carers and Students,

We hope that you all enjoy the long summer break.

The Safeguarding email will be monitored throughout the summer, if you have anything that you need support with over the holiday please email:

safeguarding@montsaye.org.uk

Best Wishes,

Montsaye Academy Safeguarding Team



During the holidays it is tempting to relax and let our guard down.

Parents and Carers:- We ask that you remain vigilant by:

- Monitoring young peoples' use of internet and social media
- Ensuring you know who they are with, where they are and when they will be home - call the police if concerned
- Remaining vigilant around changes in behaviour/ appearance in relation to drugs and alcohol
- Keeping an eye on the friends they are associating with - are they significantly older than them?

To help keep you safe, to follow are some useful pieces of information for you.



NSPCC


0808 800 5000

www.nspcc.org.uk/keeping-children-safe/online-safety

The Childline website has support and advice about [online and mobile safety](#), like:

- [how to stay safe online](#)
- [privacy settings](#) and how to set them up
- [how to feel good on social media](#)
- [online grooming](#) and what to do if you're worried
- advice about [sexting](#), [porn](#), [gaming](#) and [more](#).

Tools and resources for children and young people:

- [Report Remove](#)
The Report Remove tool helps young people report and remove nude images or content shared online.
 - [Coping Kit](#)
The Coping Kit has offline activity ideas to help children and young people cope with feeling low or bored.
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BE WATER AWARE

The water can look inviting, but it can be more dangerous than you think, so here are some top safety tips:

- Never swim alone in case you need help
- Don't drink alcohol when undertaking water related activities, it impairs judgement and your ability to swim
- Avoid walking routes near water if you have been drinking alcohol
- Supervise children in and around water - drowning can happen fast and silently
- Don't dive or jump straight into open water, this can cause potentially fatal cold water shock even on the warmest day
- Take care around the water when walking or jogging - many who struggle in the water did not intend to go into the water in the first place

#safe4summer

If you find yourself in the water:

- Take a minute. The initial effects of cold water pass in less than a minute so don't try to swim straight away
- Relax and float on your back to catch your breath. Try to get hold of something that will help you float
- Keep calm then call for help or swim for safety if you're able

If you see someone else in the water:

- Do not go into the water to rescue them. You could get into trouble yourself
- Call 999 and ask for the fire service and be as precise as you can with the location
- Tell the struggling person to float on their back in a star shape
- Throw something that may help them float – like a branch, an inflatable ball or even a water bottle

Download the **what3words** app to help give emergency services your precise location

Follow these safety tips and enjoy a safe time by the water. Find out more by visiting www.northantsfire.gov.uk/safety/water-safety @NorthantsFire

Northamptonshire Integrated Sexual Health & HIV Service (NISHH)

Support and education around sexual health and basic contraception to under 25s, vulnerable groups and partners.

QUICK CONTACT GUIDE:

Northampton NGH Clinic	03000 270 110 (appointments & enquiries)
Kettering Ashwood Clinic	03000 274 100 (appointments & enquiries)
Outreach Team	03000 270 070 (C-Card, under 25 testing & education)

Shout – A free and confidential 24/7 text mental health service

Text Shout : 85258

Giveusashout.org



MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.



Monday & Friday 4pm - 8pm

the lowdown, 3 Kingswell Street, Northampton, NN1 1PP
01604 634385

Tuesday 4pm - 8pm

Youth Works at Corby Mind, 18 Argyll St, Corby, NN17 1RU
01536 518339

Wednesday 4pm - 8pm

CHAT Youth Counselling, Souster Youth Building, 30 Market Road, Thrapston, NN14 4JU
01832 274422

Thursday 4pm - 8pm

Youth Works, 97 Rockingham Rd, Kettering, NN16 9HX
01536 518339

Saturday 10am - 2pm

Service Six, 15 Sassoon Mews Wellingborough NN8 3LT
01933 277520

Saturday 12pm - 4pm

Time 2 Talk, The Abbey, Market Square, Daventry, NN11 4XG
01327 706706



ChildLine
0800 1111

however you feel, ChildLine is here for you.
Call free, day or night on 0800 1111. Or if you're deaf, hard of hearing or speech impaired, textphone 0800 400 222. ChildLine is a service provided by the NSPCC.

SAMARITANS

If you're struggling,
we're always here
to listen 24/7

CAMHS Connect – 0800 1111 022

Emotional, well-being and
mental health support.

Monday to Friday 9- 7pm

www.nhft.nhs.uk/camhslive -
click on the “chat live now” box

**The Mix - offers free
e-mail support, 1-2-1
webchat service and
free short-term
counselling**

Support for parents/carers

Action for Children - [Parent Talk](#)

Young Minds - [Parent helpline and webchat](#)

[Papyrus UK Suicide Prevention](#)