

ISSUE 1 • SEPTEMBER 2024

# ETHOS AND WELLBEING NEWSLETTER

We are delighted to bring you the autumn term edition of our Ethos and Wellbeing newsletter. The aim of the newsletter is to keep you updated with the Catholic Life of the school, CEIAG, PSHE & RSHE, Mental Health and Wellbeing topics students will be studying during the Autumn term. There is also advice and further information for pupils, parents and carers.

**Mrs V. Stacey-Swale**  
Associate Assistant Headteacher – Personal Development and Ethos and Curriculum Leader of RE and RSHE.

**Miss L. Noon**  
Pastoral Manager

**Miss L. Daulby**  
PSHE Co-ordinator

**Jacinta Brown**  
Chaplain

**Mrs Turpin**  
CEIAG Coordinator

If you have any queries or wish to discuss anything further please let us know.

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# Catholic Life

Prayer and Liturgy: Year group role models of Faith

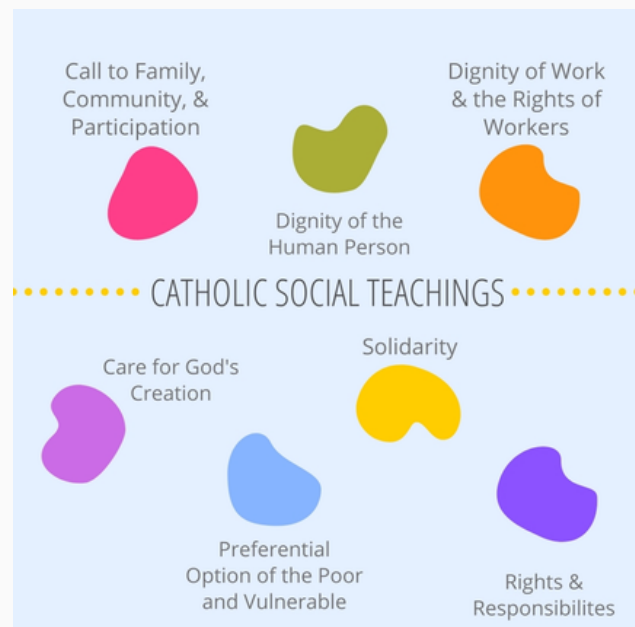
*“ Walk with the wise and become wise.” Proverbs 13:20*

Our vision at St Bede’s is that every pupil enjoys a transformative Catholic education. Positive role modelling is a key element of this transformational journey. With this in mind, our pupils highlighted the importance of Catholic role models of faith inspiring us and significantly, reflecting and promoting greater cultural diversity and equality . In a bid to make this a reality, they put before governors a proposal to introduce new role models of faith who they felt reflected greater diversity . Governors supported their proposal and over the course of one term in form classes, pupils explored and reflected on the lives of ten inspirational men and women. In July ,staff and pupils and took part in a whole school vote selecting five individuals who are now our St Bede’s role models of faith:

- Year 7: St Carlo Acutis**
- Year 8: Sister Thea Bowman**
- Year 9: St Oscar Romero**
- Year 10: Dorothy Day**
- Year 11: Sean Devereux.**

## Catholic Social Teaching in the Media: Liturgy breakfast meetings.

We are blessed to have the most wonderful group of pupils who discuss, plan and deliver thought provoking and engaging collective worship to every form class. A group of yr 9,10 and 11 pupils meet for breakfast every Tuesday in chaplaincy to discuss an issue in the news which they wish to explore through the lens of Catholic Social Teaching. They then spend break and lunchtimes creating a media resource which examines how scripture and Catholic Social Teaching can help us respond to the issue in a compassionate and socially proactive way. Recognising that faith without action is not an option, they make proactive suggestions about how we can bear fruit in the coming week. All pupils are welcome to join the Liturgy group on Tuesdays from 8.30am , in Chaplaincy.





## Lectio Divina Sunday Gospel Reflections

This prayer resource is prepared weekly and shared with all forms through guided power points. In our busy lives where everything is instant and immediate, taking time to be still and prayerful is something beautiful. With this in mind, every week, our pupils reflect on the coming Sunday's Gospel during form time. Taking time to reflect on the wisdom of scripture and allowing it to guide us, illuminating things from a different perspective and helping us to navigate our way through the week can be hugely fulfilling. Our young people have so many decisions to make on a daily basis, providing them with the opportunity to be reflective and develop these skills of discernment is hugely beneficial. We follow the process of Lectio Divina, which may well be an ancient Christian tradition, but the necessity and relevance of it for our young people is significant

### Year 7 Welcome Day and Mass

An enjoyable day was had by all as we welcomed our wonderful year 7s into our St Bede's family. The day began with an assembly reminding us that we are each a unique work of art by God, and completely beloved by God. It is through remembering this truth, that we are able to live authentic lives, free to flourish as we walk our own unique path. After spending time making their form symbols, pupils then took part in a number of workshops, drama, craft and team games, all of which allowed pupils to get to know people in their form classes a little better. The day culminated in a beautiful Mass led by Father Godric. Pupils presented their beautifully crafted form symbols. It was beautiful to welcome so many parents and guardians to Mass and into our St Bede's family. A huge thank you to all of our lovely readers and our amazing choir

### Faith and wellbeing Prayer resource.

This resource is prepared and shared with all forms via power points. Enabling our pupils to recognise the different ways in which they can live life in all its fullness is at the core of all that we do. Our vision is to enable our pupils to flourish by seeking to develop character and wise decision making. Through this resource, pupils examine a variety of positive character traits or virtues and examine how the pursuit of these can enable them to develop as individuals both emotionally, academically and spiritually. As a Catholic school we recognise that our faith provides us with the means by which we can live a full, peaceful and authentic life. Scripture and reference to our role models of faith is therefore an essential part of this prayer resource.

### Faith In Action Silver and bronze awards.

An incredible group of young people participate in our Faith In Action programme. The award enables our pupils to put their Catholic Faith into action in a variety of ways. This year an amazing thirteen pupils were awarded their silver award and 9 pupils were awarded bronze. Presentation of their awards will take place during this term. The coming academic year will see them working collaboratively and leading in order to achieve their gold and silver awards. Alongside the planning of peace and justice events, preparation of prayer and liturgy inside and outside of school, pupils also meet to reflect on how scripture and the ministry of Jesus informs and shapes their actions. We very much look forward to inviting year 7 pupils to join this wonderful group allowing them to put their faith into action.

### Masses

Weekly Masses continue. Each Thursday there is a year group Mass at St Anne's period 1. This Mass is also open to Parishioners.

### Confirmation Catechesis

The celebration of Confirmation for our current year 9 pupils from St Anne's Parish will take place in the coming term. Parents/carers from St Anne's Parish who registered their children for Confirmation via the Diocese will be contacted in the coming weeks with specific details



## Saltmine Theatre production 'Switchup'

We are delighted to welcome Saltmine Theatre Company to our school in October. Saltmine is a professional theatre company that creates and tours preventative educational productions and workshops to schools throughout the UK. They will perform 'Switchup' a thought-provoking show and workshop programme about the complex and interrelated issues of knife crime, county lines, shared enterprise, gang violence and self-identity. It was commissioned by Derby City Council in 2018, developed and researched with Derby Police and inspired by real-life events; it has been performed to over 31,000 pupils to date. Year 8,9,10 and 11 will watch the one hour performance and then pupils will participate in a 50 minute workshop following the performance. A range of key themes enhancing our pupils' personal development will be explored during the day. It is thanks to the generosity of our wonderful school pastors that we are able to stage this production. A huge thank you to Dave Mutch and the wonderful pastors

### St Vincent De Paul

St Vincent De Paul is a Catholic charity who work tirelessly to support the needs of families in our community in a variety of ways. We are blessed to enjoy a very close relationship with St Anne's St Vincent De Paul's group.. We meet monthly with the group in order to secure support for families in our school who may require assistance.. Because of the wonderful work of the SVP, we are in a position to assist families with the cost of basic needs, food and energy costs should they need it. All requests for support are completely confidential. Should you need any assistance in terms of food, energy or uniform please email [e.brown@sbchs.co.uk](mailto:e.brown@sbchs.co.uk).

#### College Lunch Time Drop Ins

Starting Week Beginning 30/10/24  
Yr 11 pupils can speak to Colleges in the library.

#### Work Experience

All forms must be handed in as a matter of urgency.

Work Experience is compulsory.

### Yr 11

#### College Applications

Online applications will open shortly so keep checking online.

#### Three Applications

All applications (to at least 3 colleges) to be complete by beginning of December.

# CEIAG

Careers Education Information Advice and Guidance

### DUKE OF EDINBURGH AWARD

Year 9 bronze and year 10 silver will begin shortly. Pupils need to speak to Mrs Turpin if they wish to participate this year.





# Personal Development Lessons (PSHE, RSHE, CEIAG, CITIZENSHIP & CHARACTER EDUCATION)

All students will study the following topics throughout the academic year:



**Guest Speakers**

**Year 7** – Network Rail, the British Transport Police – Local dangers

**All Years** – Lancashire Police – knife crime

**All Years** – We are With You – Vaping

**All pupils at St Bede’s experience the Personal Development curriculum through timetabled lessons (Monday week 2), assemblies and form time resources.**

## PSHE Topic this Term

During the autumn term, each year group will study the following topics.

	Year 7	Year 8	Year 9	Year 10	Year 11
Half Term 1	<b>Health and Wellbeing</b> – coping with change, diet and exercise and stillness.	<b>Staying Safe</b> – digital safety, first aid and negative social media influences.	<b>RSHE</b> – love people, use things, consent and sexual exploitation & harassment	<b>Citizenship</b> – Commonwealth/UN, UK constitution and electoral systems.	<b>Careers and Aspirations</b> – work experience, applications and college talks
Half Term 2	<b>Staying safe</b> – bullying, road, rail and water safety and first aid.	<b>Citizenship</b> – monarchy, parliament, justice and money.	<b>Serving the Common Good</b> – individual liberty, don’t be a bystander, human rights and CST.	<b>Careers and Aspirations</b> – revision techniques, CV introduction, exam stress and anxiety.	<b>Health and Wellbeing</b> – Exam stress, anxiety, mindfulness, medical and health choices.

# Relationship, Health and Sex Education (RSHE)

This term Year 9 students will attend three RSHE sessions exploring human dignity, consent and sexual exploitation and harassment.

## The Ten Ten RSHE Parent Portal

The Ten Ten Parent Portal contains:

An overview of the programme, "Life to the Full"

Guidance for parents on the content of lessons

Activities that can be undertaken at home to support the delivery of the programme

If you would like to find out more about the RSHE curriculum, then please follow this link:

<https://www.tentenresources.co.uk/parent-portal/>

\*Username and log in details have been emailed to parents.

## Pastoral Assemblies

Each week students will attend a pastoral assembly that will cover topics to complement and enhance the Personal Development Curriculum and the Catholic Life of the School. We also celebrate pupil achievements with weekly awards. Below are some of the topics covered.

Behaviour and Standards

Rewards

Enrichment opportunities

Misogyny

Mental Health Week

Future focus

Anti-bullying Week

No more knives

Vaping

Local Dangers

Interfaith Week

Protected characteristics





# Extra Curricular Timetable

During their time at St Bede's pupils will have the opportunity to experience a range of trips, visits, clubs & groups, compete in external competitions listen to external speakers and watch performances. These opportunities help our pupils to grow in character and build the knowledge and skills needed to thrive in the future. Enrichment at St Bede's exposes our pupils to a wide range of diverse spiritual and cultural experiences alongside opportunities to try out new interests and serve in the common good.

	Lunchtime	Room	After School (from 3.15 until 4.30)	Room
<b>Monday</b>	Million Minutes - Jacinta Lunchtime LSB Club (invitation only) Year 7 Choir – Mrs McMurray Soul Group – Mrs McMurray MFL Club – Frau Williams Year 7 Art – Mrs Morris Football Year 10 boys, 9,10 and 11 girls – PE Dept	R1 LSB Studio/MU1 Studio/MU1 MFL1 A2 Astro	Trampolining – Carlos (4.40pm)	Sports hall
<b>Tuesday</b>	Million Minutes – Jacinta Lunchtime LSB Club (invitation only) Guitar Club – Mr Marston-Yim/Mr Gibson Senior Choir – Mrs McMurray GCSE Art & Photography – Mrs <u>Corness</u> & Mrs <u>Byrom</u> Spooky Readers Club – Mrs Molloy Football Year 9 boys, 9,10 and 11 girls - PE Dept Laudato Si Environment group – Mr Holt	R1 LSB Studio/MU1 Studio/MU1 A1/ A2 E4 Astro H3	Living for Sport yr 7-9 – Miss Critchley Girls football all years – Miss Gray Year 11 Revision Club – Mr Cox WEB Committee (week 2 only) – Mrs Stacey-Swale Debate & Public Speaking (week 1 only) – RE dept Homework Club (invitation only) GCSE Art & Photography – Mrs <u>Corness</u> & Ms <u>Byrom</u>	Sports hall Astro LRC R1 R1 LSB A2
<b>Wednesday</b>	Chamber Choir – Mrs McMurray Lunchtime LSB Club (invitation only) GCSE Art & Photography – Mrs <u>Corness</u> & Ms <u>Byrom</u> Sign club – Miss McDowall Gardening Angels – Mr Holt Football Year 8 boys, 7 and 8 girls - PE Dept Dungeons & Dragons – Mr Gillon/ pupil led	Studio/MU1 LSB A1/ A2 E2 Sensory Garden Astro M1	GCSE food revision – Mrs Wainwright Netball all years – Mrs Longson Rugby all years – Mr Lloyd GCSE Art & Photography – Mrs <u>Corness</u>	DT2 Sports hall Astro A1
<b>Thursday</b>	Faith in Action – Jacinta Lunchtime LSB Club (invitation only) Tuscany choir week 1 – Mrs McMurray Boys Choir week 2 – Mrs McMurray MFL Club – Frau Williams GCSE Art & Photography – Mrs <u>Corness</u> & Ms <u>Byrom</u> Chess Club – Mr Doolan Football Year 11 boys, 9,10 and 11 girls – Mrs Turpin	Chaplaincy room LSB Studio/MU1 Studio/MU1 MFL1 A1/ A2 M5 Astro	Football Year 9 – Mr Marston-Yim Football Years 7,8,10,11 – Mr McLoughlin GCSE Art & Photography – Mrs <u>Corness</u> & Mrs <u>Byrom</u>  Duke of Edinburgh Award - Yr 9 & 10 (afterschool hours - please see Mrs Turpin for more details)	Astro Field A1  Parish Centre
<b>Friday</b>	Fitness club 7.55 am-8.25 am Lunchtime LSB Club (invitation only) Culture Club – Yr 10 Pupil Leaders Book Club- Miss McDowall Gardening Angels – Mr Holt Football Year 7 boys, 7 and 8 girls – PE Dept	<u>Sportshall</u> LS R1 E2 Sensory Gardens Astro		

\*All Sports clubs finish at 4.15pm unless stated

## Participation

This year we are strongly encouraging all our pupils to participate in at least one lunchtime or afterschool club.

## EXTRACURRICULAR ACTIVITIES CAN



Ignite a new passion



Encourage an open mind



Contribute to future success



# ENRICHMENT

"To provide a transformative Catholic Education ensuring that our pupils are empowered to serve the common good, by living the values of Faith, Hope and Love."



**ST BEDE'S  
CATHOLIC  
HIGH SCHOOL**











	Faith & Community	The Arts	Sports	Hobbies & Interests	Academic
<p><b>Key Staff</b></p> <p>Associate Assistant Headteacher (Personal Development) - Mrs V Stacey</p> <p>Chaplain- Jacinta Brown</p> <p>Director of Choirs - Mrs A McMurray</p> <p>CIEAG Lead - Mrs Turpin</p> <p>Sports Leadership Lead - Mrs Critchley</p>	<p>Faith in Action</p> <p>WEB Committee</p> <p>CST in the Media</p> <p>Liturgy Group</p> <p>Bible Study Group</p> <p>Prayer &amp; Stillness</p> <p>Laudato Si Environment group</p> <p>D of E</p> <p>Pride Lunchtime Meet</p>	<p>Year 11 Art &amp; Photography Club</p> <p>Year 7 Art Club</p> <p>Tuscany Choir</p> <p>Boys Choir</p> <p>Chamber Choir</p> <p>Guitar Club</p> <p>Senior Choir</p> <p>Year 7 Choir</p> <p>Soul Group</p>	<p>Lunchtime Girls Football</p> <p>Lunchtime Boys football</p> <p>Fitness Club</p> <p>Trampolining</p> <p>Living for Sport Years 7-9</p> <p>Netball</p> <p>Rugby</p>	<p>Gardening Angels</p> <p>Sign club</p> <p>Book Club</p> <p>Chess Club</p> <p>Dungeons and Dragons</p> <p>Lego and Boardgames</p> <p>Craft Club yr 7</p> <p>Lunchtime LSB Club</p>	<p>MFL Club</p> <p>GCSE food Revision</p> <p>DT GCSE Revision</p> <p>Spooky Readers Club</p> <p>Geography GCSE Morning Study</p> <p>Public Speaking &amp; Debate</p> <p>Culture Club</p> <p>Yr 11 Study Room</p>
			 <p>PRIMARY SCHOOL SPORTS LEADERS ROBIN WOOD</p>		

## Mental Health and Wellbeing

### Mental Health Week 7th -11th October

This year we will focus on the theme of mental health and wellbeing in school. Mrs Noon and the Make Talk Your Goal & Just Think pupil groups will lead on a range of assemblies, activities and events that are designed to inform pupils about the range of support we offer in school and where they can go for further information and support outside of school. We are asking that all pupils come into school wearing an item of yellow in support of mental health awareness.

### Mental Health First Aiders

Miss Noon  
Mr Lloyd  
Mrs Longson  
Mrs Wainwright  
Mr Cox  
Mr Lockyer  
Mr Doolan



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Free app to help families and friends provide mental health support  
[www.catchyourbreath.co.uk](http://www.catchyourbreath.co.uk)  
Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS  
CAMBRIDGESHIRE & PETERBOROUGH

The National College





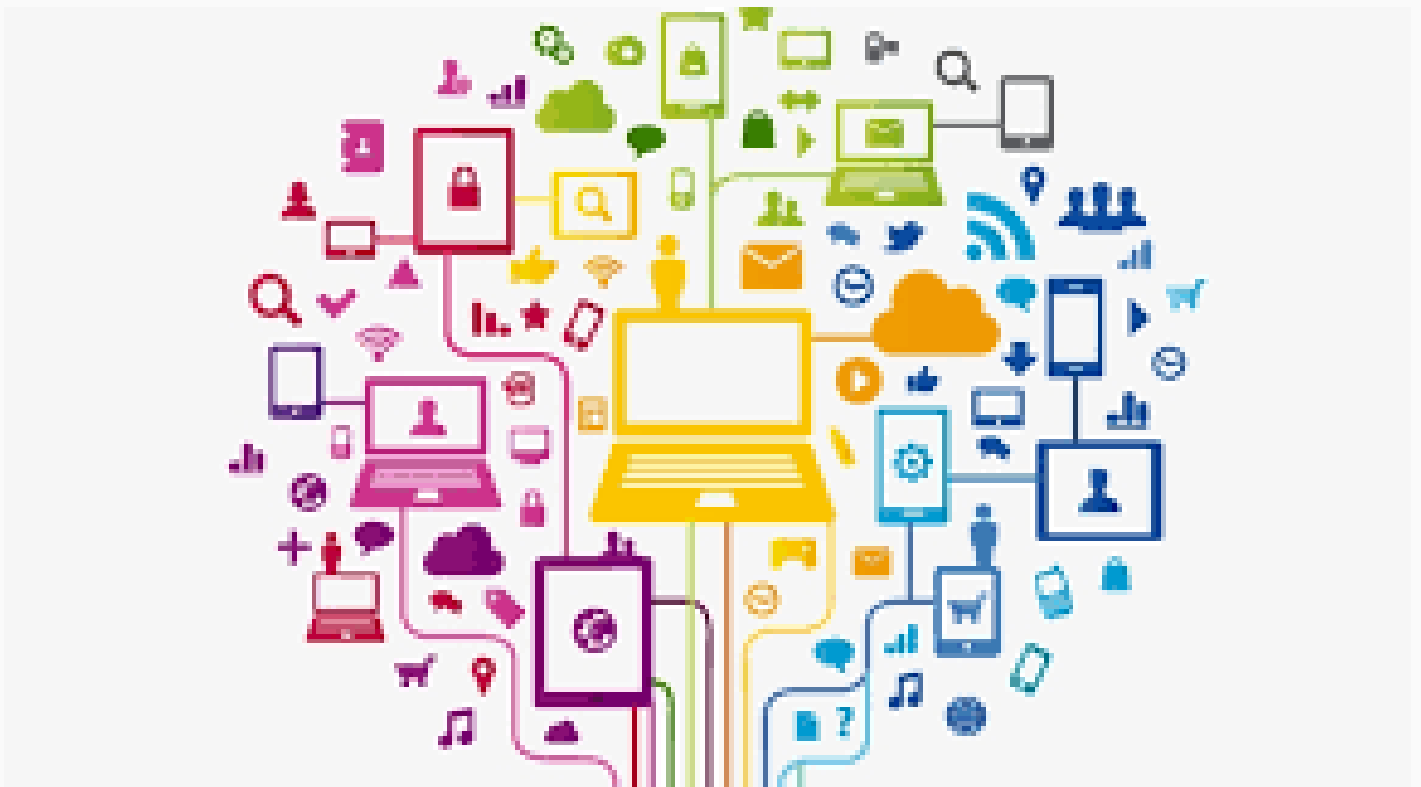
# Keep your child safe online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

These resources will support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- Thinkuknow by the National Crime Agency – Child Exploitation and Online Protection command (NCA-CEOP) – resources for parents and carers and children of all ages to help keep children safe online
- Childnet has developed guidance for parents and carers to begin a conversation about online safety, as well as guidance on keeping under-fives safe online
- Parent Info is a collaboration between Parent Zone and NCA-CEOP – support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) – guidance for parents and carers to help keep children safe online
- UK Safer Internet Centre – tips and advice for parents and carers to keep children safe online – you can also report any harmful content found online through the UK Safer Internet Centre
- Inclusive Digital Safety Hub and Online Safety Hub, created by South West Grid for Learning in partnership with Internet Matters – support and tailored advice for young people with additional learning needs and their parents or carers
- Parents' Guide to Age Ratings explains how the British Board of Film Classification rates content, and gives parents advice on choosing online content well
- The Children's Commissioner has published advice for parents on talking to your child about online sexual harassment specifically, based on input from children themselves





# Notices



Kooth is a free, safe and anonymous place for young people to find online support and counselling.

You can find online articles and discussion boards, chat and message members of the team and write in your own daily journal helping you to track your feelings and mood changes throughout the week. Kooth magazine contains creative pieces and personal experiences written by young people.  
[www.kooth.com](http://www.kooth.com)

## St Bede's Recycled Uniform group.

We are blessed to have a group of parents who run the St Bede's Recycled Uniform group. This group was started by the wonderful Nicki Carroll and continues thanks to the hard work of our wonderful parents, Mrs Alicia Merity and Mrs Karen Lawrenson and we thank them both for their and commitment to this special project.

If you would like to join, use this link below. Any items are shared in the group have no charge, so not only are uniforms kept from landfill, it helps budgets go further. The group is the place to share any good condition uniforms, coats, revision books, etc that you no longer need that can be reused by another family and to look for any items you need. If the item you are looking for is not available, you are able to make a request to group members.

[https://www.facebook.com/groups/816215389557517/?ref=share\\_group\\_link](https://www.facebook.com/groups/816215389557517/?ref=share_group_link)

## Other Organisations For Help and Advice

For information and advice about being healthy and looking after yourself, or if you need someone to talk to, you might find it helpful to look at the following websites:

[www.samaritans.org.uk](http://www.samaritans.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)

[www.there4me.com](http://www.there4me.com) (Childline)

<https://education.stem4.org.uk/apps/>

Mind Infoline – 0300 123 3393 (9am–6pm, Mon–Fri)

Saneline – 0300 304 7000 (4pm–10pm every day)

The Mix (age 11–25yrs) – 0808 808 4994 (4pm–11pm)

Papyrus – 0800 068 414 (9am–Midnight every day)

Drugs and Alcohol

Talk To Frank – 0800 7766 000 [www.talktofrank.com](http://www.talktofrank.com)

Emotional Health and Wellbeing

[www.youngminds.org.uk](http://www.youngminds.org.uk)

If there is any additional support you or your child need, please do not hesitate to contact school.

**Parent or  
carer**



**You can text a  
school nurse on**

**07312263554**

We can help with all kinds of things like.....

**Emotional Health & Wellbeing**

**Keeping Healthy Bedwetting**

**Sleep Bullying Dental Health**

**Growing Up Keeping Safe**

**Support with Medical Conditions  
in School**

**Confidentiality**

We might inform someone if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays).

If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the emergency department (A&E). Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number.

Messages are charged at your usual rates.

