



SAFER



SCHOOLS

April 2022

Welcome to April's newsletter. We hope you all have a very happy and safe Easter break. As usual this newsletter has been designed to support and advise Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement to share what you feel will be **relevant** information with your child/s.

Change in law: Motorists and mobile phones

We would like to make you aware of a recent change in legislation which has strengthened the law with regards to the 'use' of a hand-held mobile telephone whilst driving a motor vehicle.

As of 25th March 2022, it is now an offence for motorist to have '**any**' interaction with a mobile phone and this includes illuminating the screen or unlocking the device. The law also applies if you are stationary at traffic lights or queuing in traffic. Any driver caught interacting with their hand-held device could face a **£200 fixed penalty fine and 6 points on their licence**.

The following shows some of the offences listed within the new law with regards to using a mobile phone whilst driving:

- Checking the time or notifications
- Scrolling through playlists or messages
- Making, receiving or rejecting calls
- Drafting, sending, receiving or uploading oral or written content
- Accessing an application or the internet
- Using the phone to take a photograph



The above list is not exhaustive. Click on this link for more details [transport/driving-and-mobile-phones](#).

The law does recognise some exceptions such as the need to call 999 in an emergency and where it is unsafe or impractical to stop, or if you are making a contactless payment in a vehicle that is stationary. Further explanation of this can be found www.gov.uk/using-mobile-phones-when-driving-the-law

Cycle theft protection

More than **500,000** bikes are stolen in the UK each year, don't let yours be one of them.



Please click on the following link for top tips to secure your bike:

www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/bike-security-advice/

Did you know that you can register your cycle with www.bikeregister.com which is a free service used by the Police to match found cycles with their rightful owners. To register, you will need to find your frame number, which is usually located near the handlebars, below the seat post, by the pedals or towards the back wheel. In addition to registering cycles, you can also take extra precautions on other items of property or personal belongings by logging into www.immobilise.com

By using this **free of charge service** you can record crucial details of numerous items ranging from small pieces of jewellery to large TV's – basically anything portable, valuable or just something you wouldn't want to lose!

Call: 101
Telephone: 18001 101
Visit: cambs.police.uk
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Creating a safer
Cambridgeshire

Cycle safely please!

With the warmer, summer months approaching the opportunity to explore your local community and area by bike increases. Bike riding is also fun, great exercise and good for all round mental health & wellbeing.



Here are some helpful tips and considerations before venturing out with your family. Click on the link below to see some great, simple steps to ensure you and your family are safe.

<https://www.cyclesprog.co.uk/family-cycling-advice/8-tips-first-family-bike-ride-year/>

It is important to understand that as a cyclist you can be more vulnerable than other road users, but by taking some simple precautions with your family you can reduce the risk of accidents or injury.

When out cycling, we advise you to:

- Always wear a helmet, regardless of how short your journey is. Make sure it is comfortable and sits level across your forehead, without obscuring your view. Look for safety markers when buying a new helmet:
- E.g. EN1079: 1997 European Standard for older children and adult helmets, EN1080: 1997 European Standard for younger children's helmets & CPSC –US regulations or SNELL B-95.
- Consider taking part in a cyclist training course to improve your skills. For more details www.bikeability.org.uk/
- Service your bike regularly, check your bike for moving parts and give special attention to tyres, brakes and lights
- Have front and rear lights, as well as a red reflector for better visibility to other road users when cycling in the dark. **It is against the law to cycle in darkness without lights.**
- Wear fluorescent or reflective bands/clothing during the day and night to increase visibility
- Use cycle paths where & when possible
- Cycle in single file if you are on main roads or narrow lanes
- Observe the Highway Code as it's against the law to, cycle on pavements (unless shared), travel through red lights and down one-way streets in the wrong direction.
- Take extra care at junctions and roundabouts and use clear hand signals.
- Use your bicycle bell when necessary, as not everyone will be able to see you.
- Avoid listening to music whilst cycling as it reduces your ability to focus and you may not hear traffic warnings.

Tackling Child Sexual Exploitation (CSE) in Sport

Safeguarding children and vulnerable adults is everyone's responsibility and this also applies in the world of sport. The NWG Network www.nwgnetwork.org have launched a new campaign focusing on abuse and exploitation in the sport and leisure industries. The campaign has been designed specifically for the sports sector to help raise awareness of how abuse can occur through sport, and to encourage people to 'speak up' about any concerns they may have – however small.

The following link <https://stop-ce.org/tackling-cse-in-sports/> will provide further information on the campaign, including

- 11 downloadable sport specific posters (ranging from football, tennis, swimming, boxing and rugby), which can be shared with your child's sports club to help raise awareness of safeguarding in sport.
- Additional resources to help you as a parent/carer to support and prepare your child for the return of physical activities following Covid-19 restrictions.

SAY SOMETHING if you SEE SOMETHING suspicious.

www.stop-ce.org



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Hacking it legal!

Help your child to make positive cyber choices

Young people are immersed in communications and computing technology including phones, tablets, laptops, PCs, game consoles, TVs, smart devices and of course the internet.



Many young people are curious and want to explore how these things work. This can include learning to code and experimenting with tools and techniques discovered online, on video streaming websites, or discussed in forums. These are great skills to have, however some may make poor choices and use such skills illegally, often in ignorance of the law. The average age of someone convicted of cyber crime is much younger than other crime types — offenders are often teenagers.

Some young people are vulnerable to becoming involved in cyber crime or have already committed offences. They may be motivated by a desire to challenge their skills, boredom or a lack of understanding of the law and the consequences of breaking it. If your child has an interest in computers/technology, it's important to have a discussion with them about their use of it. Recognising and engaging with this interest is key to ensuring that they follow the correct pathway.

Cyber Choices www.cyberchoices.uk is a national programme co-ordinated by the National Crime Agency and is delivered by the regional cyber choices network and local police force cyber teams.

Their aim is to explain the difference between legal and illegal cyber activity, encourage individuals to make informed choices in use of technology and to promote positive legal cyber opportunities.

If you have concerns over your child's computer use activities, or to find out more about the Cyber Choices Programme, please download their booklet which is aimed towards parents and carers. It is packed full of useful advice, resources and information on how you can gain some support

nationalcrimeagency.gov.uk/who-we-are/publications/525-cyber-choices-hacking-it-legal-parents-guardians-carers

Snus/Snuff : Parent & Carer drug awareness

We have become aware of young people beginning to experiment with the use of Snus, also known as Snuff, with reports that some are experiencing harmful health implications such as vomiting, severe headaches and 'hang-over' symptoms.



Snus or Snuff is a smokeless, oral tobacco which is produced as a moist powdered product, typically held in the mouth between the lips or gums. It comes in the form of a 'tea bag' shape and will have a varying degree of content strengths, of which some are equivalent in strength to 10 cigarettes in one hit.

The health risks that are associated with Snus/Snuff are:

Cancer, cardiovascular disease, diabetes, poor oral health, pregnancy complications, addiction & stroke.

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Parking outside schools!

We are sure most of you are all aware of the continuing issues regarding parking outside schools during drop off and pick up times.



Unsafe, inconsiderate and dangerous parking is an offence and an increasing problem throughout our county, causing chaos for local residents and ultimately putting the safety of our children and others at risk.

Please STOP and THINK before parking!!

Consider, am I being respectful? Am I parking illegally? Is my parking dangerous? We can all do our bit to reduce the issues of parking during school drop offs & collection times. For the safety of your child, their friends and the local community we kindly request that you all park safety, legally and considerately.

Remember:

- **DO NOT** park on single or double yellow lines
- **DO NOT** double park
- **DO NOT** stop or park on the zig zag lines or pedestrian crossing
- **DO NOT** park on pavements, corners or junctions
- **DO NOT** obstruct footpaths or cycleway's
- Consider car sharing
- Walk or cycle to school where appropriate
- And finally...**DO NOT** block the driveways of local residents.



Becoming a police officer

A great career, welcoming diversity

There's never been a better time to become a police officer. It's a great career where every day is different and you get to make a difference. From neighbourhoods, to dogs, road policing and major crime, there's exceptional variety and opportunities. We're also committed to recruiting a workforce that reflects the communities we serve, so we're particularly keen to hear from you if you're female or from an ethnic minority background.

Degree apprenticeship

Become a police officer. Earn while you learn. A fully funded degree. Sound good? That's what we're offering in our Police Constable Degree Apprenticeship (PCDA). You will earn as you study for a degree in professional policing practice and receive on-the-job training. If you do not have A-levels, then certain career experience and time as a Special can be used instead.

Scan me!



bit.ly/3DDZ1ww

Visit our website on

www.cambs.police.uk

Special Constable

Special constables come from all walks of life and volunteer a minimum of 16 hours a month to their local police areas. They provide a link between the police and the community and are sworn in by a magistrate in the same manner as a regular police officer. They work alongside their regular colleagues, wear the same uniform and have the same powers in law, including the power of arrest.

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We would love to hear your feedback & comments.
You can contact the team via our email
Schools&CYP@cambs.pnn.police.uk

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