

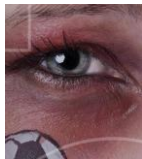


# St Anthony's Parents'

## Safeguarding & Wellbeing Newsletter

### Summer 2 Edition 2026

Welcome to the last edition of our Safeguarding & Wellbeing newsletter this academic year. With excitement building for the Men's Football World Cup, we offer information about local support for those who may experience associated domestic abuse. We also provide some important reminders about water safety during the warmer summer months. Our Wellbeing page offers some ideas for improving family mental health in the holidays.



**HAMPSHIRE DOMESTIC ABUSE PARTNERSHIP**  
Recognise it. Seek help.



Major football tournaments can increase the risk of domestic abuse. The Hampshire Domestic Abuse Partnership is running a campaign designed to encourage people to recognise risk and seek support early. Help is available for individuals who may need to put safety plans in place ahead of high-risk periods.

The Advice Line: ☎ **03300 165 112** is free & confidential. Further information and support options can also be found on the Hampshire Domestic Abuse Partnership [website](#).

**In an emergency, always call 999.**

# WATER SAFETY

Stay safe. Have fun. Enjoy the water. ♥

**DROWNING IS ONE OF THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN IN THE UK.**  
MOST INCIDENTS ARE PREVENTABLE.

As the weather warms up, children and young people spend more time around water – at home, on days out or on holiday. Let's keep them safe.

Almost half of drownings occur during the summer months when temperatures are higher – especially when 25°C or above.

**THE HSCP WATER SAFETY TOOLKIT FOR PARENTS & CARERS INCLUDES:**

- EVERYDAY RISKS AT HOME**  
Including bath time safety and garden hazards.
- STAYING SAFE OUTDOORS**  
Such as the beach, around rivers and in open water.
- PRACTICAL SAFETY ADVICE**  
Including the Water Safety Code and how to "Float to Live".
- AGE-SPECIFIC GUIDANCE**  
For babies, young children, older children and teenagers.
- WHAT TO DO IN AN EMERGENCY**  
Including simple first aid steps and where to find further support.

Small actions, big difference ♥

- Keep children within arm's reach of water.
- Choose safe places to swim.
- Talk to your children about water safety.

Together, we can help prevent tragedies and keep our children safe this summer.

For practical advice and resources, download the Water Safety Toolkit: [www.hampshirescp.org.uk/parents-and-carers/water-safety/](http://www.hampshirescp.org.uk/parents-and-carers/water-safety/)

Enjoy the water Stay safe Look out for each other

**HSCP** Hampshire Safeguarding Children Partnership  
Safeguarding children together



## Float to Live

- Lean back extend arms and legs
- Control your breathing
- Call for help or swim to safety

### Symptoms of dry drowning

persistent coughing	lethargy
bluish, purple or white color in face or lips	difficulty breathing



## Wellbeing Advice for St Anthony's Families



### **A Summertime Blessing**

Go now and know that Jesus will be watching over you as you begin the summer months ahead.

As you enjoy God's summer gifts of warm sun, cooling water and long days, I ask Him to bless you, guide you and keep you safe.

Please remember all that you have learned this school year and keep the gift of faith in everything that you do.

Offer kindness to all that you meet; offer care to those in need.

Help others that they might see God's handiwork in all that they have around them.

May the brightness of the summer sun and the beauty of its light remind you daily of Jesus' love for you.

Amen.

### **Summer Blessings**

Light is shed upon the righteous and joy on the upright in heart. Rejoice in the Lord, you who are righteous, and praise his holy name.

PSALM 97:11-12



### Mental Health and Wellbeing during the holidays

During the holidays, a break away from the normal school rhythm can be a welcome rest for some children but a stressful change in routine for others. In order to ensure that you and your children have a happier and mentally healthier break, you might want to consider the following ideas:

- ⇒ Lie ins are great! However, too many 'late to get dressed and get the day going' can leave everyone feeling sluggish and down. Try to set a time for breakfast/ getting dressed/ beds made, so the day can start.
- ⇒ Exercise is a great mood booster! Make it fun for the whole family.
- ⇒ Late nights are often inevitable in the summer nights, stretching out family time together, which is lovely. Too many though, can leave children feeling tired and grumpy the next day leading to poorer wellbeing.
- ⇒ As September begins to come around, some children may start to get "back-to-school" nerves. This is normal but if you would like support, please get in touch with the school office.

Have a lovely break and we look forward to seeing some well rested children in September!

