

Safer Schools Newsletter/Secondary Week 1

Welcome to our Safer Schools weekly newsletter. In order for us to stay in contact we would like to share some important messages & information to keep you safe and well during these challenging times. Each week we will include activities for you to complete. Happy reading!!



Keeping safe

Food for thought?

Many of you will be using various social media apps e.g. Tik Tok. However, have you considered how 'exposed' you allow yourself to become in doing this? Information can be quickly gathered and someone can soon piece together where you live, where you go to school, what your house looks like, all within minutes of checking your online profiles. The link below is an advert produced by Barclays Bank, highlighting how quickly your personal information can be visible – can you relate to some of this?

<https://www.youtube.com/watch?v=w2tW50CD6Aw>

Did you know?

Do you have an electric scooter? Did you know that you are not allowed to ride it on the roads or pavements and are breaking the law – for more information, ask an adult to have a look at the link below.

<https://roadsafetygb.org.uk/news/government-fast-tracks-trials-of-electric-scooters/>



COVID Corner!

You and your family have been doing a great job in making sure we keep others safe and well by following the rules. It's been hard not being able to see family and friends and hopefully before too long things will start to feel better with some of you even returning to school!

Social distancing - Remember to keep your distance, 2 metres away, imagine a door laid on the floor to separate you from people you don't know.

Wash your hands - 20 seconds, always use soap, make lots of bubbles. It's a good idea to have with you when you go out a small bottle of antibacterial gel/spray.

Now for a bit of fun!

Create some family history, make a time capsule.

Make your own facemask.

<https://www.bbc.co.uk/news/uk-52609777>

Create a home health retreat, researching their own day's nutritious diet, plan in a couple of sporty outdoor activities and find out more about how to monitor their heart rate etc. Great for sporty girls and boys. There are some inspiring ideas for aerobic exercise and muscle strength workouts especially suited to children and young people, on the NHS Livewell website.

We would love to hear your feedback & comments. You can contact the team via our email Schools&CYP@Cambs.pnn.police.uk

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#safercambs

Next week
CONSENT!



Creating a safer
Cambridgeshire