

## Information for students: Staying safe and positive wellbeing

We have put together this information to let you know that even though you are not attending school, we are there to help if you are struggling.

If you are worried about anything you can use the following for support:

**Whisper Button** – report a safeguarding concern about yourself or a friend via this button



You can find this on the student safety and well-being page of our school website. Remember if you do not put your name we cannot contact you directly so please let us know who you are.

**Number to call** : There are also a number of staff available during this time to help you if you are worried. If you are in Years 7-9 contact us on **07724501921** and if in Years 10 &11 **07724502913**. We will ensure that we contact the right person or agency on your behalf. Please ask for help if you need it.

**Childline** – you can access this anytime day or night on 0800 1111, this number is free to call or through the website <https://www.childline.org.uk/>

**Kooth** – [www.kooth.com](http://www.kooth.com) is an online counselling service you can use for support with anything you are struggling with.

**Off the Record** – you can access listening support about any issues you might experience via <https://www.offtherecord-banes.co.uk/contact> This will be a free service.

**School Nursing Service** The school nursing service have set up a confidential telephone drop-in service Monday to Friday 12-2pm. You will be able to speak to a qualified nurse over the phone by calling 0300 247 0090 Monday to Friday 12-2pm. There is also a CHAT health text service so you can text a School Nurse for advice or support for any health issues or worries, again this is confidential and you don't need to give your name if you don't want to. The number is: 07480635513

**999** – If there is an emergency and you are in danger of harm call 999. Remember this will take you directly to the emergency services.

Young Minds – if you are experiencing

**Online Safety** – if you have any questions about how to keep yourself safe online look at; <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> or [https://www.thinkuknow.co.uk/14\\_plus/](https://www.thinkuknow.co.uk/14_plus/)

**Advice and support about Covid-19** If you are worried or anxious about Covid=19 and want further information and advice look at the following websites <https://www.youthconnectsouthwest.org.uk/> or <https://nya.org.uk/wp-content/uploads/2020/03/Covid-19-Young-people-final.pdf> or <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

If you are worried about someone else, please use the same numbers or the Whisper Button. Don't hesitate to get in touch if you feel concerned about someone else's wellbeing or safety.

And finally, we know that this is a difficult time for everybody. Stay in touch with your friends and look after each other and if you need support get in touch.

Kind regards,

Mrs Mills and the Pastoral team