

SAFER



SCHOOLS

September 2022

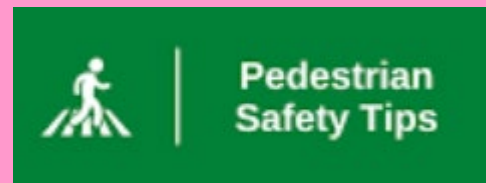
Welcome to September's newsletter. We hope you all had a very happy and safe summer. This newsletter has been designed to support and advise parents and carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child.

Return to School: Safety tips to protect pedestrians and cyclists.

As parents and carers get ready for the start of a new school year, it's a good time to consider road safety measures to help keep your family safe as they head back to school. Some children will be walking/cycling to school by themselves for the first time. Please share the following safety awareness advice and tips with your family.

Pedestrian safety: Remind your family of some simple rules when crossing roads.

- Remove earphones so you can listen for traffic
- Place mobile phones in your pocket before you cross
- Stop, look both ways & listen EVERYTIME
- Never cross between parked cars
- Be bright, be seen!



This video [expect-the-unexpected/](#) from the UK government website [think.gov.uk/](#) aims to encourage children to be safe on the road.

Cycle safety: It is important to understand that as a cyclist you can be more vulnerable than other road users, but by taking some simple precautions you can reduce the risk of accidents or injury.

- Always wear a helmet, regardless of how short your journey is. Make sure it is comfortable and sits level across your forehead, without obscuring your view.
- Service your bike regularly, check your bike for moving parts and give special attention to tyres, brakes and lights
- Have front and rear lights, as well as a red reflector for better visibility to other road users when cycling in the dark.
It is against the law to cycle in darkness without lights.
- Wear fluorescent or reflective bands/clothing during the day and night to increase visibility
- Use cycle paths where & when possible

More useful safety tips and advice can be found at: [cyclesprog.co.uk/](#) and [think.gov.uk/cycle-safety/](#)

Parking outside schools: We can all do our bit to reduce the issues of parking during school drop offs & collection times. For the safety of your child, their friends and the local community we kindly request that you all park safely, legally and considerately.

Remember:

- **DO NOT** park on single or double yellow lines
- **DO NOT** double park
- **DO NOT** stop or park on the zig zag lines or pedestrian crossing
- **DO NOT** park on pavements, corners or junctions
- **DO NOT** obstruct footpaths or cycleway's
- Consider car sharing
- Walk or cycle to school where appropriate
- And finally... **DO NOT** block the driveways of local residents.



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Cannabis Edibles: Awareness message for parents/carers

Recently our officers from the Neighbourhood Support Team attended an address in Cambridgeshire where they discovered a substantial amount of Class A drugs, Class B drugs and more concerning items that could be used to make “cannabis edibles” (as pictured)

These “edibles” are food products infused with marijuana and have the appearance of sweets, these can be more dangerous than smoking marijuana as edibles take between 1-3 hours to take effect and due to this delay the consumer may take larger amounts. Additionally, these are being targeted for sales to children and young people.

There are concerns about the attractiveness of the packaging to children and young people, who may mistakenly ingest them. We are therefore urging parents/carers to be vigilant. These products can often be identified by a warning message in the small print on the packaging.

ASPIRE- Drug and Alcohol service for young people report that the side effects could result in:



- Drowsiness & memory loss
- Confusion & agitation
- Slow reaction & reflexes
- Hallucinations & paranoia
- Increased heart rate
- Anxiety & panic attacks
 - vomiting



If you are concerned that someone may have consumed these, please contact **111** for medical advice.

If you are worried about your child's drugs use and need someone to talk to, **Aspire (Peterborough)** and **CASUS (Cambridge)** are drug and alcohol services who both offer free and confidential support. They can be contacted as follows:

ASPIRE: peterborough@cgl.org.uk or text service 07780495317

CASUS: casus@cpft.nhs.uk

Sharenting: The risks involved and protecting children's privacy



Sharenting is when a parent or carer uses the internet to share news, images, videos and information about their child. It is a great way of storing memories and reminiscing about them later. Unfortunately, as with most things with regards to using the internet, sharenting does not come without risks.

The biggest risk with sharenting is when the adult sharing the content doesn't have appropriate and up-to-date privacy settings. Lack of online privacy could lead to giving open access to information about yourself and your children.

Additionally sometimes parents and carers may share things which children would rather they didn't, like funny videos/pictures or embarrassing stories. Most of the time, these are shared with good intention, however consideration should be given before posting such items to avoid exposing your child to the risk of cyberbullying from their peers.

This video from ineqe.com/ provides more information and guidance to safer sharenting:- [Watch Here](#)

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EMBRACE: Helping young crime victims and witnesses recover from trauma

Has your child been a victim of crime? Are they struggling to come to terms with their experiences?

If so, we would like to introduce you to a Cambridgeshire-based charity called **Embrace Child Victims of Crime** who are a specialist support services for young victims and witnesses on behalf of the Police and Crime Commissioner for Cambridgeshire and Peterborough.

Their aim is to help children, young people, and families from all over Cambridgeshire recover from their traumatic experiences and rebuild their lives. This is achieved by offering counselling and emotional support within schools, over the phone and online.

For families harmed by crime and struggling to make ends meet, they offer practical support such as food and clothing vouchers, toys, games, mobile phones and tablets to help them access support.

Embrace Child Victims of Crime also work with the Merlin's Magic Wand Children's Charity to provide free tickets for theme park days out to Legoland or Alton Towers and other attractions to enable families to make new happy memories together. In addition, they also help cash-strapped families who have been affected by crime but may not be able to readily access the support they need.

They support young victims and witnesses of all crimes, including all kinds of abuse, violence and exploitation and children affected by domestic abuse. Some of the children who received support are grieving the loss of a close family member killed by crime.

For more information about Embrace Child Victims of Crime please visit www.embracecvoc.org.uk or call the **helpline on 0345 60 999 60** from Monday to Friday between 10am and 4pm.

To refer a child for support please contact the Cambridgeshire and Peterborough Victim and Witness Hub on 0800 781 6818.



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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