

ISSUE 19

## Message from the Headteacher

It's a slightly longer newsletter this week, so please take a look through and read the parts that interest you most. A quick reminder that the purpose of our weekly newsletter is to share the day-to-day highlights and the key themes we've been exploring throughout the half term.

I've started sharing a few *brain teasers* with the children during assembly, and they're proving to be very popular! This week's challenge was: "What English word has three consecutive double letters?"

So far, Hugo in Y4HH has cracked the answer! I'll be announcing it in Monday's assembly and sharing a few new ones too. The children are really enjoying the challenge. Hopefully, they've brought some of the puzzles home to share with you as well!

Our Year 6's had a fantastic morning on Wednesday with *ZooLab*, where they had the chance to look at and even handle a range of fascinating animals and insects, including a giant snail, a snake, a giant stick insect, and even a cockroach!

Across our phase assemblies this week, we've been focusing on how we are all different and how our brains work in different ways. We discussed how some people may find certain things more challenging, but that this can also mean they think creatively and see the world differently. We call this *dyslexic thinking* and explored what that really means.

Today's assembly was led by our *School Council*, who did a brilliant job presenting on the *Winter Olympics*. In celebration, we'll be having an Italian-themed lunch menu on Thursday 12<sup>th</sup> February, as this year's Winter Olympics are being held in Italy.

I hope you all have a great weekend!

## Key Dates

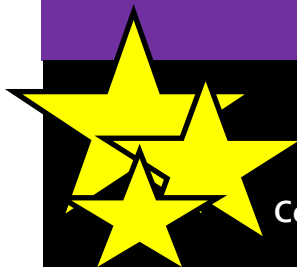
2nd February	Move More Video (selected children)
4th February	Y3 Production 2.30pm and 5.30pm
5th February	Sports Hall Athletics Finals @EIS
5th/6th February	Y3 SEND Reviews
7th February	Orienteering Norfolk Park
7th February	U11 Netball Tournament
7th February	SFSS Cross country 7 Norfolk Park
w/b 9th February	Children's Mental Health Week
11th February	Iftar Planning Meeting 9-945am
11th/12th February	Parent's Evening
12th February	Y5/Y6 Gymnastics Competition 1-3pm
13th February	Y4 Ancient Roman Day/ History Van
13th February	Y5 Bake Sale
13th February	U10 SFSS Netball Competition
13th February	School closes at 3.35pm for half term break
23rd February	School re-opens
23rd February	IR Swimming begins for 5 weeks
24th February	Y4 Aqua Fest Ponds Forge
24th February — 3rd March	Scholastics Book Fair

## This Week's Awards



Y3NH  
Y4TH  
Y4JE  
Y5KB

William  
Ottillie  
Conor  
Jemima



### SPECIAL MENTIONS

Congratulations to the following children:

Y4 JE - Safiya and Charlie

Y4TH - Robyn

Y6OS - Max, Rose and Will

Y6JC - Whole class

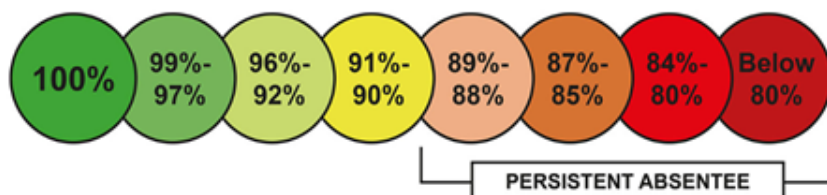


### Attendance

Please ensure that your child is on time for school. Children can be brought into the yard from 8:40 am. Learning in school starts at 8:50 am.

## ATTENDANCE MATTERS

On Time: First Time, Every Time



Which CIRCLE are you in?

### House Points

Steel	278
Cutlers	250
Originals	261
Peaks	264

### GOLDEN BROOM AWARD

Y3MC



Focus Value -

Effort & Resilience

Our pupils will be encouraged to:

- Have a growth mindset
- Learn from their mistakes
- Embrace challenges
- Strive to better themselves
- Take risks
- Try their best
- Never give up

### Attendance Winners

Congratulations to:

Y4HH and Y6P/K

Every week, we will highlight the class in each key phase with the highest attendance.

# Community

## School Council

Our School Council members meet every fortnight to work towards their action plan. They record notes in their book and discuss ideas and messages with their class. The views of the class are then shared with Mrs Thorlby at each meeting.

This term, our School Council are focussing on the following items:

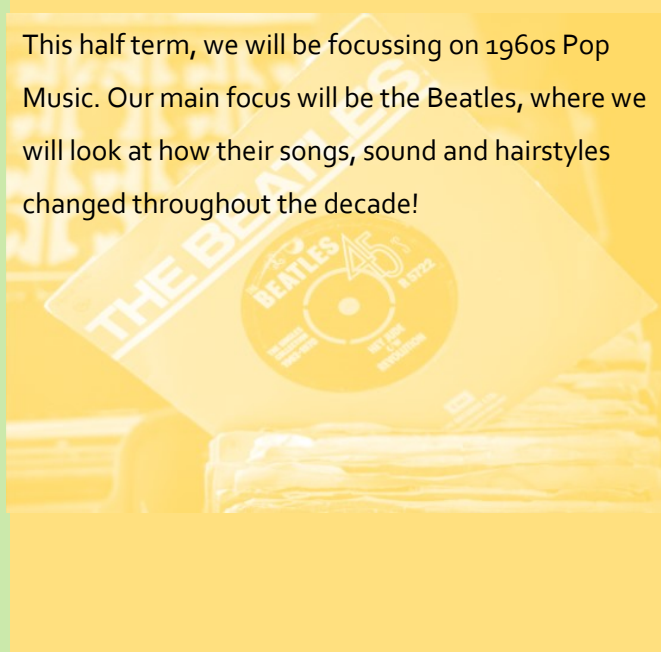
- Continuing to gather ideas from all children across school
- Discussing a specific safeguarding question with their class to make sure children in school know how to keep safe
- Planning and delivering an assembly about the Olympic Winter Games in Italy and promoting an Italian themed school dinner day
- Working with our school cook to review the school meals menu for the summer term
- Planning and organising a fundraising event and assembly for Comic Relief.



## Music of the half term - 1960s Pop

Listening to music is fundamental to musical understanding. By learning to listen critically, our children will not only expand their musical horizons but also gain a deeper understanding of how music is constructed and the impact it can have on the listener. Listening to a broad range of music also helps develop other areas of musical activity, including composing and performing. Therefore, each half term we focus on a 'music of the half term' which is explored through assemblies and further listening opportunities.

This half term, we will be focussing on 1960s Pop Music. Our main focus will be the Beatles, where we will look at how their songs, sound and hairstyles changed throughout the decade!



## Language of the Half Term - Arabic

Each term we select a different language for the pupils to learn greetings and basic phrases. We choose languages which represent our school community. At Nether Green, we feel it is important to give bilingual children the chance to demonstrate their language skills as well as have opportunity to share details of their family's country and culture. Language of the Half-term also allows monolingual English speakers to encounter and learn to speak a variety of languages.

All teachers embrace the selected language of the half-term and actively encourage the children to say good morning, good afternoon and respond to simple yes/no questions in the given language.



The chosen language for this half-term is Arabic and the focus country this time is Libya. Arabic is one of the world's most widely spoken and culturally influential languages, with more than 400 million speakers across over 20 countries in the Middle East and North Africa. It has also left a lasting mark on English, contributing everyday words that many people don't realize come from Arabic. Terms like algebra (from al-jabr), coffee (from qahwa), sugar (from sukkar), and cotton (from qtn) are just a few examples of how the language has shaped global

# HOW TO PREPARE FOR ADULTHOOD

VIRTUAL EVENT SERIES



A series of **virtual lunchtime events** bringing together Sheffield services that support **young people with SEND** to **prepare for adulthood**.

Sessions are aimed at young people, families and professionals and provide clear information, practical guidance and opportunities to ask questions.

### What the sessions cover:

- Education and post-16 options
- Employment and supported internships
- Benefits and financial support
- Community and wellbeing services
- Preparing for adult life and independence
- How to access local support

### View upcoming events and book:



### Watch previous event recordings:



## Spotlight on the Curriculum - RE

This year in Religious Education, children across Nether Green Junior School have begun exploring a wide range of religions and worldviews through our carefully sequenced RE curriculum. Pupils are engaging with big questions about belief, identity, morality and what it means to live a good life, developing their ability to think deeply, discuss respectfully and reflect thoughtfully.

In **Year 3**, children have been introduced to key ideas about belief and faith. During the autumn term, they explored what Christians learn from the Creation story and what Hindus believe about God through the concepts of Brahman and Atman. As they begin the spring term, pupils are starting to learn about how worship shows what matters to Muslims, focusing on practices of ibadah and the importance of faith in everyday life.

In **Year 4**, pupils focus on the impact of belief on people's lives. They explore the kind of world Jesus wanted, what it means to be a Hindu in Britain today and how festivals show what matters to Muslims. Later in the year, they learn why Christians call the day Jesus died 'Good Friday', the importance of Pentecost, and how people from religious and non-religious backgrounds mark significant events in life.

In **Year 5**, children explore deeper theological and moral questions. They consider what it means for Christians to believe God is holy and loving, why Christians believe Jesus is the Messiah, and what it means to be a Muslim in Britain today. They also learn about the importance of the Torah to Jewish people, how following God can bring freedom and justice, and what matters most to Humanists.

In **Year 6**, pupils engage with challenging and thought-provoking questions as they prepare for secondary school. They explore the relationship between creation and science, why Hindus strive to be good, and how RE can help people be anti-racist. They also examine the significance of the resurrection for Christians, what kind of king Jesus is believed to be, and why some people believe in God while others do not.

Across all year groups, children are showing maturity, curiosity and respect when discussing different beliefs and viewpoints. RE continues to play a vital role in supporting pupils' spiritual, moral, social and cultural development, helping them to better understand themselves and the diverse world in which they live.



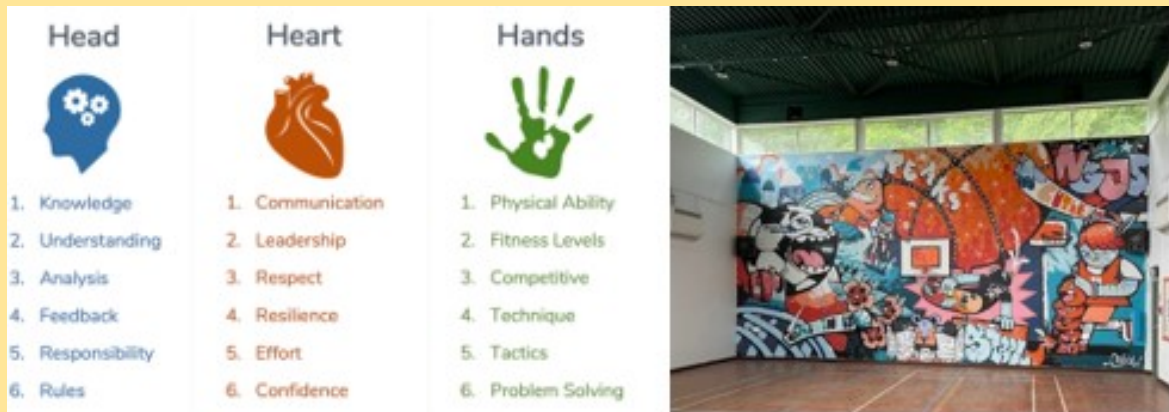
## Spotlight on the Curriculum - PE

### Intent

At Nether Green Junior School, we aim to provide our children with a rich, diverse and quality Physical Education (PE) curriculum which best meets the requirements of the National Curriculum.

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained amounts of time
- Engage in competitive sports and events
- Lead healthy, active lives

Through our PE programme, we strive to ensure our pupils develop and progress the fundamental skills involving their head, heart and hands.



To ensure this expectation is met, we first and foremost, aim to make our children's PE lessons as fun as possible. We believe that if children experience a real enjoyment of learning in PE, they are more likely to achieve physical literacy and become lifelong active citizens. Through our PE delivery, we endeavour to equip our children with the skills, knowledge and aptitudes they require to lead healthy active lives and to counter the long-lasting impact of the pandemic and other current lifestyle behaviours.

### Implementation

Our PE curriculum is mapped out from Y3 to Y6 using the GetSet4PE scheme of work. This is in line with the National Curriculum and is used to support teaching staff in their subject knowledge and planning of PE. Teachers are able to adjust and adapt lessons to meet the needs of their classes or their own sporting specialisms, but the scheme provides clear and progressive expectations for each year group.

At NGJS, each child has access to two hours of high-quality PE every week taught by their class teacher. One of these lessons takes place in our fantastic sports hall and the other occurs outside on the playground. When we designed our PE curriculum, we wanted to ensure that we achieved the following outcomes:

- Clear, coherent and progressive
- Flexible and creative
- Focus on fundamental skill development (head, heart and hands)
- Emphasis on social and emotional wellbeing

## Spotlight on the Curriculum - PE

<b>Lower Key Stage 2 Priorities:</b> 1) Apply and develop a broad range of PE skills. 2) Learn how to use and apply the PE skills in different ways. 3) Start to link the PE skills to make actions and sequences of movement. 4) Learn the basics of activities/sport rules.	<b>Swimming Priorities</b> • Swim competently, confidently and proficiently over a 25m distance • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations.
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	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<b>Y3</b>						
PE SKILLS	Fundamental Skills	Ball Skills		Yoga	Fitness	
PE GAMES	Dance	Basketball	Hockey Gymnastics	Football	Athletics	Tennis OAA
PE HOOK	OAA - Cross Country	Skipping	OAA - Orienteering	Benchball	Dodgeball	Pickle Ball
OTHER			Year Group Competition (Hockey)			Sports Day Year Group Competition (Football)
<b>Y4</b>						
PE SKILLS	Fundamental Skills	Ball Skills	Yoga		Fitness	
PE GAMES	Dance	Basketball	Football	Hockey Gymnastics	Athletics	Tennis OAA
PE HOOK	OAA - Cross Country	Skipping	Benchball	OAA - Orienteering	Dodgeball	Pickle Ball
OTHER	Swimming Year Group Competition (Basketball)	Swimming	Swimming	Swimming	Swimming	Swimming Sports Day

<b>Upper Key Stage 2 Priorities:</b> 1) Apply their knowledge, game play and tactics 2) Enjoy communicating, collaborating and competing with each other 3) Develop an understanding of how to improve in different physical activities and sports 4) Learn how to evaluate and recognise their own success
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	<b>Y5</b>					
PE GAMES	Dance Netball	Football Handball	Gymnastics Basketball	Tag Rugby Dodgeball	Athletics OAA/Orienteering	Cricket Rounders
PE HOOK	OAA - Cross Country	Ultimate Frisbee	Flag Football	Tchoukball	Badminton	Golf
OTHER				Year Group Competition (Handball)		Sports Day
<b>Y6</b>						
PE GAMES	Football Handball	Dance Netball	Tag Rugby Dodgeball	Gymnastics Basketball	Athletics OAA/Orienteering	Cricket Rounders
PE HOOK	OAA - Cross Country	Ultimate Frisbee	Tchoukball	Flag Football	Badminton	Golf
OTHER	Bikeability	Year Group Competition (Dodgeball)			Year Group Competition (Benchball)	Sports Day

<b>IR Priorities:</b>						
<b>IR</b>						
Key Skills	Throwing and Catching Kicking and Hitting	Core and Balance	Throwing and Catching Kicking and Hitting	Core and Balance	Sports Day Training	Track and Field Activities
Other		Swimming Boccia Curling		Swimming Bowling Table Cricket Cheerleading Edale Residential		Swimming Multi-skills (SUFC) Pentathlon Badminton Sports Day

At NGJS, the children are encouraged to attend our many lunchtime and after-school clubs. Our clubs and activities run at different times throughout the year. They are run by staff free of charge or by outside providers for which there is usually a charge. An extensive tracking system is also in place to ensure all pupils have the opportunity to participate in a club by the time they leave Y6. At NGJS, we are also part of Arches, which is our school sports partner, the Sheffield Federation for School Sport and have close links with the Sheffield United Community Foundation. This means we are never short of festivals and competitions to offer our pupils, including those specifically aimed at SEND pupils. This ensures that every pupil will have the opportunity to represent the school in sport during their time at NGJS. In Y6, the children also have an opportunity to become 'Play Leaders'. They receive training from our school sports partner and are involved in delivering targeted interventions at lunchtime and supporting active play at Nether Green Infant School.

In Year 4, the children complete 12 sessions of swimming with the Sheffield Swimming Service. They also complete water safety lessons back at school to ensure they leave NGJS with the skills and knowledge to be safe in the water, fitting in line with the National Curriculum.

## Spotlight on the Curriculum - PE

### Impact

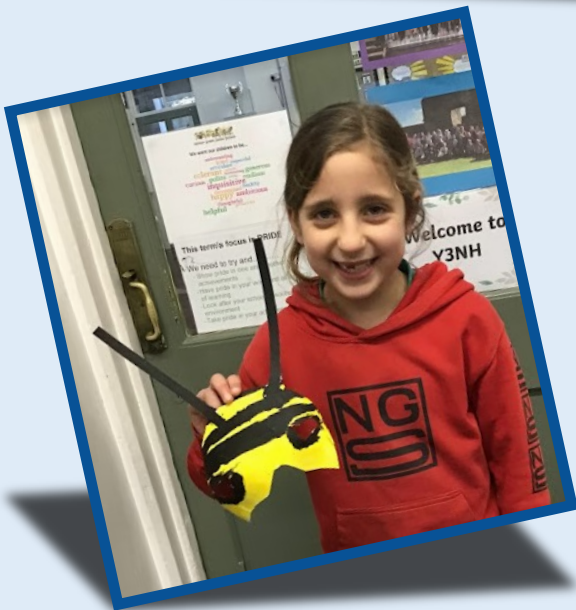
Our children tell us through 'Pupil Voice' that they really enjoy their PE lessons at NGJS. They commented that they enjoy PE for the following reasons:

- Being active
- Learning different skills and sports
- Socialising with different children in their class
- Participating in competitive games
- Feels like a 'brain break'
- Gives you a boost
- Having fun!

The children can clearly tell us what they have been learning about in their PE lessons and can recall key learning points using appropriate subject knowledge and language. In addition, the children showed an understanding of 'how' and 'why' they were learning specific skills in PE and the wider benefits such as teamwork, communication and confidence. Prior learning from previous years was also recalled and the children said they felt supported in PE by their teachers through demonstrations and use of video technology. Our children also have the confidence to voice their opinions on what sports and activities they like to learn about whether through PE lessons or clubs. At NGJS, our children really enjoy being active at playtimes and our clubs and competitions are always very well attended. As a result, our school has always been recognised both locally within Sheffield and nationally for aspects of our PE, School Sport and Physical Activity offer. Since 2022, we have been awarded the School Games Platinum Mark and at the Sheffield Schools Get Active Awards we won the 'Primary Targeted Project Award' in 2023 and were highly commended in the PE & Sport Inclusion Award in 2024. Our sports teams have also enjoyed local, city and national success over the years. Here are some pictures of our teams from this academic year!



In Y3 we have been busy making our bee masks for our production.



## Year 4

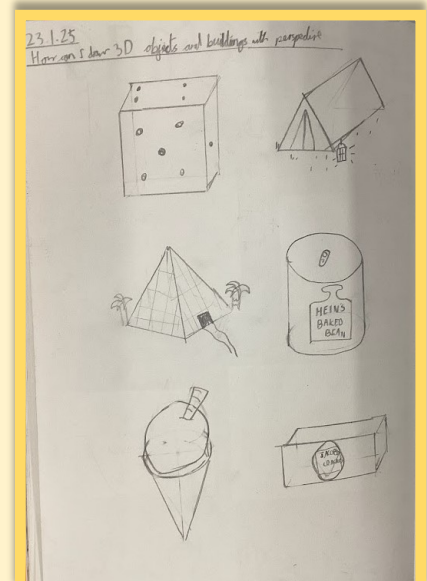
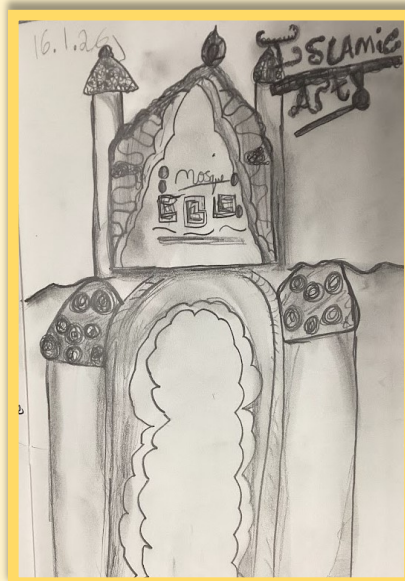
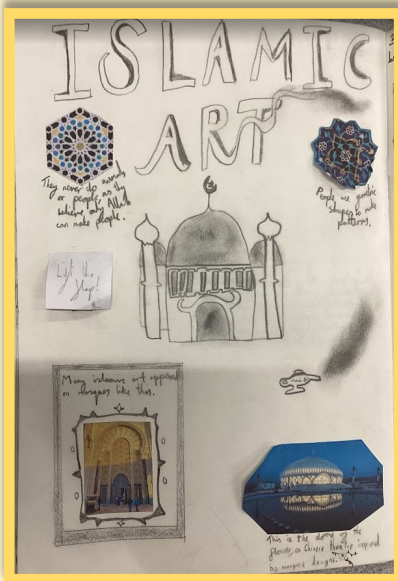
In Y4, we have started our new writing topic on what newspaper articles are and their target audiences. In groups, we explored different newspapers and discussed questions such as what new fact did we learn and why we chose to read a certain article.

Next, we discussed what a headline was and why it is important for a newspaper. In our learning partners, we created new headlines for articles and shared them with the class.



## Year 5

This half term, we have started a new Art project looking at line drawings of Islamic architecture using perspective. So far, we have designed some beautiful introductory pages and practised drawing 3D objects.



Our Music topic this half term is looking at different types of notation, and we are doing this through boomwhackers! This is a really fun way for all children to engage and we have been impressed so far by the sound they can produce. Next, they will be writing their own melodies.



## Year 6

Year 6 had a fantastic time at Robinwood. They threw themselves into all of the activities, showing brilliant resilience. Over the course of the trip, they built on their teamwork skills and it was a joy to see them supporting their friends.



## Integrated Resource

The IR children had a go at making pizza which proved very popular. In Maths we have been learning about money and to help with this we set up a 'shop' in the Green Room to buy classroom items. In Forest School we have carried on learning how to tie knots, whittle sticks and create a spark. A group from the IR and from mainstream took part in the Primary School Panathlon Bowling Challenge; one of our students achieved the highest score and overall Nether Green came second. More importantly all enjoyed a fun day out.



## Extra Curricular Clubs

**EXTRA CURRICULAR CLUBS SPRING TERM 2 2025/26 - The clubs in red are free of charge.**

		Monday	Tuesday	Wednesday	Thursday	Friday
SPRING 2 HALF TERM - FEBRUARY - MARCH	LUNCH	Handball Competition Y5	ORCHESTRA (Instrumentalists only)	Tennis Club Y3/4 FULLY BOOKED for the Spring Term	Gymnastics Club Y5/6	Badminton Club Y5/ 6 FULLY BOOKED for the Spring Term
		CHOIR	Dance Club Y3 - 6			Guitar Band
SPRING 2 HALF TERM - FEBRUARY - MARCH	AFTER SCHOOL	Gymnastics Club Y3 - 6 (3.45 - 4.45pm) <i>Book with Sheff Gym</i>	Flag Football Y5 - 6 (Boys & Girls) (3.40 - 4.30pm) <i>Book on ParentPay</i>	Karate Club Y3 - 6 (3.45 - 4.45pm) <i>Book with Elite Karate</i>	Knitting Club Y5 - Y6 (3.40 - 4.30pm) FULLY BOOKED for the Spring Term	Art Club Y5 - Y6 (3.40 - 4.30pm) <i>Book on ParentPay</i>
		Girls Football Y5 - 6 (3.40 - 4.30pm) <i>Book on ParentPay</i>	Forest School Y5 - 6 (3.35 - 5.05pm) <i>Book with Fit Kids</i>		Netball Y5/6 (3.40 - 4.30pm) <i>Book on ParentPay</i>	
			SoccerEds Y3 - 6 (3.45 - 4.45pm) <i>Book with SoccerEds</i>	Forest School Y3 - 4 (3.35 - 5.05pm) <i>Book with Fit Kids</i>	Basketball Y3/4 (3.45 - 4.45pm) <i>Book on ParentPay</i>	
CONTACT DETAILS & BOOKING INFO		***LUNCHTIME CLUBS*** FURTHER INFO WILL BE HANDED OUT IN ASSEMBLY AT THE BEGINNING OF THE NEW HALF TERM	Badminton Y5/6 FULLY BOOKED for the Spring Term	Football (Girls) Y5 - 6 This club will go LIVE on ParentPay at 5pm on <b>TUES 10<sup>th</sup> FEBRUARY</b>	Gymnastics Club Y3 - 6 For further details please contact: <a href="mailto:sheffqvm@hotmail.co.uk">sheffqvm@hotmail.co.uk</a>	Netball Y5/6 This club will go LIVE on ParentPay at 5pm on <b>TUES 10<sup>th</sup> FEBRUARY</b>
		***ALL CLUBS*** WILL START DURING W/C: MONDAY 23 <sup>rd</sup> FEBRUARY 2026	Basketball Y3/4 This club will go LIVE on ParentPay at 5pm on <b>TUES 10<sup>th</sup> FEBRUARY</b>	Forest School Y3 - 6 <a href="https://fitkidssheffield.classf.orkids.io">https://fitkidssheffield.classf.orkids.io</a>	Karate Club Y3 - 6 For further details please contact: <a href="mailto:steve@elite-karate.co.uk">steve@elite-karate.co.uk</a>	SoccerEds Y3 - 6 For further details: <a href="https://www.theevoway.co.uk/soccereds">https://www.theevoway.co.uk/soccereds</a>
		Art Club Y5 - Y6 This club will go LIVE on ParentPay at 5pm on <b>TUES 10<sup>th</sup> FEBRUARY</b>	Flag Football Y5 - 6 This club will go LIVE on ParentPay at 5pm on <b>TUES 10<sup>th</sup> FEBRUARY</b>	French Club Y3 - 6 For further details please contact Le Club Français: <a href="mailto:vessex.lcf@gmail.com">vessex.lcf@gmail.com</a>	Knitting Club Y5/Y6 FULLY BOOKED for the Spring Term	Tennis Y3/4 FULLY BOOKED for the Spring Term

This is the new timetable of Extra Curricular clubs taking place during next half term (SPRING 2 Feb—April).

- \* The clubs in red are free of charge.
- \* All other clubs are run by external providers for which there is a charge.
- \* Further information about lunchtime clubs will be handed out in Assembly.

### ParentPay

For Clubs that require booking on ParentPay, these will go 'Live' on ParentPay **Tuesday, 10th February, 5PM**

- \* Places are limited for these clubs, therefore it is first come-first served.
- \* Further information about clubs listed on ParentPay can be found by pressing 'View' next to the name of the club listed.
- \* If you are successful in securing a place on the club, the main ParentPay account holder will receive a 'ParentPay payment confirmation' via email almost immediately.
- \* The item (or club) will still appear in your child's list of Payment Items, however when you click on this item it will state 'PAID'.

Please note: **ALL CLUBS WILL START DURING WEEK COMMENCING MONDAY 23rd February 2026**























# Lunch Menu

Nether Green Juniors School

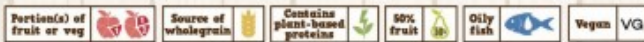


## Autumn/Winter Menu Week 3

3<sup>rd</sup> Nov, 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 23<sup>rd</sup> Feb, 16<sup>th</sup> March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal</b>	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Chicken and Vegetable Pie with Mashed Potato and Gravy	Margherita Pizza with Home-baked Potato Wedges 	Fish Fingers & Chips
<b>Vegetarian Option</b>	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Vegetable Sausage Hotdog served with Sunny Rice	Quorn Grill, Gravy, Stuffing & Mashed Potato 	Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup> 	Cheese & Onion Roll with Chips & Ketchup
<b>Street Food</b>		Chicken & Bean Burrito with Sunny Rice		Vegetable Carbonara	
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  
<b>Dessert</b>	Chocolate Oaty Slice <sup>VG</sup>	Syrup Sponge Pudding & Custard	Shortbread Biscuit with Fruit 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Iced Sponge Cake Topped with a Glace Cherry

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



England's target for 'free sugar' intake for your child  
Recommended fruit and vegetable portion sizes are calculated using School Food Standards.  
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



## Complimentary Ticket Offer for Students to a Sheffield Hatters Game!

The Sheffield Hatters are offering our children and parents an exclusive opportunity to witness professional basketball at an unbeatable price!

**Date:** Saturday 21st February 2026

**Time:** 7PM

**Venue:** Canon Medical Arena, Sheffield

**Matchup:** Sheffield Hatters v Essex Rebels



**Special Offer:**

<https://app.fanbaseclub.com/Fan/Tickets/SelectType?fixtureId=13532>

**Code:** SCHOOLS



## South Yorkshire FIRE & RESCUE

197 Eyre Street  
Sheffield  
S1 3FG

Chris Kirby  
Chief Fire Officer & Chief Executive

Date: Winter 2025/2026

Tel: 0114 2727202  
Fax: 0114 2632266

Dear Parents,

South Yorkshire Fire and Rescue would like to bring to your attention the dangers of young people playing on frozen water as well as entering icy open water.

### Our key messages for children across the county are:

- **Frozen water:** Do not go on to frozen lakes, ponds, canals and reservoirs under any circumstances. Children and pets are particularly at risk when tempted to play on the ice formed on open water during cold weather. Do not walk or climb onto the ice to attempt a rescue and certainly don't get into the water. You may become the next casualty.
- **Cold water shock:** The UK is a cold water country which means no open water is above 15 degrees. A public swimming pool is between 26-28 degrees. Many fatalities are caused by the cold temperature and how it affects someone when they enter the water. Firstly, it causes a deep intake of breath, during which dirty water will usually be mixed with the air breathed in. Blood will be directed to the core to protect major organs, restricting supply to their arms and legs which are needed for swimming. This makes it very difficult for someone to swim and is often how lives are lost.
- **Pets:** Should be kept on leads when near frozen water and owners should refrain from throwing objects onto the ice for them to retrieve.

Don't give in to peer pressure from your friends, the ice may look solid from the surface but will not hold your weight and could crack when stood on. It could be the last thing you do.



## South Yorkshire FIRE & RESCUE

### What to do if you or your friends get into trouble in the water

- If someone can't climb out of the water, it is not advisable, as many people think, to move about in the water to keep warm while waiting for help. Instead, they should conserve their energy by keeping as still as possible.
- If you see someone fall through ice or in trouble in the water call 999 and ask for the fire service. Keep your eyes on them until we arrive. Do not walk or climb onto the ice to attempt a rescue.
- If you fall into the ice keep calm and shout for help. Spread your arms across the surface of the ice in front of you. If the ice is strong enough, kick your legs to slide onto the ice. Lie flat and pull yourself towards the bank. If the ice breaks, work your way to the bank by breaking the ice in front of you away. If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water. Once you are safe, go to hospital immediately for a check-up.
- **What3Words:** Please make all young people aware of this location app. Download it to their smartphone so that if they do get into difficulty we can locate them efficiently, even if they are in a remote area.

For more advice on enjoying the water safely go to [www.rlss.org.uk](http://www.rlss.org.uk) or [www.rmlf.org](http://www.rmlf.org)

Kind Regards,

C. Huxley

