

# SAFER



# SCHOOLS

## September 2023

Welcome to September's newsletter. We hope you all had a very happy and safe summer. 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.

## Return to School: Safety tips to protect pedestrians and cyclists

As parents and carers get ready for the start of a new school year, it's a good time to consider road safety measures to help keep your family safe as they head back to school. Some children will be walking/cycling to school by themselves for the first time. Please share the following safety awareness advice and tips with your family.

### Pedestrian safety:

- Remove earphones so you can listen for traffic and other dangers
- Place mobile phones in your pocket before you cross
- Stop, look both ways & listen **EVERYTIME**
- Never cross between parked cars
- Be bright, be seen!



This video [Film: Road ready? Expect the unexpected – THINK!](#) from the UK government website [www.think.gov.uk](http://www.think.gov.uk) aims to encourage children to be safe on the road.

### Cycle safety:

- It is important to understand that as a cyclist you can be more vulnerable than other road users, but by taking some simple precautions you can reduce the risk of accidents or injury.
- 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.
- 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
- More useful safety tips and advice can be found at: [www.cyclesprog.co.uk](http://www.cyclesprog.co.uk)

### Parking outside schools:

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.



Call: 101

Telephone: 18001 101

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## Cannabis Edibles: Awareness message for parents/carers

We have previously covered edibles, unfortunately it is necessary to raise this concern once again as it has recently come to our attention that there are a variety of THC (Tetrahydrocannabinol) infused products being distributed and seized in our communities.

**In England cannabis is a class B drug, which also makes edibles a class B drug and illegal.**

**Edibles** are cannabis based food products. They come in many different forms, such as gummies, sweets and brownies. These contain one or both of the cannabis active ingredients: Tetrahydrocannabinol (THC for short) or Cannabidiol (CBD for short).

As you can see from the pictures, they look very similar to well known branded sweets and confectionery & could be mistaken as such and ingested by young children. We therefore urge parents and carers to be vigilant. These products can often be identified by a warning message in the small print on the packaging.

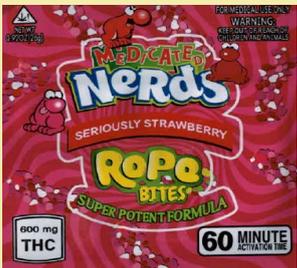
THC is the principal psychoactive constituent of cannabis and there are health risks when consuming these products, which can include change in mood and body temperature, dry, red eyes or dry mouth, paranoia, anxiety and increased heart rate (to name a few).



If you are concerned that someone may have consumed edibles, please contact **111 for medical advice**.

If you are worried about your child's drugs use and need someone to talk to, **Aspire (Peterborough)** and **CASUS (Cambridge)** are drug and alcohol services who both offer free and confidential support. They can be contacted as follows:

**ASPIRE:** [peterborough@cgl.org.uk](mailto:peterborough@cgl.org.uk) **CASUS:** [casus@cpft.nhs.uk](mailto:casus@cpft.nhs.uk)



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## NSPCC - Report Remove

**What is report and remove?** A tool for under 18s to report nude or sexual images or videos of themselves that have been shared online, to see if they can be removed from the internet. Report Remove has been developed by the NSPCC and the Internet Watch Foundation (IWF). The IWF is a UK charity that aims to minimise the online availability of images that meet the legal definition of child sexual abuse material.



**Why is it needed?** There are many reasons why young people may share nude images, and the sharing of them among young people has become the perceived norm. But when a young person loses control of the image, it can be very distressing. It is important that young people don't feel judged when this happens. They should feel supported and be reminded that Report Remove is there to help.

**How to use Report Remove?** Direct the young person to [www.childline.org.uk/remove](http://www.childline.org.uk/remove) so they can use Report Remove. You can support them to follow the following steps.

- 1 - Confirm age. They may be asked if they want to prove their age using ID.
- 2 - Log into or create a Childline account
- 3 - Submit image/video to IWF for review

Childline will send updates on the outcome of their report and provide further support where needed.

If you are worried about a child or young person please call 0808 800 5000 or Email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)



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We would love to hear your feedback & comments.  
You can contact the team via our email

[SchooolsandCYP@cambs.police.uk](mailto:SchooolsandCYP@cambs.police.uk)

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# IS A CAREER IN POLICING FOR YOU?

Find out about our entry routes below!

## Police Constable Degree Apprenticeship (PCDA)

### What is it?

The Police Constable Degree Apprenticeship (PCDA) is a great opportunity for those who have not studied at a degree level to be entered onto a three-year degree apprenticeship which involves a combination of in class learning and on the job experience.

The full cost of the tuition for the degree will be paid for by the force, and you will be paid a full time salary from the point at which you join the force. Starting salary for a Police Officer is £26,682.

### Am I eligible?

To be eligible for this entry route you must:

- Be at least 18 years old.
- Be a British Citizen, and EC/EEA National, Commonwealth Citizen or foreign national with no restrictions on your stay in the United Kingdom.
- Hold a full manual driving licence.

### Role requirements

The PCDA entry route requires you to have:

- Achieved a grade A\*-C / 4-9 in GCSE Maths & English
- Have 32 UCAS points



Join The Police

## Make A Difference



## Special Constables

### What is a Special Constable?

'Specials', as the special constables are known, come from all walks of life. They volunteer a minimum of four hours a week, outside of their usual jobs, to their local police areas.

Specials are sworn in by a magistrate in the same manner as a regular police officer.

They work alongside their regular colleagues, are based at the same police stations, have the same powers in law, including the power of arrest, and wear a uniform.

### Why become a Special Constable?

People join the special constabulary for many different reasons.

Some want to give something back to the community, others want to expand their skill sets and life experiences, and some are interested in joining the regular police force and want to know more about what police do.

Becoming a Special Constable offers the opportunity for personal and professional development. Undergoing the training and then performing the role of a police officer is challenging, but provides a welcome break from day-to-day life, bringing excitement and new insight with every day you volunteer.

Scan the QR code to register your interest



For any questions, or more information, email: [phaseoneteam@cambs.police.uk](mailto:phaseoneteam@cambs.police.uk)