

# SAFEGUARDING AND WELLBEING SUMMER NEWSLETTER

Working together to keep our young people safe

»»» JULY 2025



As we approach the summer break, we'd like to remind everyone to prioritise both safety and mental wellbeing. Whether you're travelling, relaxing at home, or spending time with loved ones, please take care of yourself and those around you.

In this issue, you'll find important reminders about staying safe, a focus on nutrition, updates on the work of our Anti-Bullying and Wellbeing Ambassadors, and key contact information.

Wishing you a safe, restful, and enjoyable summer!

## 1 SUMMER SAFETY REMINDERS FOR PARENTS AND STUDENTS



- **Routine & boundaries:** Keep to regular sleep and mealtimes—even during the summer break, to support mental well-being.
- **Check-in often:** Ask open questions to encourage communication.
- **Digital safety:** Ask who they're chatting with online, ensure privacy settings are secure, and remind them to avoid sharing personal information.
- **Stay safe in the sun:** Wear sunscreen, stay hydrated, and avoid peak UV hours (10am–4pm) when possible.
- **Be water wise:** Swim where it's allowed, and never swim by yourself.

## 2 WHAT IS HAPPENING IN BARNSELEY



- There are offers excellent options to keep young people active, safe, and making friends:
- **YMCA Barnsley** – Inclusive clubs and holiday sessions for ages 10-17, led by trained youth workers [ymcabarnsley.org.uk](https://www.ymcabarnsley.org.uk).
- **Barnsley link** <https://www.ymcabarnsley.org.uk>
- **Healthy Holidays** – Free nutritious meals and local holiday clubs for eligible students [barnsley.gov.uk](https://www.barnsley.gov.uk).

## 3 WELL-BEING & POSITIVITY



- **Mental health focus:** Group activities build resilience and reduce isolation risks.
- **New friendships:** England-wide evidence shows sports, arts and clubs are key for emotional well-being.
- **Local pride:** Summer events strengthen community bonds and keep young people positively occupied.

## 4

## HOW PARENTS CAN HELP



- **Plan outings:** Choose 1–2 weekly activities based on your child's interests.
- **Share & support:** Talk about what they liked, who they met, and what they'd like to do next.
- **Stay informed:** Visit Barnsley Council's events page and follow local groups on social for updates and safety notices.

## 5

## SUPPORT & CONCERNS



If you're worried about your child, loneliness, online risks, mental health, please contact your GP or the family Hub to see what support can be put in place. There are family hubs in different areas of Barnsley, the full list can be found here: [Family hubs](#) :

- Further information can also be found by emailing here: [infofis@barnsley.gov.uk](mailto:infofis@barnsley.gov.uk) or calling 08000 345 340.
- Barnsley Children's Services (Health, Well-being & Youth)
- YoungMinds Parents Helpline – support for mental health concerns

## REST, RELAX, RECHARGE: HOW MAGNESIUM HELPS KIDS FEEL GOOD

Here is some helpful information about **magnesium**. You may not hear much about it, but magnesium plays a big role in supporting your child's **sleep**, **mental well-being**, and **overall health**.



### SUPPLEMENTS – WHEN FOOD ISN'T ENOUGH

If your child struggles to get enough magnesium through food alone (which can be common), a magnesium supplement might be helpful. Always speak with your child's doctor first, but many parents find that a gentle magnesium supplement—like magnesium glycinate or citrate—can support better sleep and calm behaviour, especially in the evening.

You can find magnesium in chewable tablets, powders to mix in drinks, or even topical sprays or creams.

Magnesium is a simple but powerful way to support your child's health—especially during busy, growing years. With a few food swaps and the right guidance, it can make a real difference in sleep, stress, and focus.

### WHY IS MAGNESIUM IMPORTANT?

Magnesium helps regulate many processes in the body, including:

- Promoting restful sleep
- Reducing feelings of stress and anxiety
- Supporting focus and mood
- Keeping muscles and nerves healthy

Many children (and adults!) may not get enough magnesium from diet alone, especially during times of stress or growth. This can sometimes show up as trouble sleeping, irritability, low energy, or difficulty concentrating.

### MAGNESIUM-RICH FOODS

Magnesium is found in a variety of healthy and kid-friendly foods! Here are some great options you can try at home:

- Leafy greens like spinach and kale
- Nuts and seeds such as almonds, cashews, sunflower and pumpkin seeds
- Whole grains like brown rice, oats, and whole wheat bread
- Bananas, avocados, and legumes (beans, lentils)
- Dark chocolate (in moderation!)

Try sneaking these into smoothies, sandwiches, or snacks to boost magnesium naturally.

## UPDATE ON STUDENT ENGAGEMENT IN ANTI BULLYING AND WELLBEING

The Wellbeing Ambassadors and Anti-Bullying Ambassadors have shown exceptional initiative and empathy by setting up and running lunchtime activities.

Students have taken a leading role in promoting mental health and wellbeing across Horizon by designing and running a series of engaging and supportive stalls. These stalls have included a student-created quiz exploring the meaning and impact of bullying, as well as a range of creative displays offering practical advice, uplifting messages, and information about where to seek help.

Ambassadors have taken part in two training sessions delivered by MIND, focusing on understanding mental health and how their services support young people. Equipped with this knowledge, the Ambassadors have gone on to take part in a national Votes for Schools debate during Anti-Bullying Week, using their voices to raise awareness and advocate for positive change. They have shown real commitment to learning and sharing what they've learned.

## SAFEGUARDING AND MENTAL HEALTH CONTACT DETAILS:



### 1. CAMHS – Child and Mental Health Support

- Support: NHS mental health services for children and adolescents.
- Contact: 01226 644829
- Website: CAMHS Barnsley



### 2. Compass Be – Barnsley MHST

- Support: Emotional wellbeing support in schools.
- Contact: 01904 636 374
- Website: Compass Be Barnsley



### 3. Kooth (Online Counselling)

- Support: Free, anonymous mental health support online.
- Access: [www.kooth.com](http://www.kooth.com)

## SAFEGUARDING & CRISIS SUPPORT:



### 1. CAMHS – Child and Mental Health Support

- Support: Local safeguarding guidance and resources.
- Website: <https://www.barnsley.gov.uk/services/children-young-people-and-families/safeguarding-families-in-barnsley/safeguarding-children-in-barnsley/barnsley-safeguarding-children-partnership/#:~:text=Barnsley%20Safeguarding%20Children%20Partnership%20is,that%20they%20do%20so%20effectively.>



### 2. Children's Social Care – Barnsley Council

- Concern about a child's safety?
- Contact: 01226 772423 | Out of Hours: 01226 787789
- Website: <https://www.barnsley.gov.uk/services/children-young-people-and-families/childrens-social-care/>

### 3. Childline

- Support: 24/7 confidential help for children and young people.
- Contact: 0800 1111
- Website: [www.childline.org.uk](http://www.childline.org.uk)

childline