



Dear Also High School Parents and Carers,
Sending warm greetings your way as we dive into the festive season at Also High School! We hope your family enjoys a season brimming with joy. To help keep your child safe during this festive time, we've gathered some helpful resources with you in mind.

Looking for support agencies, food banks, activities and events in Liverpool?

- The Liverpool parenting newsletter is packed full of different ideas, support agencies and timetables of activities running right through December. Whatever your need it's bound to have somewhere to turn: [Liverpool Parenting Newsletter Link](#)

Finding the festive season a bit chilly?

- Take a trip to the Walton Warm Hub at the Life Rooms, Walton. Offering free hot drinks (everyday), free soup (selected days), free device charging and practical advice for energy costs, housing and more: [Walton Warm Hub link](#)

Teen Celebrations Guide:

- Check out Drinkaware for tips on talking with your teen about responsible partying: [Drinkaware Link](#)
- Want some handy questions for talking about teen gatherings? Child Development Info has seven: [Child Development Info Link](#)

Keeping Them Safe Away from Home:

- For kids away during the holidays, NSPCC has a helpful guide: [NSPCC Link](#)

New Devices? Here's the Plan:

- For handling those new gadgets, NSPCC has some tips on online safety: [NSPCC Online Safety](#)
- Parents Protect has an easy-to-follow guide for support with the online world and creating a family safety plan: [Parents Protect Guide](#) - ([Resource Pack](#))
- Got a worry about something your child has seen online or someone they have been contacting? Check out the CEOP thinkuknow website for advice for both you and your child. [Thinkuknow Link](#)

Feeling a bit overwhelmed? Here are some places to turn to for mental health and wellbeing support:

- [Kooth](#)
- CWP NHS 24/7 Helpline: 0800 145 6485
- PAPYRUS: 0800 068 4141 or Text: 07860039967
- SAMARITANS: 24/7 116 123
- CENTRE POINT (For those worried about housing): 0808 800 0661
- CHILDLINE: 0800 1111

Wishing you a joyful and safe holiday season, from all of us at #teamalsop!



RLSS UK offer safety advice for winter water safety, with simple steps to keep safe during the winter:

1. Never go onto the ice to play, to retrieve an object, or a pet
2. Never enter the ice to rescue somebody, call 999 and ask for the Fire and Rescue Service

What to do if you fall through the ice:

- Keep calm and shout for 'help'
- Spread your arms across the surface of the ice in front of you
- If the ice is strong enough, kick your legs to slide onto the ice
- Lie flat and pull yourself towards the bank
- If the ice breaks, work your way to the bank-breaking the ice in front of you anyway
- If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water
- Once you are safe, go to hospital immediately for a check up

What to do if you see someone fall through the ice:

- Shout for assistance and phone the emergency services – call 999 or 112
- Do not walk or climb onto the ice to attempt a rescue
- Shout to the casualty to 'keep still' and offer reassurance to keep them calm
- Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach
- When reaching from the bank, lie down to avoid being pulled onto the ice
- If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way
- If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty

<https://www.rlss.org.uk/winter-water-safety>

[Winter water safety](#) | [Staying safe on our canals](#) | [Canal & River Trust \(canalrivertrust.org.uk\)](#)