

BC Wellbeing News

Summer 2025

Water Safety: Enjoy the Water Responsibly

Whether you're heading to the beach, pool, lake, or river, here are some key water safety tips:

Swim in supervised areas: Always choose beaches and pools with lifeguards and pay attention to warning flags or signs. Don't be tempted to swim in rivers as they can be very dangerous and they are not supervised.

Stay within your depth: Know your swimming ability and never swim alone.

Be cautious with inflatables: They can drift quickly—especially at sea. Use them in pools, not open water.

Look out for rip currents: If you're caught in one, stay calm, float, and swim parallel to the shore.

Wear a life jacket: If you're kayaking, paddleboarding, or boating, wear appropriate safety gear.

Hello students, parents, and carers,
As our academic year wraps up and the summer break begins, it's the perfect time to relax, recharge, and enjoy new experiences — hopefully with some continued sunshine for us to enjoy over the coming 6-week break! But staying safe and looking after your wellbeing is just as important during the holidays as it is during term time. Whilst we all need some time to re-charge, sometimes the lack of routine can throw us off guard, so this edition of our summer newsletter will provide you with lots of helpful tips to stay active and safe over the summer holidays. Look no further as we're sharing top tips on safety, and simple ways to boost your wellbeing over the summer.

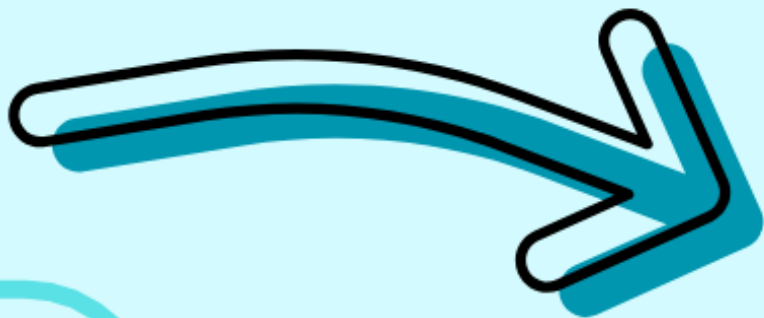


<https://www.rlss.org.uk/Pages/Category/water-safety-information>

Cyber Safety: Stay Smart

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Online



Many of us spend more time online during the holidays. Stay safe by following these cyber-smart rules for when you are surfing the web or using social media:

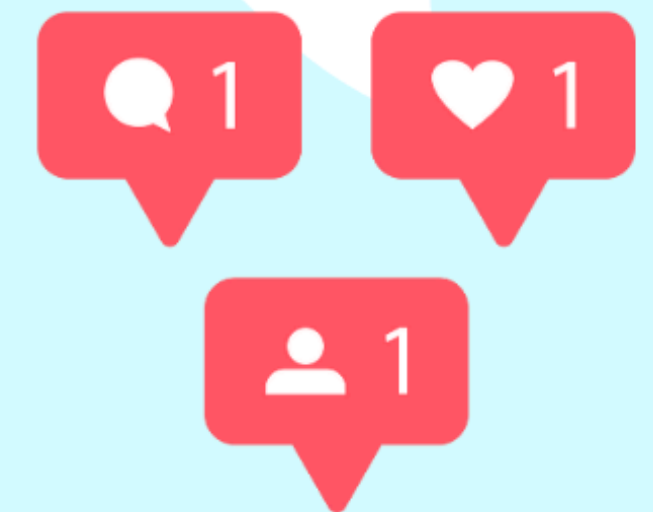
Protect your privacy: Don't share personal info like your address, school, or phone number with people you don't know in real life.

Think before you post: Once something is online, it can be hard to delete. Ask yourself—would I be okay with a teacher or parent seeing this? Remember our motto in school 'Is it true, is it kind, is it necessary?'

Be kind online: If you wouldn't say it in person, don't post it. Be mindful and respectful.

Report and block: If someone is making you feel uncomfortable or unsafe online, tell a trusted adult and report it on the platform.

Take breaks from screens: Don't forget to enjoy offline life—sunshine, nature, friends, and books!



**Here are five
ways to look
after your mind
and body during
the break:**



Ways to Wellbeing: Feel-Good ideas for Summer

Connect: Spend quality time with friends and family. Try a picnic, a games night, or a walk in the park.

Be Active: Try swimming, cycling, dancing, or just moving more. Exercise boosts your mood!

Keep Learning: Explore a hobby, read a book, or try a summer course. Learning can be fun and empowering.

Give to Others: Do something kind—help a neighbour, volunteer, or even just smile at someone.

Take Notice: Practice mindfulness—notice the little things, like the feeling of grass underfoot or the sound of birds in the morning.



Free Family Activities in Birmingham

Make the most of summer without spending a penny—here's a great list of no-cost experiences for families:

Cannon Hill Park (South Birmingham): expansive lawns, lakes, playgrounds, paddle boats, picnicking, and the MAC arts centre, all free to access. Plus, weekly parkrun events—5 km on Saturdays and 2 km for juniors on Sundays!

Library of Birmingham (Centenary Square): explore 10 levels of books, archives, outdoor garden terraces, panoramic city views, free musical and drama performances throughout the summer.

Birmingham Museum & Art Gallery: housed in a stunning historic building, free to visit with changing exhibitions.

Thinktank Science Garden (Millennium Point): interactive outdoor exhibits (including a human-sized hamster wheel), free entry daily after 3 pm.

Martineau Gardens (Edgbaston): peaceful community garden with wildflower meadows, orchard, nature trails, ponds, beehives and a children's play area—all free to visit.

Tolkien Trail: self-guided walking routes through Moseley Bog, Sarehole Mill and key Tolkien-inspired locations—free, open 24/7, magical for families.



Canal Walks around Brindleyplace and Digbeth: scenic strolls along Birmingham's canals, public artworks, waterside cafés, and street art—perfect for a relaxed exploration.

Lickey Hills Country Park (southern edge of Birmingham): 524 acres of green space, walking/family-friendly trails, playgrounds, picnic spots and panoramic views.

Sheldon Country Park & Old Rectory Farm: mix of woodlands, wetlands and a working farm with friendly animals; free to enter with picnic areas and seasonal ranger activities.

Birmingham Donkey Sanctuary (Sutton Coldfield): chance to meet donkeys in their paddocks at no cost, though pre-booking is advised. Great for animal-loving youngsters.

Woodgate Valley Country Park: countryside feel, wildlife habitats, farm animals, picnic spaces, and weekend parkruns—ideal for a refreshing day out.



Feelgood Art Workshops offered by PAUSE
<https://www.eventbrite.com/cc/pause-art-workshops-3378759>



<https://visitbirmingham.com/things-to-see-and-do/attractions/free-things-to-do-in-birmingham/>

Tips to Enjoy These Activities Safely

Pack Essentials: Bring water, sunscreen, snacks, hats, and comfy footwear—especially for long walks or farm visits.

Check Opening Times: Always verify locations like the Library, MAC, or Sanctuary before visiting.

Be Weather Ready: Include waterproofs and layers for typical UK summer weather.

General Safety Tips for Summer

Whether you're out with friends, travelling, or spending time at home, here are some practical tips to help you stay safe:

Stay in touch: Always let a parent or guardian know where you're going and when you expect to be back.

Stick with friends: Avoid going places alone, especially at night. There's safety in numbers.

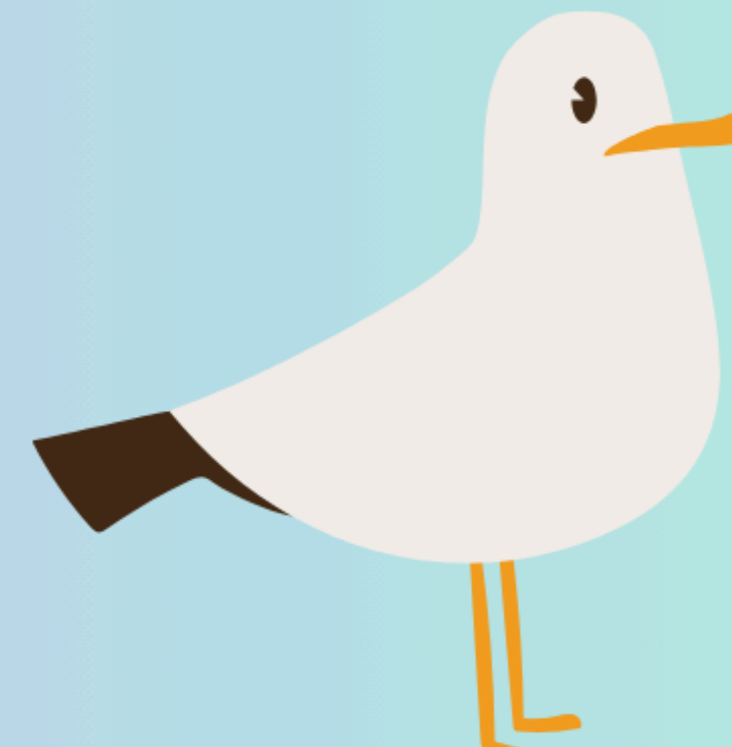
Be aware of your surroundings: Keep music volume low when walking and avoid looking at your phone while crossing roads.

Use sun protection: Wear sunscreen (SPF 30+), sunglasses, and a hat when you're out in the sun.

Stay hydrated: Drink plenty of water, especially on hot days or when you're active.

Trust your instincts: If something doesn't feel right, it probably isn't. Move away from the situation and get help if needed.

Emergency contact: Know how to contact emergency services (999 in the UK) and have a trusted adult's number saved in your phone.



A Summer Message of Faith



As we enter the summer break, let us remember these words from Pope Leo:

"God loves us. God loves you all."

Summer is a wonderful time to care for God's creation, to rest in the beauty of nature, and to spend time with loved ones. Let your actions reflect the values of kindness, compassion, and gratitude, and use your time wisely to grow—mentally, physically, and spiritually.

Whether you are by the sea, at home, or exploring somewhere new, take time to thank God for the blessings in your life and be a source of light for others.

A Final Thought

Summer is a time to relax and reset. Stay safe, look after each other, and don't forget: your wellbeing matters.

We look forward to seeing you refreshed and ready for the new school year!

Have a safe, joyful, and faith-filled summer!

Samaritans Awareness Day – July 24

July 24 (24/7) is Samaritans Awareness Day, a day dedicated to raising awareness of the Samaritans' 24hour listening service. It's a great reminder that help is always available, no matter what you're going through [samaritans.org+13samaritans.org+13advance-union.org+13](https://www.samaritans.org/advance-union.org). Find out more and get involved here: Samaritans Awareness Day — 24 July.

If you or anyone you know needs someone to talk to, remember you can call 116 123 anytime, day or night.

