

## Safeguarding & Wellbeing update Information for Parents & Carers

Please check out the Safeguarding and Wellbeing pages on our website:

<https://www.westfieldacademy.co.uk/about-us/safeguarding.htm>

There is a host of information, advice and links to excellent websites to offer support and guidance.



If you need to contact the Safeguarding Team at Westfield Academy please use the reporting form on our website or the following email address: [safeguarding@westfieldacademy.co.uk](mailto:safeguarding@westfieldacademy.co.uk) This will be monitored by the Designated Safeguarding Lead and Deputy Safeguarding Lead during normal school hours.

**IF URGENT AND THE YOUNG PERSON IS AT RISK OF HARM PLEASE CALL the Police on 999 or Children's Social Care (Somerset Direct) on Tel:0300 123 2224. Out of hours service please call the Emergency Duty Team on Tel:0300 123 2327.**

## Summer Safety Advice

### Sun & Heat Safety

Apply sunscreen with a high SPF (30 or higher) generously and reapply every 2 hours, especially after swimming or sweating. Wear light coloured, loose fitting clothing that covers as much skin as possible. Hats & sunglasses are also essential. Stay hydrated and drink plenty of water, recognise the symptoms of heat exhaustion (dizziness, headaches, nausea, muscle cramps) - seek shade and cool down. Limit direct sun exposure & strenuous activity, especially in peak hours (10am-4pm). Seek shade where possible.

### Water Safety

Only swim in designated areas, never swim alone, avoid jumping into unknown waters, enter slowly and carefully to check the depth and potential hazards. Be aware of currents, wear a life jacket where necessary.

### General Safety

Be aware of your surroundings, especially when alone or in unfamiliar areas. Trust instincts and avoid situations that make them feel unsafe.

If you have a mobile phone, ensure it is charged and consider sharing your location with trusted adults.



We wish our students a fun, safe summer - ready to return in September and tell us all about their adventures!

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### Useful information

The Private fostering team at Children's Social Care would like to share the below information around private fostering arrangements - [Private fostering information for parents/carers&professionals](#).

The first 'Tuning in to Teens' (TINT) parenting course of the new academic year will be held at Westfield Academy in November & December 2025. Tuning in to Teens is an evidence-based parenting programme that focuses on emotional connection between parents & their children - teaching skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting & supportive way.

The Mental Health Support Team (MHST) completed a 'supporting your child with transition and change' parent/carer workshop this week. The workshop was very well received from those attending, and there was some great feedback. Please keep an eye out for upcoming sessions in the new academic year around understanding emotions, anxiety & low mood and self esteem. We will advertise all these sessions in the relevant terms to all parent/carers, please register to secure your place at the time!

[Health & Wellbeing \(Somerset Children & Young People\)](#) - Parent/Carer toolkit - this website has been designed to support parents/carers & family members to find the information they need to help with the role of being a parent. Parenting can be the most rewarding job in the world but there isn't a handbook! The website identifies common topics that affect families and links to recommend web-based information and local support.

### Safeguarding over the Summer

The school will be closed from Wednesday 23 July and reopen to all students on Thursday 4th September.

If you are concerned about the safety of any child out of school hours / during the summer holidays please contact the relevant agency;

**Police Emergency: 999 or Non Emergency: 101 [Online Report](#)**

**Somerset Direct (Children's Social Care office hours) 0300 123 2224.**

**Emergency Duty Team (Children's Social Care out of hours) 0300 123 2327.**

We want to thank our students for all their hard work and parents/carers for their support. We hope you have a fantastic summer holiday, when we get there!

