

Welcome and thank you for taking the time to read Alma's Safeguarding Newsletter. This month we have chosen to address road safety, in particular keeping safe in the dark.

We would like to remind you that our school website contains more information on how to help you keep your children safe in education, online and at home.

<https://almaprimary.co.uk/health-and-safety/>

## **CLOCKS BACK! DARK NIGHTS AHEAD!**

The clocks went back an hour and summer-time has come to an end. It is important to teach your child the importance of road safety and how to stay safe, particularly as the evenings get darker throughout winter.

**STOP, LOOK, LISTEN AND THINK!**

**Stop:** when you approach a crossing, STOP before you come to the edge of the pavement  
**Look:** LOOK for cars, bikes, lorries and other vehicles by looking right, left and right again  
**Listen:** LISTEN for vehicles too. You may be able to hear them before you see them  
**Think:** is there enough time for you to cross the road safely?



The resources below will help remind children, including teenagers, about road safety and keeping safe in the dark.

Teaching Road Safety: A Guide for Parents <https://www.rosipa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

Safety First – Cycling at Night <https://www.cycletraining.co.uk/cycle-training-and-cycle-safety/safety-first-cycling-at-night/>

Keeping Children Safe in the Dark <https://firstaidforlife.org.uk/keeping-children-safe-in-dark/>

Dark Nights <https://www.childcare.co.uk/information/dark-nights-children-safety>

Be Bright Be Seen <https://brightkidz.co.uk/initiatives/be-bright-be-seen/>