

Article 1: All children under 18 have rights
Article 19: I have a right to be protected from being hurt or badly treated
Article 24: I have a right to ... a safe environment...
(UN Convention on the Rights of a Child)

Safeguarding News

If you are worried about a child or need any advice, please do not hesitate to contact a member of our Safeguarding Team. This can be via the office or by email dsl@uppernidderdalefed.school



Miss Thornber



Mrs Wilkinson



Mrs Thomas



Mrs Bourne



Mrs Lumley



Mrs Fearnley

Worried about the cost of living?

If you're struggling to pay for food and other essentials, there are local schemes and organisations in North Yorkshire which may be able to help or point you in the right direction. You'll find information about emergency support with everyday living costs, benefits, energy bills, food, free adult learning courses and managing your debt all in one place at www.northyorks.gov.uk/costofliving

North Yorkshire Council's cost of living web page also has information about schemes to help families including free school meals, help with childcare and healthy start as well as free school holiday activities for eligible families.

If you're less confident with technology and have friends or family who might be able to help you understand what support is available, please ask them to look at the web page with you. You can also go into any North Yorkshire library or North Yorkshire Council office.

If you're not sure who to turn to, you can call North Yorkshire Council's customer service centre on 0300 131 2 131 Monday, Tuesday and Thursday 9am to 5pm, Wednesday 9:30am to 5pm and Friday 9am to 4:30pm asking for 'cost of living help' when prompted.

If you need support please let us know by emailing familysupportworker@uppernidderdalefed.school

Our Safeguarding Governor is
Mrs. Amanda Simmons

THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50% of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for 'HELP' and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to 'KEEP STILL' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

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Safeguarding is a priority here!