

Every young person in our community deserves to have the best opportunities at life regardless of their individual circumstances.

Education is the key to accessing these opportunities and we support and develop every member of our community to:

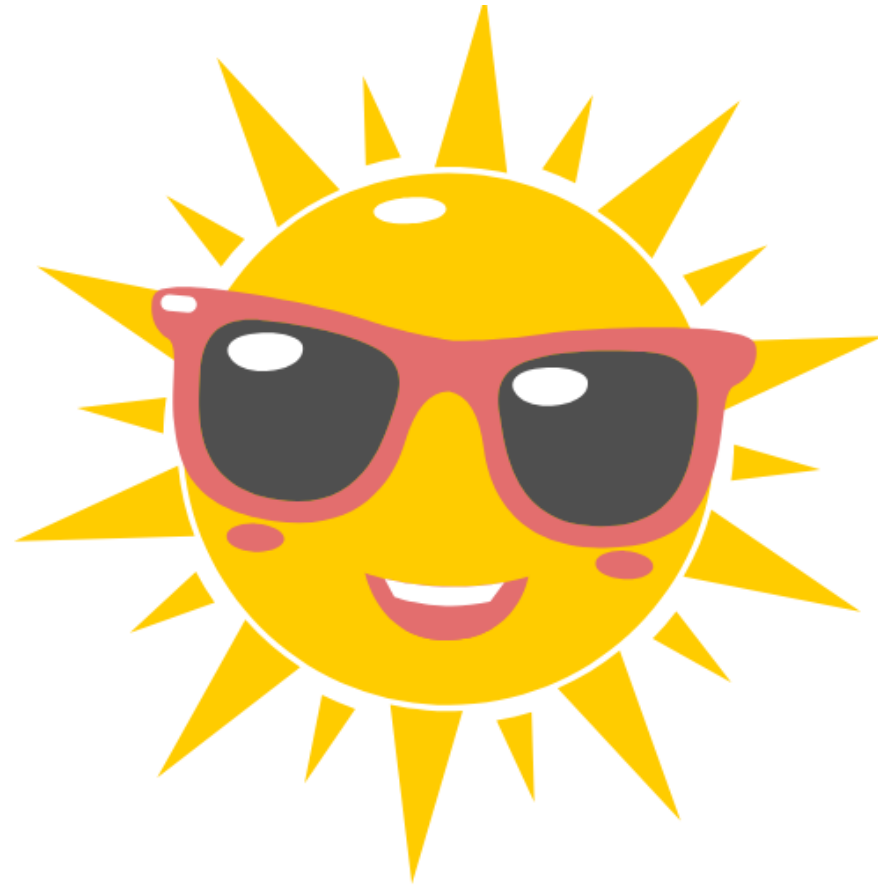
- Think about their Thinking
- Be their Best self
- Shape their Success

In this way Thinking Schools Academy Trust transforms life chances.



TRANSFORMING LIFE CHANCES





# SUNBURN / HEATSTROKE

## Your sunburn will go through three stages:

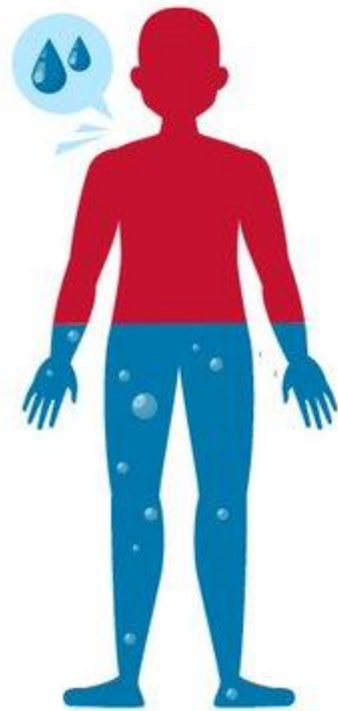
- Pain from sunburn usually starts within a few hours of your burn.
- Your skin will get redder and more irritated, with pain peaking at about 24 hours after your burn. ...
- Over the next week or so, your skin may peel and should gradually return to its normal shade.



## Heatstroke Symptoms

- High body temperature
- Confusion
- Rapid heart beat and breathing
- Headache

## DEHYDRATION SYMPTOMS



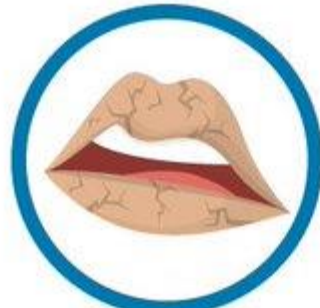
THIRST



DRY SKIN



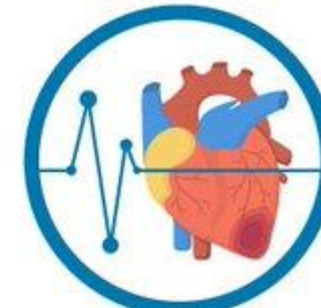
HEADACHE



DRY MOUTH



LESS FREQUENT  
URINATION



RAPID HEARTBEAT

# Advice to stay safe and healthy in the sun

- **Wear plenty of sunscreen and give it a chance to work.**
- **Wear a hat.**
- **Protect your face with sunglasses and SPF lip balm**
- **Spend time in the shade especially between 11am - 3pm.**
- **Drink plenty of water.**

# STAY SAFE ON THE ROADS

**2022**

**Males 0 – 16yr**

**38 Fatalities  
7,987 Casualties**



TRANSFORMING LIFE CHANCES

# RAILWAY SAFETY



**2019**  
**Over 7,000 injuries in stations or**  
**on trains**  
**12 fatalities**

- **The electricity supply to the railway is NEVER turned off**
- **When a train hits the emergency brakes it takes the length of 20 football pitches for it to stop**
- **You can never tell which rail is electrified**
- **Always stand behind the line on the platform**
- **DO NOT mess around with your friends on the platform, on the train or near any railway lines**

# SWIMMING POOLS



TRANSFORMING LIFE CHANCES



## Water Safety Code



**Stop and think** – spot the dangers



**Stay together**



In an emergency:  
**Float**



Call  
**999 or 112**



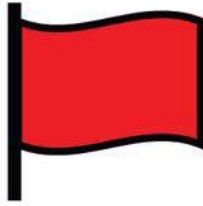
### RED AND WHITE PROHIBITION SIGN

**Do not enter the water at any time.** Swimming and other water-related activities are not permitted.



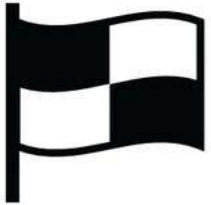
### RED AND YELLOW FLAGS

**Lifeguarded area:** safest place to swim, bodyboard and use inflatables.



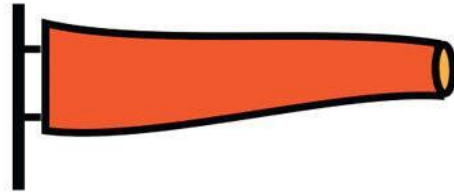
### RED FLAG

**Danger! NEVER go in the water when the red flag is up,** under any circumstances.



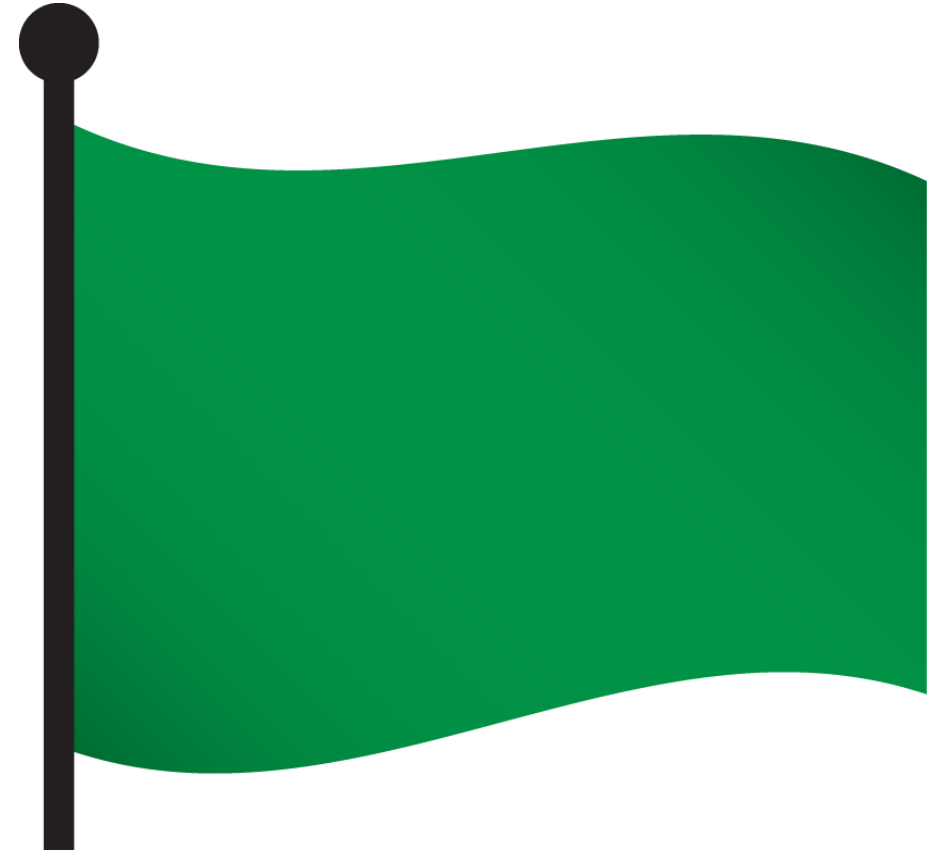
### BLACK AND WHITE CHEQUERED FLAGS

**For surfboards, kayaks and other non-powered craft.** NEVER swim or bodyboard here.



### ORANGE WINDSOCK

**Indicates offshore or strong wind conditions.** NEVER use an inflatable when the sock is flying.





- Be with friends as much as you can
- Tell an adult where you are going
- Share your location on your phone
- Be polite but avoid getting into conversation
- Go to a public place

# Outside

online

- Never give out your personal details
- Don't share passwords
- Don't arrange to meet someone you have only spoken to online
- Don't be pressured into sharing information or photos

**999**  
**Police**  
**Ambulance**  
**Coastguard**

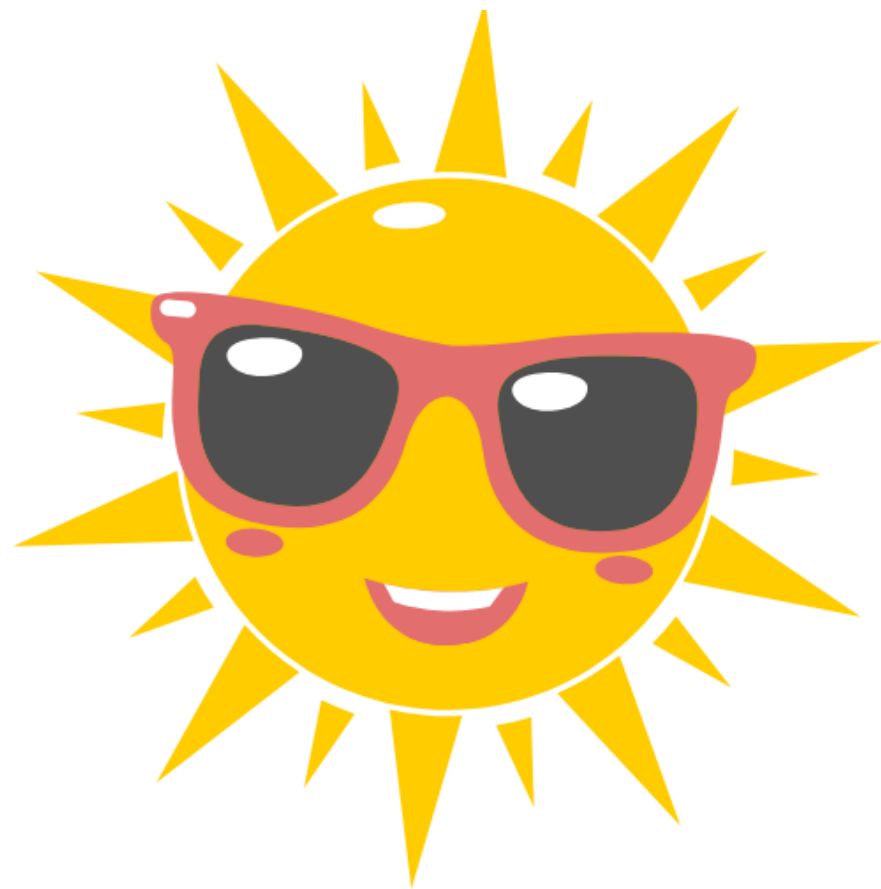
**0800 1111**  
**Childline**

**KOOTH**  
[kooth.com](http://kooth.com)

**0800 800 5000**  
**NSPCC**  
**NET AWARE**



TRANSFORMING LIFE CHANCES



**HAVE A  
WONDERFUL AND  
SAFE  
SUMMER BREAK  
SEE YOU ALL IN  
SEPTEMBER!**

# WHO CAN YOU ASK FOR HELP?

**Member of staff**– Form Tutor, Head of Year, Class Teacher

**Student Services**– Miss Gould, Miss Boxall, Mr Fox, Miss Hayes

**The Haven** – Mrs Bridges, Miss Sutton, Mrs Huelin

**Your family** – parents or carers, siblings, grandparents

**Trusted friends** – your own friends, or friends of the family

**Professionals** – your GP, a doctor or nurse, a social worker

