

St. Gregory's
Catholic High
School

Safeguarding

Newsletter

Summer 2019

A survey conducted in Wales revealed that children who eat breakfast in the morning are twice as likely to score high in tests than those learning on an empty stomach.

Breakfast in the morning enables a child to:

- be more alert
- be ready for learning
- have less need for help in class

Sleep - are we getting enough?



With the summer holidays almost upon us, it is the ideal time to catch up on our sleep. A recent healthy lifestyles survey of school children (including St. Gregory's pupils) revealed some worrying trends:

70% of secondary children reported sleeping less than 9 hours a night

Avoid caffeine!
Of the 9% who have a drink before bedtime, 24% consumed an energy drink and 55% tea

59% of secondary school children reported using screens before going to sleep

45% of secondary children reported taking more than 20 minutes to fall asleep

40% of secondary children disagreed that they felt well-rested when they woke up

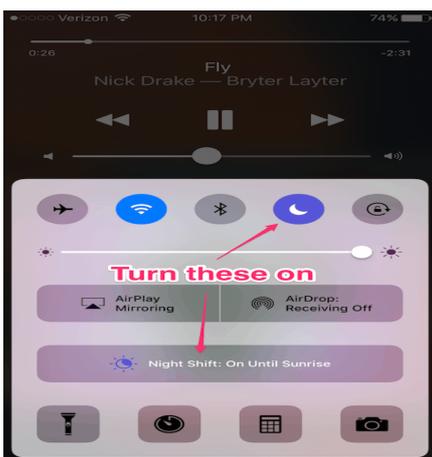
24% of secondary children did not consume food before starting school

some sleep tips:

ditch the snooze button - if you set the alarm for 7.30am but don't get out of bed until 8.00am then set the alarm for 8am and get half an extra hour of good sleep!

Digital liberation - ditch the screen! Screens emit light that keeps you awake at night, they are powerfully addictive and they fragment sleep because notifications keep coming through. Turn on "Do not Disturb" and "Night Shift"

Try the "plus two" schedule this summer: get up two hours later than you get up for school. It will give you enough time to catch up on sleep but not so much that you will waste the day. Try this at the weekend during term time as well.



St. Gregory's Safeguarding Team say "Keep Safe"

Always remember that if you find yourself or someone else in danger, in a risky situation or just needing help then there are people you can contact:

Police emergency:dial 999

Police non-emergency:dial 101

Children's Social Care: 01925 443322

Children's Social Care (out of hours):01925 444400

Childline:0800 1111

Online Counselling: kooth.com

Well-Being: zumos.co.uk

Do you know what you are buying in a video game?



could contain comic violence and natural, non-sexual nudity



could contain frightening content, unrealistic violence directed to fantasy characters



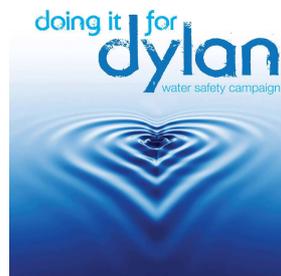
could include sexual innuendo, some violence, including graphic injuries, fantasy characters and mild bad language



could feature a lot of death and injury to human characters. Could also include sex, swearing, drugs, smoking and alcohol



could include sexual threat, violence, decapitation, visible genitals, torture, how to commit crime, dismemberment and drug taking



8 years ago Dylan Ramsay went for a swim in a flooded quarry near Chorley. Although he was a good swimmer the cold water killed him. Dylan's mum wrote this:

My message to you if you are a parent..... speak to your children about cold water shock, teach them about the dangers in and around open water. If they want to experience open water take them somewhere organised, somewhere with a lifeguard, somewhere where your child's safety is paramount.

My message to you if you are a child, teenager or young adult - please think about your actions. They can have heartbreaking consequences. 20 minutes of fun in the sun is not worth your family's lifetime of pain and heartbreak. Just because that sun is hot, open water is not.

TRUST ME; YOU DON'T EVER WANT TO FEEL THIS PAIN. NO LIFEGUARD, NO SWIMMING!

The risks of swimming in outside water

Drowning sudden depth changes
hypothermia seizures
chemicals cold water shock pollutants
Sudden temperature changes cramps
undercurrents underwater debris
slippy embankments

On the 3rd July 2011 Dylan Ramsay who was just 13 years old died whilst swimming at Hill Top Quarry, Chorley.

On what was a warm sunny day, Dylan jumped into the water and soon began to struggle and was unable to swim the short distance to safety. Dylan was an extremely fit and active young man and more importantly was an extremely capable and accomplished swimmer.

Dylan's devastated family have created the 'Doing it for Dylan' campaign to raise awareness in schools about the dangers of swimming in open water. Please visit our sites for more information, and join us in our cause.

[@missmybabyboy](https://twitter.com/missmybabyboy)
[facebook.com/DoingItForDylan](https://www.facebook.com/DoingItForDylan)
[epetitions.direct.gov.uk/petitions/53219](https://www.epetitions.direct.gov.uk/petitions/53219)

