



# Summer Term - Self-Care 2024



Short but sweet (just like me...) from me this term. Fantastically busy term, what with Ofsted, activities and Year 10 work experience week, finishing in awards evening, it's fair to say that we're all looking forward to the summer holidays. A chance to decompress and spend some well earned quality time with my family. Have a lovely summer break and I look forward to seeing you all in September 2024. Keep safe and kind regards Mr T

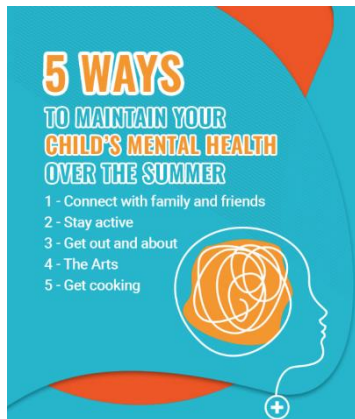
[summer bucket things to do in the summer holidays blogs - Google Search](#)

[Guide to CAMHS | Mental Health Services | YoungMinds](#)

[Preparing pupils for summer.indd \(youngminds.org.uk\)](#)

[Self-Care | Young People's Mental Health | YoungMinds](#)

[Home | The Young People's Shop \(yps-south.org.uk\)](#)





**BE RESPECTFUL**  
**BE RESPONSIBLE**  
**BE KIND & BE SAFE**

BEFORE COLLEGE : BREAK : LUNCH : AFTER COLLEGE

**BAN THE BANTER**

**STOP BULLYING**

TAKE A STAND : SPEAK OUT

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

Everyone has the right to:

- Speak out and be heard
- Be safe
- Get help when they need it

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

<b>MRS DICKENS</b> Designated Safeguarding Lead (DSL)	<b>MR THOMPSON</b> Deputy Designated Safeguarding Lead (DSL)	<b>MRS BEESLEY</b> Safeguarding Coordinator (DSL)	<b>MRS CHARD</b> Safeguarding Lead (DSL)
--	---	--	---

**ARE YOU SAFE ?**

<b>MRS SHADBOLT</b> Sixth Form Manager	<b>MR CLEMENTS</b> Head of Year	<b>MRS SILVERTHORNE</b> Head of Year	<b>MR LAMB</b> Head of Year
---	------------------------------------	---	--------------------------------

**TALK TO US!**

<b>MRS DOWN</b> Head of Year	<b>MISS WRIGHT</b> Head of Year	<b>MRS SKINNER</b> Safeguarding : Attendance	<b>MRS FERGUSON</b> SENCO
---------------------------------	------------------------------------	---	------------------------------

**MENTAL HEALTH**

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

**STOP the HATE**

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

**SAFE ONLINE?**

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

**BAN THE BANTER**

If you are worried about something,  
**TALK TO US!**

Tutors : Heads of Year : All staff  
Mr Thompson : Mrs Dickens

*Remember, no matter how you feel, there is always someone to talk too!*

There is always someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable.

- \*CHILDLINE--<https://www.childline.org.uk/>...0800-1111 open 24hrs/7 days a week
- \*SAMARITANS--<https://www.samaritans.org/>...116-123 open 24hrs/7 days a week
- \*NHS Mental Health Line 0800-0309-500 open 24hrs/7 days a week
- \*SHOUT---Text 85258
- \*YoungMinds--text YM to 85258--27hrs/7 days a week <https://www.youngminds.org.uk/about-us/contact-us>

**Anxiety**—what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box—find out at <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7 days a week....or the *ClearFear* app

**Suicidal**—Call 999 or go to A&E if you or someone is feeling suicidal

Papyrus Hopeline UK 0800-068-4141 or text 07860-039967 or email [pat@papyurs-uk.org](mailto:pat@papyurs-uk.org) all open 9:00am-midnight everyday

Download the StayAlive app from Google playstore

**Parent Support**—YoungMinds and WSCC

West Sussex Safeguarding Hub: 01403-229900 Mon-Fri 9am-5pm and 0330-022-26664 5pm-9am and weekends

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am--4pm, Mon--Fri <https://www.youngminds.org.uk/parents>

**Self-harm**—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the *CalmHarm* app

