DURHAM JOHNSTON
COMPREHENSIVE SCHOOL
DARE TO BE WISE

Durham Johnston Comprehensive School Summer Holidays: Safety Tips & Support for Families

As we approach the summer break, we want to make sure all our pupils stay safe, happy, and supported. Below are some important tips and contact details to help you and your family over the holidays.

Useful links:

Mental health and emotional support for children, young people and families in County Durham.

Growing Healthy 0-25 Durham

Mental Health Support

Fun and Food – free holiday clubs for families eligible for free school meals.

Staying Safe Online

- **Discuss online safety**: Remind your child not to share personal information and to talk to a trusted adult if they see anything upsetting.
- **Set boundaries**: Agree on screen time limits and check privacy settings on devices and social media.
- **Useful links:**
  - ThinkUKnow
  - Childline Online Safety

Out and About

- **Plan journeys**: Make sure your child knows safe routes and has a way to contact you.
- **Sun safety**: Encourage wearing sunscreen, hats, and drinking plenty of water.
- **Stranger awareness**: Remind your child not to go anywhere with someone they don't know and to check in regularly.

Mental Health and Wellbeing

- **Open conversations**: Check in with your child about their feelings and any worries.
- **Encourage activity**: Support your child to stay active, join clubs, or meet friends safely.
- **Support contacts:**
  - YoungMinds Parent Helpline: 0808 802 5544
  - Childline: 0800 1111

Safeguarding Concerns

If you have concerns about a child's safety or wellbeing, you can contact:

- **Durham County Council Children's Services:** 03000 267 979
- **NSPCC Helpline:** 0808 800 5000

If a child is at immediate risk, call **999**.

Food and Financial Support

- **Durham Foodbank:** durham.foodbank.org.uk
- **Holiday activities and food:** Durham County Council Holiday Activities

When School Returns (Thursday 3rd September)

We'll be here in September to support all our pupils. If your child needs extra help at that point, please get in touch with our pastoral or safeguarding team upon their return to school.

Wishing you a safe, happy, and restful summer!