Safeguarding Newsletter

Keeping Everyone Safe

Summer Holiday 2024

Who to contact if you are worried about your child or another child

If you are worried about a child's safety, please do not hesitate to contact our schools Designated Safeguarding Lead or Deputies straightway

If a child's is in immediate danger call the police on 999

Meet our Safeguarding Team



Miss Bruce



Karen



Jacqui



Mr Pear

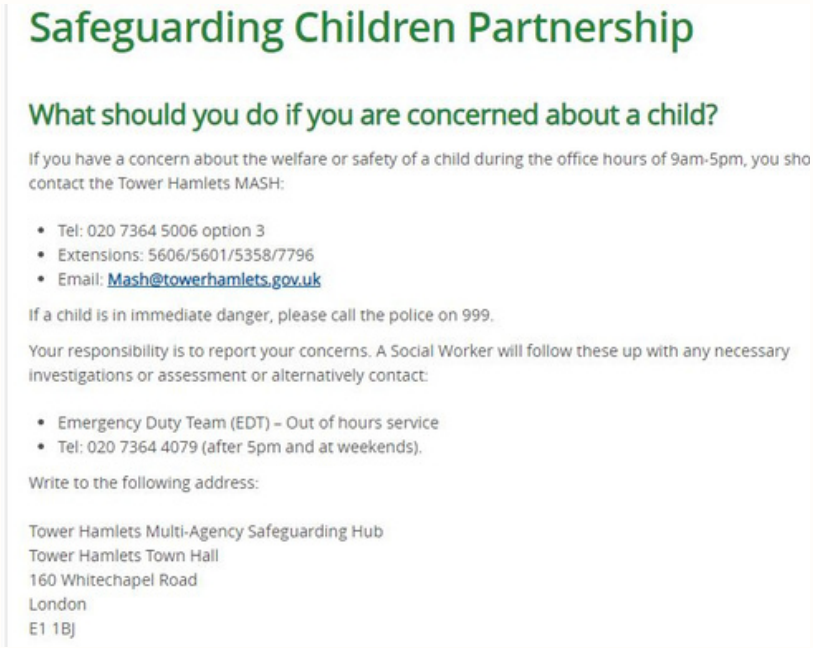


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Safeguarding is everyone's responsibility.

If you are concerned about one of our community members safety - please report it !

Other ways to report your concerns or worries



Safeguarding Children Partnership

What should you do if you are concerned about a child?

If you have a concern about the welfare or safety of a child during the office hours of 9am-5pm, you sho contact the Tower Hamlets MASH:

- Tel: 020 7364 5006 option 3
- Extensions: 5606/5601/5358/7796
- Email: Mash@towerhamlets.gov.uk

If a child is in immediate danger, please call the police on 999.

Your responsibility is to report your concerns. A Social Worker will follow these up with any necessary investigations or assessment or alternatively contact:

- Emergency Duty Team (EDT) – Out of hours service
- Tel: 020 7364 4079 (after 5pm and at weekends).

Write to the following address:

Tower Hamlets Multi-Agency Safeguarding Hub
Tower Hamlets Town Hall
160 Whitechapel Road
London
E1 1BJ

Useful links to support your Child's wellbeing

Think You Know https://www.thinkuknow.co.uk/

NSPCC: www.nspcc.org.uk

Child-safe: www.child-safe.org.uk

Internet Matters www.internetmatters.org

National Bullying Helpline www.nationalbullyinghelpline.co.uk

ChildLine: www.childline.org.uk Telephone: 0800 1111

Child Exploitation and Online Protection Centre www.ceop.police.uk
Telephone: 0870 000 3344

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School Holiday Support

tootoot

School messaging service if you child is worried

This messaging service is available out of school hours/school holidays

Ask your child if they can login

NOS National Online Safety

Login to your Parent Portal for support with keeping your child/children safe online .

You can also find out about how to talk to your child/children about mental health

SCHOOL HOLIDAY Top Tips for a Great Holiday

Top Tips from our Year 6 Pupil Ellie

ChildLine 0800 1111

- Go outside- go for a walk/jog
- Visit Family &/or Friends
- Learn at home - Times Table Rockstars/Interland
- Limit your time online !
- If you need someone to talk to - talk to a trusted adult or log in to Toot Toot or call Childline

Check on our school website for fun family activities
https://www.ctpschool.org/parents/holiday-activities

Also check on the Tower Hamlets Website Events Page

https://www.towerhamlets.gov.uk/News_events

Support during the Holiday

Holiday time can be fun and also be challenging at the same time for Parents/Carers. If you need any help or support during this time click on the link below

https://sites.google.com/ctjs.org/cubittcomhouse/useful-links?authuser=0

Family Hubs TOWER HAMLETS

Our Local Family Hub is in Millwall Park

Foodbanks open during the Holidays





Holiday time can bring both enjoyment and challenges for Parents/Carers

Visit https://www.oneplusone.org.uk/parents for more information.





Health Page

ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.



Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.

Dental care is free for children and young people aged 0-19.

TOP TIPS

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times
- Brush to the beat - why not download the Brush DJ app and brush to your favourite song?
- Set reminders and timers on your phone
- Go electric with an electric toothbrush

HOW TO BRUSH



UK Health Security Agency

NHS

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.



For more information go to **www.nhs.uk/vaccinations**

immunisation

Helping to protect everyone, at every age

Hydration

All living things need water to survive.

How much?

The amount of water you need to drink depends on your age, size, health, the weather and activity levels.

More Water

You need to drink more if it is hot and when you exercise.



Children

Children should drink about 6 to 8 glasses of water a day to stay hydrated. Younger children can have smaller amounts in each glass (150ml to 200ml).



Losing Water

We lose water from our bodies when we sweat, breathe and go to the toilet.



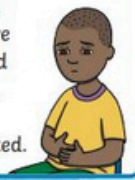
Food and Drink

Lots of foods contain water and we can drink things, such as milk, as well as water.



Not Enough Water

If we don't drink enough water, it can make us feel poorly and irritable and we can find it hard to concentrate. It is called being dehydrated.



twinkl

AVOID take-aways or buying processed foods and high sugar snacks when shopping - they only give a short term energy boost and can result in tiredness.

BETTER to give foods which release energy slowly. Try swapping sugar and salt rich snacks for healthier options, such as:

- a piece of fruit;
- a cup of blueberries/ raspberries/grapes;
- pitta/breadsticks with hummus
- a cup of carrot/bell peppers/ cucumber with hummus;
- some nuts or dried fruit.



Serve small portions. If your child is still hungry, they will ask for more!

Learning Hive Summer Camp
Cubitt Town Primary School

Eligibility; Benefit Free School Meals. Lunch provided.

70 spaces available, book your space today.

Check your emails for the link to book your child's space.

If you would like any further information please contact Jacqui or Karen



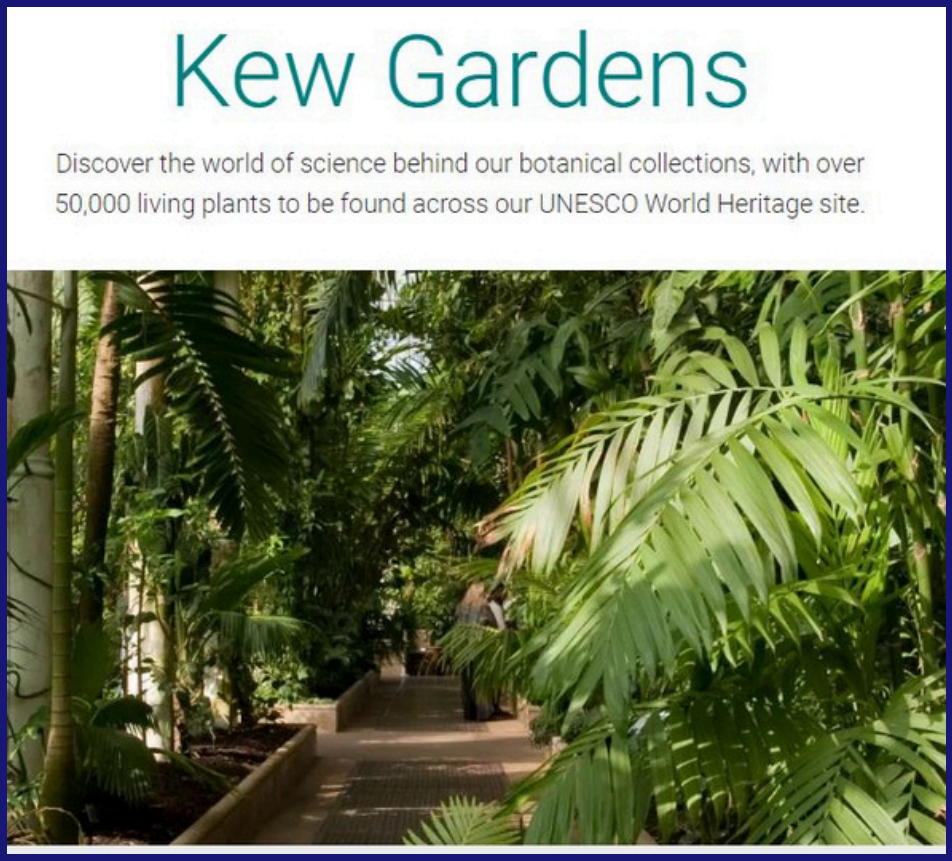


Check out our Holiday Activities Page

https://www.ctpschool.org/parents/holiday-activities



Places to Go Summer 2024



Free Entry
Go to the ticket office and tell them you are from Cubitt Town



Go to the Ticket Office with one
Utility Bill and a Tower Hamlets Library Card for each child/adult

Places to Go Summer 2024





Places to Go Summer 2024

South East Locality Activities for children under 5
Summer Holidays Timetable 22 July - 30 August 2024

Family Hubs — Tower Hamlets

MONDAY

Isle of Dogs

9am-5pm
Speech and Language Therapy
2-2½ Year Health Review U

10-11.30am
Active Stay and Play U
During holidays children under 11 can attend

1.30-3pm
Play Together U
To help prepare your child for nursery/school. For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old

Around Poplar

9am-5pm
Speech and Language Therapy
3-4 Months Health Review U

10-11.30am
Sensory Play for Babies including Starting Solids U
For babies under 12 months

1.30-3pm
Communication Stay and Play U
During holidays children under 11 can attend

Chrisp Street

9am-5pm
2-2½ Year Health Review U
Midwife Clinic - Gateway Midwife Team

10-11.30am
Communication Stay and Play U

1.30-2.30pm
Baby Massage including Starting Solids U

TUESDAY

Isle of Dogs

9am-5pm
Midwife Clinic - Community Midwife Team U

10-11.30am
Toilet Training Workshop U

1.30-3pm
Sensory Play for Babies including Starting Solids U
For babies under 12 months. Starting solids workshop last Tuesday of the month

Around Poplar

10am-11.30am
Play Together U
Prepare children to be ready for nursery/school). For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old

1.30-3pm
Active Stay and Play U

Chrisp Street

10-11.30am
Baby Feeding and Wellbeing Service Drop-in U
Drop in session for families needing baby feeding advice

10-11.30am
Play Plus

1.30-3pm
Invitation to Play

WEDNESDAY

Isle of Dogs

9.30-11.30am
Healthy Child Start for Life Clinic U

10-11.30am
Play Plus

Around Poplar

9am-5pm
Healthy Child Start for Life Clinic U

10-11.30am
Baby Massage including Starting Solids U

Chrisp Street

9am-5pm
Healthy Child Start for Life Clinic U
For an appointment please call the health visiting team, ask at reception for the contact number

THURSDAY

Isle of Dogs

9am-5pm
Speech and Language Therapy

10-11.30am
Explore and Connect Stay and Play

1.30-5pm
Communication Stay and Play U
During holidays children under 11 can attend

Around Poplar

9am-5pm
Docklands Outreach Family Intervention U

9.45-10.45am
SEND Coffee Morning
For families whose children have an additional need

10-11.30am
Communication Stay and Play U

1.30-3pm
Sensory Play for Babies U
For babies under 12 months

Chrisp Street

9am-5pm
NHS Talking Therapies Employment Service

10-11.30am
Toilet Training Workshop U
For children 18 months to 5 years

1.30-3pm
Active Stay and Play U

FRIDAY

Isle of Dogs

9am-5pm
Midwife Clinic - Community Midwife Team U

10-11.30am
Baby Massage including Starting Solids U

2.30-3.30pm
Baby Club (pre-birth-12 months) including Starting Solids U

4-6pm
Streets of Growth

Around Poplar

9am-5pm
3-4 Months Health Review U
Docklands Outreach Family Intervention

10-11.30am
Play Plus

1.30-3pm
Toilet Training Workshop U
For children 18 months to 5 years

Chrisp Street

10-11.30am
Play Together U
Prepare children to be ready for nursery/school). For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old

1.30-3pm
Sensory Play for Babies including Starting Solids U
For babies under 12 months



Opening times: Monday - Friday, 8.30am-5pm

Please note there will be no admittance to sessions 30 minutes before the end.

U Universal
By appointment only
Call to book
Term time only
By invite only
Virtual session
Targeted
Crèche available

Children and Family Centres

Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

What are our aims?

- To support parents in their role as first educators.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

Can I use my Children and Family Centre?

We prioritise families using the following order:

- Children living in the South East locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

Centre details

CENTRE	ADDRESS	TELEPHONE
Isle of Dogs	Millwall Park, Stebondale Street, E14 3BX	020 7364 1179
Around Poplar	115 Three Colts Street, E14 8AP	020 7364 0540
Chrisp Street	Kerbey Street, E14 6AW	020 7364 2856



DLR Treasure Hunt

The Docklands Light Railway (DLR) are organising a summer treasure hunt with their mascots, DLR Dave and Doris. Families will need to find hidden treasures around London's Docklands starting at Tower Gateway DLR station. Medals will be handed out at London City Airport Information Centre. The hunt will take place from 28 July to 8 September.

It's completely free to join, but you must download the Actionbound app on your smartphone and then search for 'DLR Treasure Hunt'.

For more information, email dlr-discovery@keolisameydlr.co.uk



https://www.ideastore.co.uk/srctext



hhttps://www.towerhamlets.gov.uk/lgnl/education_and_learning/parental_support/dads_network.aspx



https://stlukesmillwall.org/events/