

# The London Nautical School

## Safeguarding Bulletin

### Online Safety

As ever it is so important to look at Online Safety, below are some useful links for you to look at and some helpful statistics

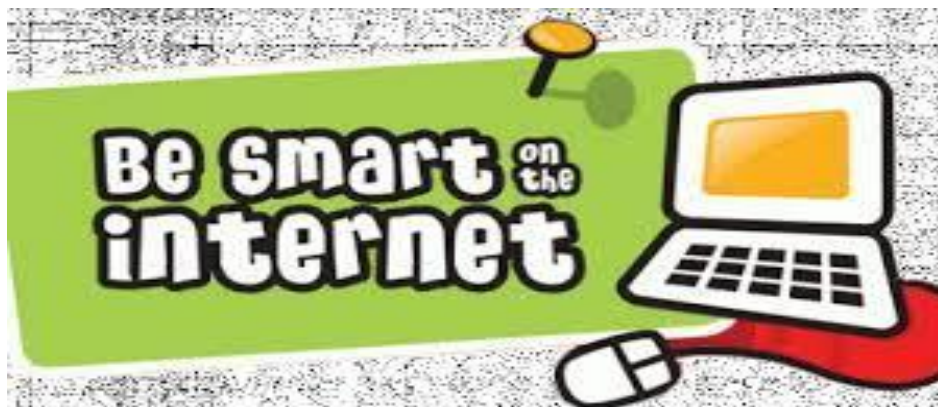
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.kelsi.org.uk/child-protection-and-safeguarding/e-safety/e-safety-useful-links>

<https://nationalonlinesafety.com/>



- 77% of young people have spent more time playing online games and apps during the pandemic than ever before.
- 56% of young people chatted with people they don't know, within an online game, over the past year.
- 41% of young people have blocked or reported another user because of their behaviour.



# 10 INTERNET SAFETY TIPS FOR PARENTS

**1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.

**2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.

**3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.

**4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.

**5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).

**6** Help your child learn to **filter** information online and navigate fact from fiction.

**7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.

**8** **Balance** green time and screen time at home. Focus on basic developmental needs.

**9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

**10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

### **Protecting your Mobile Phone and Other Property**

Your mobile phone is important to you. It helps you keep in touch with Family and friends and to use in an emergency.

To protect your mobile phone and other property in the future visit [www.immobilise.com](http://www.immobilise.com) and register your items **for free**. By registering your property you stand a much better chance of getting it back if it is lost or stolen. Millions have already done so, Getting the IMEI number from your

mobile phone is easy. The IMEI number is printed on a label usually found behind the phone's battery. It is also stored electronically within the handset. To display this onscreen simply key in to the handset:

**\*#06#**

When you register your phone or other property, details are entered into the immobilise database. This information is then available to all UK police officers who regularly search databases when handsets are recovered. So, if a mobile phone is lost or stolen anywhere within the UK and located by police, or any of the lost property services, you will have your property returned to you!



[www.immobilise.com](http://www.immobilise.com)

# TO PROTECT IT REGISTER IT

A row of five white icons on a yellow background: a laptop, a game controller, a bicycle, a camera, and a smartphone. Each icon has a small black circle with a white checkmark next to it.

Register your property **FREE** and improve your chances of getting it back if it is lost or stolen.  
Get started at: [www.immobilise.com](http://www.immobilise.com)

**IMMOBILISE**   
THE UK NATIONAL PROPERTY REGISTER

## Summer Activities



**Lambeth/Southwark will be holding their Annual Summer Camps in past Years these have been a great success and enjoyed by all**

**For more information please visit: [lambethsummercamps.org](http://lambethsummercamps.org)**

The 2022 camp will be open on weekdays from Tuesday 26 July to Thursday 18 August for **9 to 16 year olds who live or attend school in Lambeth or Southwark**

Enrolment forms can be requested when they become available in June.

We have started a 'Registration of Interest' list for those wanting to enrol on the Lambeth Summer Camp for the **full duration** of dates as above.



Requests should be emailed to [lsptlspt1@gmail.com](mailto:lsptlspt1@gmail.com) giving:

### **The Royal Docks**



From the 1st to the 21st of August  
Royal Victoria Dock E16 1AG  
10am - 6pm Daily  
Free To Attend

Dive into Family fun this summer as Kids Summer Splash is back bringing you delightful dock swimming, super sandpits, tasty food, cooling drinks and more.

[royaldocks.london/whats-on](http://royaldocks.london/whats-on)

## All 4 Kids UK



Activity camps offering quality child care throughout the school half term, Easter, summer and winter holidays. Children's day camps are excellent for making friends and discovering new hobbies. All the camps are full of exciting activities including arts and crafts, sports, swimming, go-karting, outdoor adventures, computer coding and performing arts.

## Barracudas

### Barracudas - The UK's Favourite School Holiday Provider

"Giving every child such an amazing experience they can't wait to come back"

Barracudas has been entertaining kids between the ages of 4½ to 14 years for over 25 years during the Easter and summer holidays.

Spending the holidays with us means we can try new activities, develop new skills and make new friends.

With over 80+ activities including motorsports, archery...  
[read more](#)

[View Website](#)

## Fit For Sport Activity Camps

A promotional banner for Fit For Sport Holiday Camps. The banner has a dark blue background. On the left, there is a circular inset photo of a young girl in a blue shirt and black helmet riding a small white and red go-kart. To the right of the photo, the text "FIT FOR SPORT HOLIDAY CAMPS" is written in large, bold, white capital letters, followed by "BOOK NOW!" in bold, yellow capital letters. Below this, in smaller white capital letters, it says "EXCLUSIVE ALL 4 KIDS UK DISCOUNT! USE CODE: ALL4KIDS AND GET 15% OFF BOOKINGS!". On the far left, there is a green circular logo with four white stylized figures and the text "fit for sport" and "a journey to an active life". On the right side, there is a vertical list of six activity zones, each with a colored circular icon and text: "Wellness Zone" (purple lotus icon), "Super Sports" (orange basketball icon), "Creative Zone" (pink paint palette icon), "Learn Zone" (red book icon), "Thrive Time" (green plant icon), and "Fit Factor" (yellow running shoe icon). On the far right, there is a circular inset photo of a young boy wearing a blue swim cap and orange goggles, smiling while in a swimming pool.

**FIT FOR SPORT  
HOLIDAY CAMPS  
BOOK NOW!**

EXCLUSIVE ALL 4 KIDS UK DISCOUNT!  
USE CODE: **ALL4KIDS** AND GET 15%  
OFF BOOKINGS!

Wellness Zone  
Super Sports  
Creative Zone  
Learn Zone  
Thrive Time  
Fit Factor

fit for sport  
"a journey to an active life"

Fit For Sport, the UK's leaders in engaging and educating children through fun and physical activity, are inviting your child to join them at their Holiday Camps, running every school holiday! Your child can expect an explosion of endless sport and activity as they promise to deliver ...

[read more](#)

**Tel:**

020 8742 4990

[View Website](#)

St Martins in the Field girls school have a Summer Camp (this is for girls and boys)

<https://www.lambethsummercamps.org/projects>



## **Kids eat Free**

**Below are some great places that Kids can eat free over the Holidays:**

### **Asda Cafe**

From 25 July to 2 September, kids can eat at any time of day at Asda's cafes for just £1. Crucially, there is no need for adults to purchase a meal in order to get the offer, meaning families don't have to incur any extra financial burden. Asda is the only venue removing the need for adults to purchase a meal for the kids to eat free.

### **IKEA**

Up until 3 September, all kids can get one meal from the IKEA children's menu for just 95p, or a combination meal including jelly, a drink, and fruit for £1.50, according to the website. Neither offer is available at the store in Aberdeen unfortunately, and the combo isn't available in hammersmith.

As an extra note: it's always worth checking in with the website for the different store or restaurant before you go just to make sure you're not disappointed.

### **Morrisons Cafe**

During the summer holidays, children aged 16 and below can get one free meal with every adult meal. In addition, every day from 3pm Morrisons discounts

their daily special meal to £4.99, meaning a parent and child can be fed for less than £5.

## Bella Italia

The Italian chain restaurant is offering three courses plus a Cawston Press fruit water for children for just £1 during the summer break. However, this offer is only available with every adult main meal purchased, and can only be claimed between Monday and Thursday, from 4pm to 6pm.

The cheapest adult main courses are the margherita pizza and the pasta with tomato sauce and mozzarella, both of which are priced at £10.29 – though these prices go up to £10.99 at some London and Center Parcs branches.

## Beefeater, Table Table, Brewers Fayre, Premier Inn and Whitbread Inns

Whitbread, the company that owns brands including Table Table and Beefeater, is giving out free kids breakfasts with every adult breakfast. The all-you-can-eat adult breakfast buffet is priced at £9.50 for cooked items and £7.50 for just continental items. With every adult breakfast purchased, two children aged 15 and under eat whatever breakfast items they like for free, and this offer is available every day.

## Dunelm

Many of the furnishing brand's branches have an in-store eatery, the Pausa Cafe. Over the summer, kids can get a 'mini main', two snacks and a drink for free, as long as an accompanying adult spends £4 or more.

## Hungry Horse

The pub restaurant chain is offering free kids' breakfasts up to the cost of £2.49 with every adult breakfast costing £3.49 or more (the breakfast wrap, for example, is priced at £3.49). The offer is available every day from 8am to midday, with a maximum number of two children's breakfasts for every adult breakfast.

## Dobbies

Kids eat for free every day from midday at national garden centre Dobbies, with one meal and drink available for every adult main purchased. The cheapest adult main, the chicken caesar salad, comes in at £7.25

## YO! Sushi

YO! Sushi is running an "after school club" every Monday, Tuesday, Wednesday and Thursday from 3pm to 5:30pm, up until 29 September.

For every £10 spent by an accompanying adult, one child under the age of 10 eats for free.

## The Real Greek

For every £10 spent by an adult, one child under the age of 12 can eat for free at the Greek chain restaurant. The offer includes one meal from the child's

menu as well as an ice cream or sorbet, but is only available on Sundays. For adults, hot mezze dishes are priced from £5.75 to £7.95 each.

## Sizzling Pubs

There's more than 200 branches of Sizzling Pubs across the UK, and throughout the summer holidays, kids can eat for free at every one. One adult main meal must be purchased for the offer to be valid, and it's only available during weekdays. Breakfast and other set menus are also excluded.

The cheapest main for adults is the superfood salad, which costs £4.99.

If you're heading to a Sizzling Pubs branch outside of the summer holidays, kids still eat for free — as long as it's between 3pm and 7pm.

## SA Brain Pubs

Welsh pub chain S.A Brain & Co. is another pub chain handing out kids meals for just £1. This offer is available all day every Wednesday, and must be purchased alongside a full price adult main meal. The cheapest adult main is the chicken and bacon salad, which is priced at £8.