

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



 [@robertbrowning.bsky.social](https://www.instagram.com/robertbrowning.bsky.social) [@towerbridgeschool.bsky.social](https://www.instagram.com/towerbridgeschool.bsky.social) [@snsprimary.bsky.social](https://www.instagram.com/snsprimary.bsky.social)
Find us at: www.thebridgesfederation.org.uk



Newsletter 13th December 2024



Dear Parents and Carers,
We thoroughly enjoyed seeing our Key Stage One children perform so beautifully in their Christmas shows. Thank you parents for supporting your children through practising their lines and learning songs and to all our amazing staff for nurturing our children to be such confident performers!

It is a busy last week of term, please check the dates for your diary box which includes: 'Class parties' on the 17th (children can wear their own clothes and 'Wear a festive jumper' on the 20th (children can wear a festive/ colourful jumper instead of their school jumper).

Please see page 10 of the newsletter for flu catch up clinics if you would like your child to have their flu vaccine because they they missed it at school.

Let's talk PANTS with Pantosaurus! | NSPCC

It is always important to share with your child the NSPCC PANTS rules:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

Please be reminded that we are nut free schools and only nut free food can be brought into school for packed lunch and party food. Please be aware that chocolate spread should not be used as a sandwich filler in a school packed lunch or for party food. Have a lovely weekend, please support your child to arrive on time everyday, the school gates open at 8:45am.



Important! Scholarpack is changing to Arbor 6th January 2025

We will be changing our MIS system (Scholarpack) to Arbor from 6th January 2025. You will need to download a new app from your app store to continue to receive messages from the school and to be able to send us messages. Please see page 2 of the newsletter for further details.



Dates For Your Diary



Tower Bridge

Tuesday 17th December -EYFS Winter Performance 9.30am
Tuesday 17th December - Class Parties - wear own clothes
Wednesday 18th December - Christmas Dinner
Friday 20th December - Festive Jumpers
Friday 20th December- School Finishes at 1pm
Monday 6th January - Spring Term Starts

Robert Browning

Tuesday 17th December -EYFS Winter Performance
Tuesday 17th December - class parties - wear own clothes
Wednesday 18th December - Christmas Dinner
Friday 20th December - Festive Jumpers
Friday 20th December- Break Up 1pm
Monday 6th January - Spring Term Starts

Snowsfields

Tuesday 17th December 10am - EYFS Winter Performance
Tuesday 17th December - Class parties - wear own clothes
Wednesday 18th December - Christmas Dinner
Friday 20th December - Wear a festive jumper
Friday 20th December- Break Up at 1pm.
Monday 6th January - Spring Term Starts

Term Dates 2024-2025 are on the Federation website
[Term Dates – The Bridges Federation](#)
Term time holidays will not be authorised.
Other important dates for this year can also be found on the school website here:
[Diary – The Bridges Federation](#)

Applying for a Reception place

If your child was born between 1 September 2020 and 31 August 2021, you must apply for a primary or infant school place for September 2025. You will need to apply online. Please click on the link here: [eAdmissions](#)

School Uniform

Your child is expected to wear school uniform everyday, this includes a school jumper, white shirt/polo shirt and grey trousers/skirt/pinafore dress. Please name your child's school uniform, we have pre-loved uniform available should you need any.

On **January 6th 2025** all 3 schools are moving to Arbor.

We will no longer be using Scholarpack.

Parents please see below guidance explaining what you need to do. From **January 6th** you will no longer be able to send or receive messages with the school via Scholarpack.

If you need any help please contact your child's school.



We're using Arbor's free Parent Portal and Parent App

We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log In

Forgotten password?

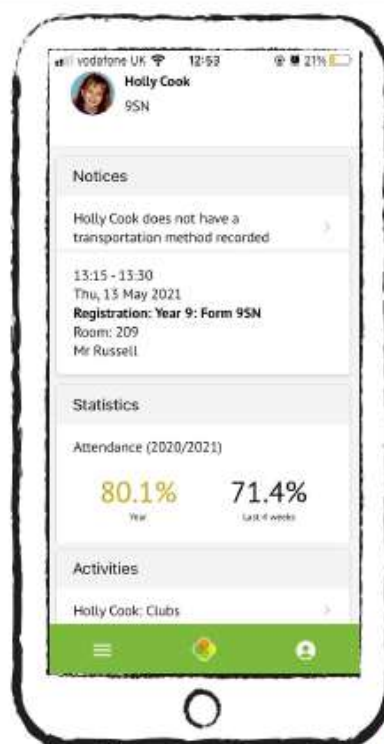
Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





end of term

DATES FOR YOUR DIARY

Tuesday 17th December

- EYFS Winter Performance 9.30am
- Class Parties (wear own clothes)

Wednesday 18th December

- Christmas Dinner

Friday 20th December - wear Festive Jumpers and Break Up 1pm

winter
RAFFLE

Don't forget to buy a raffle ticket next week.

Tickets cost £1 per strip and we will draw the winners on Friday 20th December in the last assembly of the term.

pop-up
BOOKSHOP



Our pop-up bookshop was a great success this week - thank you to Kate for organising and to some of the boys in Year 6 who have spent their break times cleaning and organising the library together for the book shop to open.

Santa's Hat

Year 1 and Year 2 performed "Santa's Hat" to their parents this week. Thank you to all the children, parents and staff who worked so hard putting this together.



Last week Year 5 took part in the Lantern Parade, carrying the lanterns they made along the river. Thank you so much to all the parents and siblings who came to support them.



Festive Fundraiser- Wednesday 18th December

On **Wednesday 18th December** we will be holding a festive fundraiser after school. Please donate any cakes, sweets, chocolates or prizes. If you are able to help out, please speak to Shanaz or Sarah Murray (Parent Governor). A huge thank you to Bennett Construction, who have also donated towards the prizes.

We look forward to seeing you there!

Year 5 Lantern Parade

Thank you to all the parents and carers who came along to support the Year 5 children taking part in this festive event! Thank you to all the staff who helped make sure it took place and thank you to Team London Bridge for working with us and inviting us along!



The Jolly Christmas Postman

Well done to all our performers in Key Stage 1- what a fabulous show! Thank you to all the adults in school who helped make sure it was brilliant, and thank you to all the parents and carers who came along!

A huge well done to Musical Theatre club for your brilliant performance on Tuesday. Thank you to Helen for all your hard work, and to the parents for coming!



Snowsfields Primary School



Some of our children had the exciting opportunity to go ice skating! With plenty of laughter and a few wobbles, they had a fantastic time!



Our talented choir spread seasonal cheer across the community with their beautiful performances.



Well done to our KS2 football team for taking part in the Millwall Community Trust tournament. They showed great teamwork, determination, and sportsmanship!



It was a magical evening filled with glowing lanterns, joyful singing, and a wonderful sense of community.



Lantern Parade 2024



Children from the Bridges Federation, along with our talented choir, took part in the Lantern Parade.



The whole school embraced the chilly weather for a special 'Daily Mile Winter Run'!





Our school value this week is:
W - Welcoming Others

Reading Raffle Winners



Reading Raffle
Winners

Our core value this week
is: Respect



Times Tables
Rock Stars



Our school value this week is:
N - Nurturing

Reading Raffle
Winners





	Absence	Lates	Total
Year 1	5	4	925
Year 2	3 ½	10	1550
Year 3	0	15	675
Year 4	8 ½	14	125
Year 5	13 ½	12	400
Year 6	8 ½	8	1050

Overall whole school attendance for week beginning 02/12/2024: 94.28%

**1st Place Attendance: Year 3
1st Place Punctuality: Year 1**



Overall whole school attendance for week beginning: 02/12/2024: 94.75%

**1st Place Attendance: Y3
1st Place Punctuality: Y2**

	Absence	Lates	Total
Year 1	12	6	95.00%
Year 2	16	1	93.33%
Year 3	6	4	97.93%
Year 4	20	3	92.00%
Year 5	12	4	95.71%
Year 6	18	6	94.00%



	Absence	Lates	Total
Year 1	10	11	750
Year 2	14	19	175
Year 3	10	4	1550
Year 4	16	16	325
Year 5	5	8	625
Year 6	19	13	850

Overall whole school attendance for week beginning: 02/12/2024: 95.12%

**1st Place Attendance: Y5
1st Place Punctuality: Y3**

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Find us at: www.thebridgesfederation.org.uk

ATTENDANCE UPDATE

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. We want to work with you to ensure that attendance for pupils at the Bridges Federation is the best it can be.

As a parent, you are legally responsible for making sure your child gets a suitable full time education. This means making sure your child is in school every day except when

- Your child is too ill to go to school.
- You have permission for a leave of absence from your child's school for them not to attend. You should only ask for this in exceptional circumstances. Generally, a holiday will not be classed as an exceptional circumstance.
- Your religious body has a day especially for religious observance.

If my child needs to be absent from school, what do I need to do?

You should contact us as early as possible (no later than 10am) on the first day of absence to explain why. If you do not, we will contact you to find out where they are.

My child is ill. What should I do?

If your child is ill, read the NHS's 'Is my child too ill for school?' advice to help you decide whether they can go to school. Contact us as soon as possible to let us know that they will be absent.

Do I need to provide medical evidence to support my child's illness related absence?

We may ask for medical evidence when your child is absent due to illness. This may be in cases where:

- Your child is regularly absent due to illness, to assess how we can help by putting support in place.
- We have reason to believe your child was not too ill to attend and a conversation has not resolved the issue.

If you are asked to provide evidence this does not need to be a letter from your doctor or consultant, and doctors will not usually provide such letters. It can, instead, be appointment cards, prescriptions, or notes of previous consultations (including from the NHS App.)

To avoid disruption to your child's attendance, medical and dental appointments should not be booked during the school day whenever reasonably possible.

My child is struggling to attend school. What can I do?

The first step is to talk to us about why your child is missing school, and what help we can give. You should still do everything you can to help your child attend as much as possible whilst waiting for help and support to be put into place. Information on who you can contact for help, including the school's senior leader responsible for attendance, can be found in our attendance policy on the website. We follow the expectations laid out in the DfE guidance 'Working together to improve school attendance.'

<https://assets.childrenscommissioner.gov.uk/wpuploads/2024/07/aaa-guide-for-parents-on-school-attendance-19th-Aug-version.pdf>

<https://thebridgesfederation.org.uk/home/attendance/>

Family support

The Nest - Wellbeing Hub

The Nest operates a drop-in service every **Saturday between 10:30 and 14:30**. Therapeutic practitioners and support workers can offer 1:1 emotional support, information & advice and signpost you to the appropriate services.

Drop-In Service | The Nest



To get involved, you can refer via our website www.imago.community or scan the QR Code



For further information, please contact our Hub:
youngcarers@imago.community
0300 111 1110

Southwark Young Carers is a service of Imago Community
 Registered charity number 106388



We support young people living in Southwark aged 6-24, who provide unpaid care or support to a family member with a long-term illness, disability, mental health condition or a substance misuse issue.




Young People's Centre
 Building Resilience, Facilitating Change Since 1984



Free Workshops for Parents and Carers

Do you want more guidance on how to talk to your children, teens and young people about vaping, alcohol or drugs? Do you want to be informed on the current themes and trends we come across working with young people in the borough?

Substances are more accessible today than ever before. For parents, carers or anyone responsible for children and young people, it can feel overwhelming and difficult to know how to respond.

We're offering FREE online workshops for parents and carers in Southwark, to give advice and guidance to help you navigate this quickly changing landscape.



We'll cover:

- Current trends amongst young people
- Strategies for talking to young people about substances in an open and supportive way
- Practical advice on how to keep your children safe from the dangers of substance misuse



For further information contact:

- Email: Southwark.YoungPeople@cgl.org.uk or scan the QR code for a direct link to the eventbrite page.
- You can call us on: **020 3404 7699**

SCAN ME



HELPING YOUR CHILD MANAGE THEIR FEARS AND WORRIES

NOV-DEC 2024



5 WEEK ONLINE GROUP FOR PARENTS/CARERS AIMED AT HELPING YOU SUPPORT YOUR CHILD IN OVERCOMING ANXIETY WHILST DEVELOPING THEIR INDEPENDENCE AND BRAVE BEHAVIOURS.

THIS COURSE IS BASED ON CBT EVIDENCE-BASED GUIDED SELF-HELP TECHNIQUES.

WEDNESDAY 1-2PM

13TH NOV, 20TH NOV, 27TH NOV, 4TH DEC, 11TH DEC

TO SIGN UP, PLEASE CONTACT ROSA OR ANNA:

ROSA.KORNFEIN@GROUNDWORK.ORG.UK

07999 402 360

ANNA.GEISSMANN@GROUNDWORK.ORG.UK

07912274700



family
info

Parent Skills 2Go in partnership with SOUTHWARK ADULT LEARNING SERVICES

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

CLASSES ARE STARTING!

Come to test your level on **WEDNESDAY 6TH NOVEMBER 2024**
Time :10am - 1pm

Venue: The Lewington Community centre
9 Eugenia road
Rotherhithe SE16 2RU

CRÈCHE WILL BE PROVIDED (FIRST COME FIRST SERVE BASIS)

For details and to register: 02035369609, 07394662602
ParentsSkills2Go.org

Impact of Urban Health

BERMONDSEY CENTRAL HALL SOUTH LONDON MISSION

YOU'RE WARMLY INVITED TO OUR



Christingle Service

A fun, children-oriented service full with activities

Sunday 15 December 2024 • 10:30am

Bermondsey Central Hall Methodist Church
256 Bermondsey Street, SE13UJ

ALL ARE WELCOME!

Parent Skills 2Go

VOLUNTEER WITH US & GET SKILLED UP

FREE TRAINING PROGRAM

TRAINING DATES:
4TH OCTOBER 2024: MANAGEMENT INFORMATION SYSTEM TRAINING (ONLINE)
19TH OCTOBER 2024: TEAM BUILDING & CONFLICT RESOLUTION
8TH FEBRUARY 2025: READING & STORYTELLING DELIVERY/PLANNING AND DELIVERY OF ACTIVITIES
6TH & 13TH MAY 2025: COMMUNICATION SKILLS FOR VOLUNTEER
4TH JULY, 2025: ANNUAL & MANDATORY SAFEGUARDING TRAINING



ELIGIBILITY CRITERIA: ALL VOLUNTEER TRAINING IS FREE TO ATTEND. HOWEVER, YOU NEED TO COMMIT TO A MINIMUM OF 18 TO 16 DAYS OF YOUR TIME TO VOLUNTEER WITH US (EXPENSES PAID)

Contact with us: @parentskills2go, @parentskills2go, parentskills2go.org

02035369609, 07394662602

SOUTHWARK SCHOOLS' INDOOR AIR QUALITY

Southwark Council is already undertaking several projects to tackle air pollution in schools, and you can get involved!

Asthma - Air Quality Monitoring & Engagement Project for students in Year 6 and above

This project will see air quality sensors placed in classrooms and the homes of pupils with asthma, offering a live insight into the air quality they experience.

Teachers and students will participate in a specially designed curriculum to deepen their understanding of air quality's effects on health and discover strategies to **prevent** harmful emissions.

This initiative builds on existing air quality efforts and provides tools such as a dedicated webpage and monitoring devices to assist schools in fostering a cleaner, healthier educational atmosphere.


School staff and parents can register interest by filling out the form on this QR code or by emailing: environmental.protection@southwark.gov.uk

<https://forms.office.com/r/Cd4wM6GZEA>

Climate School Action Plan
Check out the Climate School Action Plan/Code which includes actions to improve air quality.

Made in London Southwark Council

NSPCC What are the PANTS rules?



- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

[Let's talk PANTS with Pantosaurus! | NSPCC](#)

NHS South London Children and Young People's Community Immunisation Service

Missed your flu vaccine?

Live or go to school in the borough of Lambeth? Aged 4-16?

Come down to a flu catch-up clinic and protect yourself this winter!

- Tuesday 17 December, 10:00 - 14:00
Rye Oak Children & Family Centre, SE15 3PD
- Wednesday 18 December, 10:00 - 14:00
Rye Oak Children & Family Centre, SE15 3PD
- Wednesday 18 December, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG
- Thursday 19 December, 10:00 - 14:00
Rye Oak Children & Family Centre, SE15 3PD
- Thursday 19 December, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG

No need to book an appointment. Call 020 8614 5496 for more information.

Enjoy FREE access to classes

Sign in or **download the Southwark Leisure App** and click on the 'free online classes' button.

Over 20 adult class programs, Kids Born To Move classes, 2000 plus workouts, plans and challenges. Stream from the web, your mobile and TV.

Family
fun



Winter Fundraiser

Wednesday, 18th December,
3:30pm

Donations needed of:

- prizes for Tombola/Lucky Dip.
- sweets/Chocolates
- small party bag toys
- Cake Donations (Closer to the Day).

Volunteers Required to help Set Up & Sell (Contact Shanaz).

All funds raised Will Go towards the Amazing School

Parent Skills 2Go ROTHERHITHE
Community Skills Company

Winter FOOD & FUN

FOR PARENTS & CHILDREN (0-8YEARS)

Date:
Monday 23rd - Tuesday 24th December 2024
Time: 10am - 2pm
Address: Lewington centre
9 Eugenia Road SE16 2RU

Monday activities: crafts Music, games, lunch etc
Tuesday: Games, Christmas Lunch and a gift from Santa

For more information
02035369609, 07394662602
Admin@parentskills2go.com
Parentskills2go.org

Connect with Us
@parentskills2go
@parentskills2go

Parent Skills 2Go CAMBERWELL

WINTER FOOD & FUN

FOR YOUNG PEOPLE 10+

Date: Monday 23rd & Tuesday 24th
December 2024 Time: 10am - 2pm

Monday Activities: TRIP TO CINEMA
Tuesday: Games,
Christmas Lunch, Gift Giving

Address:
Camberwell Library
Camberwell SE5 7AL

For more Information
02035369609, 07394662602
Admin@parentskills2go.com
Parentskills2go.org

Connect with Us
@parentskills2go
@parentskills2go

FREE* WINTER HOLIDAY CAMP
AGES 7 - 13

COME LEARN, PLAY AND MAKE NEW FRIENDS...

30th, 31st Dec 2024 & 2nd, 3rd Jan 2025
12:00pm - 4:00pm

Harris Academy-Bermondsey
55 Southwark Park Rd
SE16 3TZ

Fari: 07874872053

holidays@protouchsa.co.uk
protouchsa.co.uk
@protouchsa

SCAN ME - BOOKING LINK

Small text: *FREE* applies to those who attend Harris Free School Week (7th Dec - 13th Dec) Daily from 10am

LORD'S

NATIONWIDE CRICKET HUBS

We run a network of cricket Hubs that provide free-to-access training and match play to 6,500 state-educated young cricketers at 164 sites across the UK. The Hubs focus on talent: helping promising youngsters who have been engaged through mass participation activities or non-traditional formats to join cricket clubs, develop their hard-ball skills, and access the formal talent pathways. The Hubs also have a transformational impact off the cricket pitch, helping participants to feel happier and more confident, and improving their focus and performance at school.

<https://www.lords.org/mcc/mcc-foundation/mcc-foundation-in-the-uk>

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays. Increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, heaters and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labeling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognize dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drink under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modeling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



#WakeUpWednesday

The National College