

South Hub Safeguarding Newsletter

June Edition



Healthy relationships

Why is it important that we teach children and young people about healthy relationships?

Relationships play a key part in every child, young person or adults wellbeing. Healthy relationships can help a child, young person or adult feel secure and supported.

A healthy relationship includes:

- Good communication
- Respect
- Trust
- Honesty
- Equality
- Being yourself



It is important that both school and parents promote healthy relationships. For further advice/support:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



For adult relationship support

Women's Aid
08088000028
<https://bswaid.org/>

Anawim
08000198818
<https://anawim.co.uk/>

Men's advice line
08088010327
<https://mensadvice.org.uk/>

RSVP
01216430301
<https://rsvporg.co.uk/>



Coming soon!

We are thrilled to share that Helping Hands for Little Hands program is coming to our school. Designed specifically for children in Early Years settings, the program focuses on fostering positive connections and friendships, promoting safety awareness, asking for help, teaching respect and nurturing pro-social behaviour. More information will be sent .



Nurturing emotional wellbeing

It is important to support your child's emotional wellbeing to encourage understanding of their own and others feelings.

To support children's emotional wellbeing you can:

- *Create connections and show empathy.
- *Talk to them about strategies they can use to take care of themselves.
- *Give them the time and support they need to understand what they're feeling.
- *Encourage, praise and affirm them.
- *Provide words and meanings to name and express emotions.

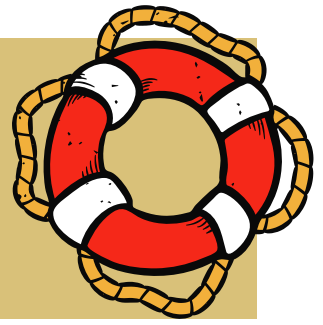
For further advice and support please visit:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://bwc.nhs.uk/parents-and-carers>

Water Safety

Drowning Awareness Week 15-22 June



As we enter the warmer summer months, we'd like to remind everyone about the importance of Water Safety.

Swimming is an important life skill, which could one day save your life, or the life of someone you are with. It also has incredible benefits for your body and mind, and is a low impact way to exercise, no matter your fitness ability.

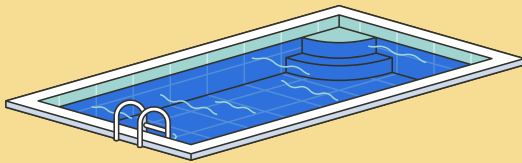
For local lessons, please see links below:

Erdington leisure centre :

<https://www.birminghamleisure.com/erdington-leisure-centre/facilities/swimming/>

Wyndley lesiure centre

<https://www.birminghamleisure.com/wyndley-leisure-centre/swimming-lessons/>



Further Water Safety Information

<https://www.rlss.org.uk/Pages/Category/drowning-prevention-week-campaign>

<https://www.wmfs.net/safety/water-safety/>

