

# Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

9 July 2025

Dear Parents and Carers,

## Summer Safeguarding Reminders 2025

As we approach the summer break, we would like to share some important safeguarding reminders to help ensure that all children and young people have a safe and enjoyable holiday.

### Water Safety

With warmer weather and more opportunities for water-based activities, please speak with your child about the risks of swimming in open water such as lakes, rivers, and the sea. Encourage supervised swimming in safe, designated areas and remind them of the dangers of swimming in any water that is new to them, such as holiday pools and friends pools and the reminders about strong currents and rip tides. Further guidance is available on the [RNLI](#) and [Royal Life Saving Society](#) websites.

### Social Media and Online Safety

Young people may spend more time online during the holidays. Please ensure you are monitoring your child's device usage and are aware of the apps and websites they are accessing. Privacy settings, age-appropriate content, and healthy screen time limits are all key areas to review. It's a good idea to have regular conversations with your child about staying safe online and being respectful and kind in digital spaces.

Please also be aware of the dangers of harmful online trends and challenges that can circulate on platforms like TikTok, Instagram, and YouTube. Challenges such as the so-called "scarf challenge" (also known as "choking" or "blackout" challenges) have tragically resulted in serious harm or even loss of life. Encourage your child to speak to you or a trusted adult if they encounter anything worrying online or feel pressured to take part in risky behaviour for views or popularity.

Further support and guidance can be found on the below websites;

- [UK Safer Internet Centre](#)
- [NSPCC](#)
- [CEOP](#) (Child Exploitation and Online Protection)

### Alcohol and Parties

Summer gatherings and celebrations may involve increased exposure to alcohol for those children in older years. We urge all parents and carers to be vigilant about where your child is going, who they are with, and whether appropriate adult supervision is in place. Talk openly with your child about the risks of underage drinking and peer pressure. The [Young Minds](#) website has supportive material and guidance around how you can talk to your child about alcohol (and drugs) and can support your child to make safe and healthy decisions.

### Is Your Child Ready to Stay Home Alone?

We understand this can be a difficult decision for parents and carers, especially when trying to balance work, independence, and ensuring your child's safety and emotional readiness. The below resources provided can help you feel more confident in making the right choice for your family. If you're unsure whether your child is ready to stay home alone, the NSPCC offers a helpful "Is my child ready to be home alone?" quiz and guidance to support your decision-making. You can access this [here](#).

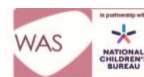
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## Emotional Wellbeing and Support

There are a large number of support services in Bromley that can be accessed throughout the year. If you or your child would benefit from emotional wellbeing or mental health support over the summer, the following services are available:

- **Bromley Y Referral Service** – Supporting children and young people with emotional wellbeing. You can make a referral via the website [here](#) and request a support call from the team.
- **Bromley Children's Project Helpline** – Offering advice, support, and guidance to families in need. Telephone: [020 8461 7259](tel:02084617259). (Monday to Friday 9:30am to 4:30pm)

## Kinship Carers

If you are a Kinship Carer (a relative or family friend caring for a child who is not your own), we want to ensure you have access to the right support and that school records are accurate. If you are a kinship carer and haven't yet informed the school, please contact the school office as soon as possible. This will help us to provide appropriate guidance and direct you to any support services you may be entitled to. The linked poster, [here](#), has information about support and advice available through the charity.

## Summer Activities

There are a wide range of free and low-cost activities happening locally over the summer holidays for children and young people of all ages. These include sports sessions, creative workshops, and family events. For up-to-date information, visit your local borough council's website or community centres;

- **Summer HAF programme** - [Holiday activities and food programme](#)
- **Tackling Loneliness** - [Bromley's tackling loneliness strategy - Tackling loneliness](#)
- **Simply Connect Bromley (local groups etc)** - [Simply Connect Bromley - connecting you to your local community](#)

## Wellbeing Resources

As always our LPGS Summer Safeguarding and Wellbeing resources can be found [here](#).

We hope these reminders help support you in keeping your child safe, happy, and healthy this summer. Thank you for your continued partnership and support.

Yours faithfully,

**Mrs R Hurley**  
**Assistant Headteacher, Designated Safeguarding Lead**