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Dear parents/ carers,

With the clocks going back and the dark nights now drawing in, **it is extremely important to ensure that your children are safe out and about and that you always know where they are.** Here are some tips on keeping your children safe:

Ideally, **children should always be accompanied by an adult**, especially at night; however, if your child travels on their own, **encourage them to walk in pairs, take the safest and best-lit routes, to avoid dark shortcuts and not to walk with earphones in/ on mobile phones. Remember that the dark can also hide water hazards.** Encourage them to walk confidently, even if they don't feel it, especially in the dark. Help them work out strategies for dealing with difficult situations in the dark so that they know what to do in an emergency. For example, shouting for help if someone approaches them in an aggressive manner and, if necessary, give up valuables - these can be replaced. **Children should not be allowed to play out in the dark and parents must always know where their children are and who they are with.**

Remember **that visibility is key.** Children need to be seen, not just by other motorists and cyclists, but by other pedestrians. Think about what your child is wearing. They are safer if they are visible, and you can easily add high-visibility reflective strips on their clothing, school bags or bike helmets. Additionally, they could carry a torch.

It is vital to teach your children **good road safety basics from an early age.** Explain to children why they should not run across the road, show them how to identify safe places to cross and reinforce the importance of road safety.

It is unsafe for young children to run ahead from their accompanying adult, or to whizz past on their scooters. Drivers may not spot a child on their own. **The best thing to do is to hold their hands.** Insist children **on scooters stay close to their accompanying adult and learn to stop at junctions and driveways.** Make sure the children and their scooters are clearly visible to other road users and pedestrians. You can buy luminous accessories to hang from the scooter and there are cool bands, lights and reflectors that children love wearing and sticking on their clothes.

Thank you very much,

Mr A Smith  
Head of School

