



**BE
SAFE**



**THIS
SUMMER**



Some handy tips to remember during the holidays to keep yourself, your family and friends safe and happy during the holidays.



Crossing a road?

Always **STOP, LOOK, LISTEN** and **THINK** before you cross a road. Look for the safest place to cross, use a pedestrian crossing if there is one and avoid crossing between parked cars or at busy junctions where there are no pedestrian crossings. Hold onto your adult's hand and hold any younger children securely. Remember the Green Cross Code.

Going to the Park?

Always **get permission** from the adults looking after you, tell them where you are going, who with and agree a time to be home. Agree with your adults what to do if you feel unsafe. Be at the place you have agreed – do not go anywhere else. Remember to play nicely, **share and take turns**.



Riding a bike, scooter or skateboard?

Make sure your bike / scooter / skateboard is safe – some shops that sell bikes and scooters will check yours for a small fee.

Always wear a helmet, wrist guards, knee pads and elbow pads.

Never ride across a road – always stop before the kerb, hold your bike / scooter / skateboard securely and use the Green Cross Code to cross any roads. **Watch out for others using the footpaths** as well, especially young children, those with pushchairs / mobility aids and the elderly.



Travelling by car?

Always get in and out of the car on the side of the pavement. Watch for people walking by so you don't knock into them with the car door. Sit well back in the seat and put your seatbelt on straight away. Remember it is the law that you must **use a**

booster seat if you are less than 135cm tall. Keep your seatbelt on until the engine is switched off and the driver has said it is safe to get out of the car. **NEVER get into a car without your parents' permission**, even if you know someone in the car, this could be very dangerous.

On the Trams, Buses or Trains?

Public transport is so popular we can often forget we must also stay safe on trams, buses and trains too. If you are aged 5 or over, you will need to pay a child fare on the trains. If you are 5-11 you can travel with an adult free with an oyster card on the Transport for London network (DLR, trams, buses, London Overground and London Underground).



Always wait for the train / tram / bus to stop completely before getting on, watch out for the doors as they can close quite quickly. Be careful getting on and off the public transport, sometimes there can be very big gaps. Give way to those with mobility aids and those in front of you in the queue. Say thank you to the driver when you can.

Sit down quickly when there is a seat available. Be careful getting off or if there are no seats – hold on tight to the rails as sometimes drivers can stop suddenly. Remember to use your Oyster card. If you misbehave your Oyster card can be taken from you (see tfl.gov.uk for details).



Useful websites:

Transport for London

Tales of the Road

walktoschool.org.uk

bikeability.org.uk

goodeggcarsafety.com

Child Oyster Cards (via TfL)

rospa.com/roadsafety

iwalktoschool.org

roadsafetyweek.org.uk

dft.gov.uk

thinkroadsafety.gov.uk

TfL Children's Activities

Have a lovely summer and see you in September!
St Mary's Junior School JTA team.