

Personal Safety

“An individual’s ability to go about their everyday life free from the threat or fear of psychological, emotional or physical harm from others.”

We know that in the current climate, it can seem difficult to look after ourselves. We have put together this guidance to remind you how important it is to stay safe in our everyday lives.

Safety Online

Social media

There are lots of fun and interesting things you can do on the internet, and it can be a great way to stay in touch with friends. But it’s important to understand how to stay safe online. Sometimes people will try to trick you into clicking dangerous links or sharing things about yourself, or something you’ve shared might be used to bully or frighten you.

It can be easy to get into a social media vacuum, especially during lockdown, when we’re seeing less of our friends. There are huge benefits to living in the modern world and it is easy to contact friends on apps like WhatsApp, Instagram and Snapchat but it is also really important to think carefully about how you use these platforms.



Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers to see. Once you post something, you lose control of it, especially if someone else screenshots or shares it. If someone screenshots a post that you make, you lose control of where it goes.

It's also important to remember to keep things like your address, phone number, full name, school and date of birth private and to check what people can see in your privacy settings. If your profile is public, people can use small clues like a school logo in a photo to find out a lot about you.

Fake News

The news you see online or on social media isn't always going to be accurate, and it can be hard to tell what's real and what's fake. Some websites or bloggers will report fake news or things that aren't completely true, perhaps to get a reaction from you or to make money. Sometimes headlines or stories are designed to scare or interest you, so that you click on the article and potentially give away your personal information.

Check the name of the website and its web address to see if it looks real. Some sites will imitate other websites so you think they're genuine. If in doubt, look only at websites we know and trust, such as the BBC or another main news platform.

'Phishing' is when someone tries to trick you into giving them information, like your password or your bank details. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead. Sometimes simply clicking a dodgy link can put a virus on your computer or device, which destroys your software and cannot be undone.

To find out more about staying safe online, you could visit: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>



Staying Healthy

Healthy Eating

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the appropriate amount of food and drink to achieve and maintain a healthy body weight. This is a great time to learn some cookery skills as we are spending more time at home.

Most of us still are not eating enough fruit and vegetables, which are a good source of vitamins, minerals and fibre. We should have 5 portions per day, making up over a third of the food we eat every day. Fresh, frozen, tinned, dried or juiced all count! Remember that fruit juice and smoothies should be limited to a combined total of 150ml a day.

Starchy food should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also higher fibre versions of white bread and pasta available to buy.



Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong. Try to go for lower fat and lower sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.

If you are vegetarian or vegan, you should try to find the right alternatives to keep your diet balanced. For example, pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

Some great simple recipes to get you started can be found at www.nhs.uk/change4life/recipes

Exercise

It can be difficult to be active at the best of times; with school commitments and everyday life we can be very busy! However, daily exercise improves our mental health and well-being; it also improves our ability to focus, our self-confidence and our quality of sleep.

Try to take part in a variety of types and intensities of physical activity across the week to develop movement skills, and strengthen your muscles and bones. Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

Some examples of moderate intensity activities:

Walking the dog

Playground activities

Riding a scooter

Skateboarding

Rollerblading

Cycling



It could be that over the last few weeks you've had the time to think about starting up a new sport or joining a club. There are a huge number of opportunities in the local area (and at Newlands), so consider these as lockdown begins to lift. Why not spend some time doing some research? Here are just a few ideas:

Gymnastics

Rock climbing

Football

Basketball

Tennis

Dance

Yoga

Running

Netball

Hockey

Badminton

Rugby

Martial arts

Water Sports

Out & About

Drugs & Alcohol

Drugs and alcohol can change how people act, feel and behave. You are far more likely to be involved in an accident, violence or find yourself in trouble with the police if you get drunk or take drugs.

Although alcohol can make you feel relaxed, it is in fact a depressant and slows down many of your body systems. These substances affect the brain and organs of young people, more so than in adults. In England in 2018/19, there were 1.26 million hospital admissions related to alcohol consumption and an estimated 10,000 deaths relating to alcohol abuse.

Most drugs come under the Misuse of Drugs Act 1971, which makes it illegal to possess certain drugs and to supply them to others. They are classified as class A, B or C, depending on the risk of harm they may cause. Drugs can be categorized into two groups: legal (such as nicotine and alcohol) and illegal (this means it is against the law to have them or supply them to other people). Even where drugs are legal, they may be age-restricted by law. Most recreational drugs are illegal and carry heavy penalties or punishments. Always think carefully about your actions and the impact they could have on your future.



Water Safety

Drowning accidents are especially high in the summer months and over the last few years, we have heard of too many tragedies that could have been avoided. Every year people drown both at home and on holiday because they don't take simple precautions, so it is really important to take care.

Water is often much colder than it looks; cold water shock can affect your ability to swim and stay safe.



Here are some safety tips according to the *Royal Life Saving Society UK*:

- Always look for warning and guidance signs
- Swim parallel with the shore, not away from it
- Avoid drifting in the currents
- Do not enter fast flowing water
- Be aware of underwater hazards
- Get out of the water as soon as you start to feel cold
- Never enter the water after consuming alcohol
- Only enter the water in areas with adequate supervision and rescue cover
- Always take someone with you when you go into or near water. If something goes wrong they will be able to get help
- If someone is in difficulty in the water, shout reassurance to them and shout for help. Call the emergency services (call 999 or 112)
- Without endangering yourself see if you can reach out to them with a stick, pole or item of clothing – lie down to ensure you stay secure. Alternatively throw something buoyant to them such as a ring buoy or anything that will float

We want you to have fun and find some time to relax over the summer holiday period. Please stay safe, keep healthy, and enjoy balance and relaxation before returning alert and ready to learn in September!