



Waltham Toll Bar
Academy

Summer Break

 Waltham Toll Bar
Academy

Safeguarding

2023–2024



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There are a whole host of things to do this summer in the local area

Details of these activities can be found here

<https://www.nelincs.gov.uk/school-holiday-activities/>

The National Trust also offers some great activities and suggestions for summer activity

<https://www.nationaltrust.org.uk/visit/50-things>

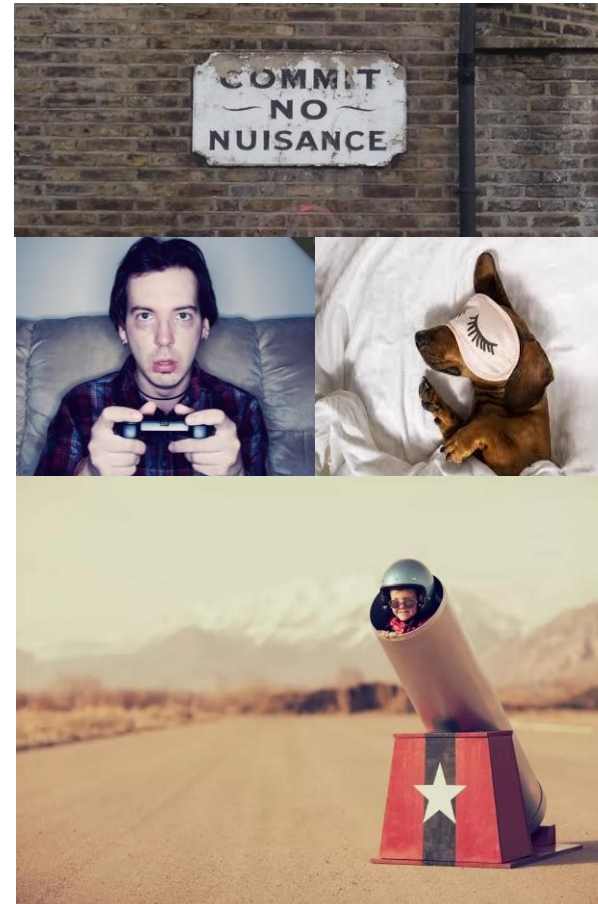


Summer Break

Top 5 DON'Ts this summer

Don't

1. Be a nuisance in the community
2. Stay on line all day
3. Sleep all day
4. Go off without telling anyone or go somewhere with someone you don't know or arrange to meet someone you met online without an parent accompanying you.
5. Take unnecessary risks.





Summer Break

Top 5 DO's this summer

Do...

1. Be a role model in the community, be kind and helpful at home.
2. Try and do different activities each day, including keeping fit and active, read.
3. Keep a good sleep pattern, eat and drink healthily
4. Talk to and spend time with your family, telling them what you are doing and where you are – stick to curfew rules.
5. Take precautions in the sun, and make sure you keep to water safety rules, if you ride a bike wear a helmet.





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WATER SAFETY

During the school holidays, in particular in hot weather, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK.

You are more likely to die from drowning than by being hit by a **car** or in a fire.



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[RNLI Youth Education Resources – Fight Or Float Exercise](#)



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Centre based training/updates/induction

The number of lifeguards on duty at reservoirs is **0** as swimming is strictly prohibited, meaning it could be too late by the time help arrives.

The water in a reservoir never really gets above **11°C** even on the hottest of days. Jumping into a reservoir can cause cold water shock which can kill even the fittest of people within **60** seconds.



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WATER SAFETY



- Be aware of open water and the dangers
- **Take safety advice and follow the signs.**
- The water might seem calm, the hidden currents can be forceful and dangerous
- **You may be a strong swimmer in an indoor pool, however, open water is extremely cold and your body may struggle to adjust to these temperatures**
- If your friend is in trouble in open water never follow them into the water



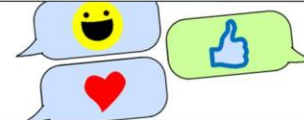
Phone 999 for help



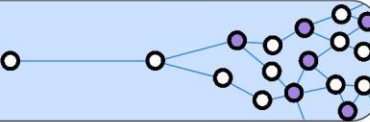
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8 tips to stay safe online

1 Be nice to people online.



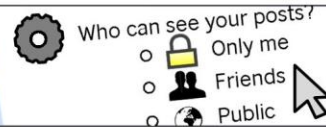
2 Take care with what you share.



3 Keep personal information private.



4 Check your privacy settings.



5 Know how to report posts.



6 Keep your passwords safe.



7 Never meet anyone in person you've only met online.



8 If you see anything online that you don't like or you find upsetting, tell someone you trust.





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Travelling Safely

- Keep yourself safe on the roads.
- Check before crossing the roads.
- Be mindful of crossing busy roads with headphones in or using your phone
- Be aware of your surroundings.
- Always walk on a pavement facing on coming traffic.



Travelling Safely

- If you're travelling in a car always wear a seatbelt.
- Do not accept a lift from someone you do not know.
- Keep any valuables away and not 'on show.'
- Use Cycle lanes and don't cycle in the middle of roads!
- Try not to travel alone at night and stick to well lit routes.

Bike Safety





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Conduct yourself well in your community:

- Tollbar students do not harrass, intimidate or show hostility to others.
- Tollbar students do not damage or steal other peoples property.
- Tollbar students are positive role models in their community.

Keeping Yourself Safe in the Community

Do

Tell people where you are going.

Try to travel with friends/family.

Stay to well let lit and popular areas.

Plan where you are going.

Call the Police if you feel that you are in danger.

Keeping Yourself Safe in the Community

Do not

Show off your personal items in public.

Meet up with people you do not know.

Do anything you feel uncomfortable with.



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Whatever your shirt



Keep it on. Sunburn, just once every two years, can triple your risk of melanoma skin cancer.

Sun and heat safety:

- Staying out in the sun with skin exposed and no protection will cause sunburn and may cause heat exhaustion.
- Staying in cars with windows up in the hot sun can also lead to heat exhaustion.
- Stay hydrated and protect your skin.



Use 5-star rated, high-SPF sun cream



Drink plenty of water



Cover up with a hat and long sleeves



Wear sunglasses to protect your eyes



Stay in the shade between 11 to 3



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If you feel unsafe over the summer...

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Safeguarding

2023–2024



Safeguarding

Keeping Children Safe

We are committed to keeping children safe and promoting the wellbeing of children at WTBA.

We expect staff, visitors, parents, pupils and contractors to share any concerns with our safeguarding team if they are worried about the safety and wellbeing of a child at WTBA.



Designated Safeguarding Lead



J Haseldine

01472 500 505

HaseldineJ@tollbaracademy.co.uk

Deputy Designated Safeguarding Lead



E Karaolides

01472 500 505

KaraolidesE@tollbaracademy.co.uk

Safeguarding Trustee/Link Governor



J Auckett

01472 500 505

enquiries@lincolnshiregateway.co.uk

Help outside of the Academy contacts:

www.walthamtollbaracademy.co.uk

Police 999

Social Care NEL 01472 326292 (option 2)

Chat Health 07507 331620

Kooth www.kooth.com/urgent-support

Childline 0800 1111. www.childline.org.uk

If you are concerned about the immediate safety and wellbeing of a child:

Visitors/Contractors



Report your concern to **reception** and ask them to contact the DSL or Deputy DSL Immediately.

Staff



Report your concern a member of the Safeguarding team Immediately.

Pupil



Report your concern a member of the Safeguarding team Immediately or if out of school hours use the help outside academy contacts

Safeguarding Team Summer Term 2023



R Abul-Hawa Y7



S Pauley Y8



N Billings Y9



R Watson Y10



D Wood Ast. Ptn



R Foster 6th Form



B Pharaoh Y7



P Dann Y8



R Cowie Y9



J Ward Y10



J Barker Y11



K Clorley 6th Form



J Finn Y8



R Shaw Y10



N Gabbittas 6th form



SaferNEL is a website which combines three key services to help safeguard children, adults, families and their community.

We can signpost you to help...

<https://www.safernel.co.uk/family-parent-and-carer-support/family-relationships/>

At Waltham Toll Bar Academy



Waltham Toll Bar Academy

- Represent Toll Bar in the best possible way all summer.

And have fun...

But most importantly

STAY SAFE!!!

See you all on Monday 4th September 2023

