

# PASTORAL

STUART BATHURST CATHOLIC HIGH SCHOOL

*Update*



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# YEAR 7

Hello lovely Year 7.

I just wanted to send you all a message to say that we are missing you, and that we are looking forward to a time when we can all be back together again.

We have been blown away by the excellent work that has been sent in by a number of students. Acts of kindness are being given freely and sent out in the community! In particular, Grace Glover is sending notes and gifts to people who may feel alone at this time. You are a wonderful year group and we are very proud of how you are all coping during this time.

We also loved the stop motion Star Wars production created by Daniel Doherty and his friends. Excellent voice overs and really creative! I could see how much effort and time had gone into creating this work and wanted to congratulate them all.

This time in which we have been in lock down has allowed us to be creative with our use of time. Usually during Easter I would have been part of the Passion production by CJM Music called Born For This. For the first time in years we had to get together and produce the work via video and this was edited together to complete the finale of the show. This was a new experience for me and something I feel very lucky to have been able to take part in.

I have been enjoying watching the live theatre productions that have been streamed by the National Theatre - One Man Two Guvnors; Wise Children, directed by Emma Rice; Jane Eyre; Treasure Island; Twelfth Night; and Frankenstein, played by both Johnny Lee Miller and Benedict Cumberbatch. I indulged my love of Musical theatre, watching Jesus Christ Superstar by Andrew Lloyd Webber; Phantom of the Opera; and Love Never Dies. I've also seen dance productions of KES and Romeo and Juliet by Matthew Bourne. So much to see!

I have been catching up on reading with Marianne Keyes and Matina Cole books. I have also been enjoying baking more during the holidays and had a number of family birthdays as a great excuse. My garden has never looked so good and I have been very grateful for the outside space. I have also taken the time to enjoy getting exercise in the local community.

More than ever, I have enjoyed the time to be with my children. We have rediscovered High School Musical with our youngest son and have been enjoying the new series on Disney+. I have learnt that life moves past quickly and I thank God for the time we are getting to be present to the people we love.

This reminds me of the lines of a play - "Each moment of life is precious, each precious moment is packed with the hope that their will be more precious moments".

Take time to breathe and enjoy your precious moments, be helpful at home, access your work on classcharts, exercise and keep in contact with your family and friends.

Please remember if you need any help or support we are only a phone call or email away.

[cath.pepper@stuart-bathurst.org.uk](mailto:cath.pepper@stuart-bathurst.org.uk)

Hello Year 7!

Hope you are all keeping well and using this time to take up some activities that you may not have tried before! I have been baking with my daughter, making lovely bread and cakes. I am also reading plenty of books and my read at the moment thanks to World Book Day is - A Little Life by Hanya Yanagihara which is about 4 classmates from a small Massachusetts College who move to New York. Hope to see you very soon and take care.

Mrs Bayley

[jane.bayley@stuart-bathurst.org.uk](mailto:jane.bayley@stuart-bathurst.org.uk)

*Stay at Home*



# YEAR 8

Hello Year 8!

Firstly, I would like to say how much I miss seeing you all, even if you do have Miss Meacham and myself running around after you like headless chickens most days! We have been overwhelmed with the amazing statistic that it has almost been eight weeks since we have had no Year 8 students in Internal Inclusion!

Joking aside, I hope you and your families are keeping safe and well. I have been in contact with a lot of Year 8 and their families recently and I have been overwhelmed with some of the feedback that I have received. Most of you have taken this difficult situation into your stride and are working with maturity and concentration.

However, I am aware that some of you are not producing work which reflects you accurately or to the best of your ability and I will be in regular contact with you to ensure that you are working well and thus making progress. Miss Meacham and I were delighted to receive some emails from Ms. Allen recently, who was really pleased with some Year 8 work, especially from Haafizah Hussain and Billy-Joe Paskin.

One thing I have struggled with during the lockdown is my sleep pattern. I know that this has also been an issue for some of you. It is vital to remember the importance of sleep and keeping a routine.

Once we do return to school it will be difficult to make the most of your education if you are struggling to maintain a sense of routine. I have found it very useful to write myself up a daily schedule.

Today's was as follows:

<b>7.30:</b>	<b>Wake up</b>
<b>7.45:</b>	<b>Breakfast</b>
<b>8.30:</b>	<b>School Work</b>
<b>10.30:</b>	<b>Brunch</b>
<b>11.00:</b>	<b>Giving student feedback on work</b>
<b>12.30:</b>	<b>Daily Run</b>
<b>14.00:</b>	<b>Relaxing (Reading)</b>
<b>15.30:</b>	<b>School Work- Creating resources</b>
<b>17.00:</b>	<b>New Part-Time Job (FIFA 20)</b>
<b>18.00:</b>	<b>Dinner</b>
<b>20.00:</b>	<b>Movie</b>
<b>22.45:</b>	<b>Bed Time</b>

In between all of my school work I have been really enjoying the time at home being able to do some of the things I normally would not get the opportunity to do and I encourage you to do the same. Since September I have not got to read as many books as I would have liked but during this time I have fallen back in love with reading.

I have also been doing some running and binge watching some series' including 'Hell's Kitchen' and the absolutely enthralling 'Tiger King'. I have also bought a vintage bike and nearly every day I am out fixing it which keeps me busy.

I hope to see you all again very soon Year 8. Keep busy, keep learning and keep safe. When you do return back to school I will need you back doing and being of your best in order for Mr Smith to buy me my first bacon sandwich! If you need anything at all, please get in touch [p.begley@stuart-bathurst.org.uk](mailto:p.begley@stuart-bathurst.org.uk)

Mr Begley

*Stay at Home*



# YEAR 9

The first thing I would like to say Year 9 is that I am missing you all so much! You will have all been contacted over the last couple of weeks and it has been amazing to hear all of the different ways that you have been keeping yourself busy. Your politeness and maturity, during a very difficult time, is shining through and I am so proud of all you. I hear many inspiring stories from you, such as Ava Clark taking it upon herself to learn Makaton. I also have a very special mention for Lucy Garmston, who featured in a national newspaper, because she has been creating PPE for the NHS during her time at home. This act of kindness and selflessness is fantastic and, again, makes me proud to be your head of year.

Recently, you have all been busy selecting your options choices for your GCSEs in Year 10. This process has of course been different to how we envisaged it would take place, but you have taken it upon yourself to use all of the information provided by Miss Raindi to select your options. If you have any questions regarding your options, please do get in touch.

The most important thing during this period is to keep yourself safe and healthy. To do this, you will of course be following the rules that the government have set out. However, there are also ways to keep yourself busy and active during this time. The schoolwork that we have provided will keep your brains busy, but can you go above and beyond?

Could you read a book?

I have really enjoyed reading Tyson Fury's autobiography.

Could you do a jigsaw?

I have done many; however, they have a minimal amount of pieces, as they are my 3-year-old daughters!

You could try learning a new skill. We have started baking at home, however I will hold off from showing you pictures of the finished products, they are very much a work in progress. It is also vital that you exercise as regularly as you can. This can be a walk, jog or cycle. Or even just using the Joe Wicks videos to ensure that you are staying healthy.

Once thing that I have noticed is that for some of you, your routine has obviously become very disrupted. This is the same for me. However, we will be returning to school at some point. Please do not lose your normal routine too much, so set yourself a time to go to bed each night and a time to wake up in the morning. I do not expect you to be waking up for your normal school time, but staying in bed until early afternoon will make it extremely difficult when we do return.

I would like to reiterate what I said at the start of this piece, I miss you all greatly. If you need anything, please do not hesitate to get in touch with me, my email address is [t.smith@stuart-bathurst.org.uk](mailto:t.smith@stuart-bathurst.org.uk) and we will support you as best we can. I cannot wait to see you year 9. Keep safe and look after yourselves.

**Mr Smith**

*Stay at Home*





# YEAR 10

Hello to you all from the Year 10 team, we hope that you are all well and safe during these unprecedented time.

COVID 19 has certainly presented us all with challenges, change in route and uncertainty. The Year 10 team send you all our very best wishes at this difficult time and our thoughts go out to those families who have lost those who are dear to them due to this nasty virus. As a team and a school we are here for each and everyone of you. Please do not hesitate to make contact with us if you require any support.

Can I please draw your attention to the use of class charts. Subject teachers are frequently uploading work for all students via this programme. If you are having any problems with this, can you email us so that we can support you.

Many subjects are also using other interactive websites, which monitor students logging in and their activity on the account. Please can you ensure that you follow instructions from your subject teacher to ensure you have everything you need in support of your GCSE's.

Finally, we would like to leave you with this reading...

***Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.***

*Isaiah 41:10*

At this time, we need to stick together, laugh together, and communicate together because we are all in this together.

Stay Safe!

Miss Adams  
& Mrs Booker

## CLASS CHARTS

### This year so far:

1<sup>st</sup> Anisa Gater  
2<sup>nd</sup> Amelia Clark  
3<sup>rd</sup> Ahmed Patel

### Last Half Term:

1<sup>st</sup> Amelia Clark  
2<sup>nd</sup> Leah Dent  
3<sup>rd</sup> Demi-Leigh Fox

### Last 30 days:

1<sup>st</sup> Anjali Soni  
2<sup>nd</sup> Blake Wilson-Smith  
3<sup>rd</sup> Alyana Fernandez  
and Alice Ferris

## VIRTUES AWARDS

Alyana Fernandez  
and Alice Ferris  
– Learned and Wise

## CONTACT EMAILS

Miss Adams  
[e.adams@stuart-bathurst.org.uk](mailto:e.adams@stuart-bathurst.org.uk)

Mrs Booker  
[wendy.booker@stuart-bathurst.org.uk](mailto:wendy.booker@stuart-bathurst.org.uk)

Miss Miles  
[a.miles@stuart-bathurst.org.uk](mailto:a.miles@stuart-bathurst.org.uk)

Miss Boden  
[h.boden@stuart-bathurst.org.uk](mailto:h.boden@stuart-bathurst.org.uk)

Miss Brookes  
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Mrs Hussain  
[victoria.hussain@stuart-bathurst.org.uk](mailto:victoria.hussain@stuart-bathurst.org.uk)

Mr Thompson  
[mark.thompson@stuart-bathurst.org.uk](mailto:mark.thompson@stuart-bathurst.org.uk)

*Stay at Home*



# YEAR 11

Hello Year 11!

When I heard the news that your GCSE exams would be cancelled my initial feeling was one of sadness. I know how hard you have all worked this year and am confident that you would have gone on to perform excellently in the Summer. However, it is worth remembering that all your hard work this year will still pay off and this will come to fruition in the Summer.

Now we are several weeks into the lockdown I can truly say how much I miss you all and hope you are managing this unprecedented event. Please take time to read the various tips and advice in this and the previous newsletter. If I had to share one thing I have found useful it would be 'Have a clear structure to the day'. Use the fantastic work set by your teachers on ClassCharts to create a routine. Our brains are used to the usual routine of school

and your wellbeing benefits from having this form of daily plan.

Below are some generic resources I have come across that I think you may find useful.

Finally, please do not hesitate to contact us if you need any support. Best Wishes

Mr Connolly and Mrs Booker

## Message from 6<sup>th</sup> Form

Hello and welcome to our new Year 12! Firstly, I would like to say it has been a real pleasure talking to so many of you over the past weeks and I am really excited about welcoming you to our Sixth Form in September.

At this stage it is really important that you keep your brains agile and working in order to be ready for the next level of study at Sixth Form. To help you do this, your teachers have been setting lots of transition work which will make the move from GCSE to A

Level, much smoother and less daunting – so please make sure you complete all work that is set! You should have by now confirmed your final place with me by now- if you have not yet done so, please contact me immediately.

On results day in August you will have the opportunity to discuss your final subject choices with myself and Mr Barrett and also speak with your subject teachers who can also provide guidance about suitability for courses. It is very important that we get your choices right and that you

follow a pathway that suits your skills, interests and aptitude and of course, your future ambitions. My thoughts and prayers are with you all during this time and I am very proud of the way in which you are getting on with the transition work and staying focused – keep it up!

Mrs Y Jordan and Mr Barrett.

If you have any questions please contact myself or Mr Barrett at:

[ysabel.jordan@stuart-bathurst.org.uk](mailto:ysabel.jordan@stuart-bathurst.org.uk)  
[james.barrett@stuart-bathurst.org.uk](mailto:james.barrett@stuart-bathurst.org.uk)

### CGP - AMAZON OFFER!

If you, or anyone you know, owns a kindle, CGP are offering their new 'Head Start' guides for A Level Chemistry, Biology, Physics and Maths for free! These will help you prepare for starting these subjects at A level.

<https://www.amazon.co.uk/Head-Start-level-Biology-Level/dp/1782942793>

### Y11 STUDENT SURVEY

I have created a survey I would like each Year 11 student to complete to help us, as a school, identify what worked well this year:

Click [HERE](#) to go to the survey.

### PROM UPDATE

As you know, we had to take the decision to cancel the Prom on the 3<sup>rd</sup> July 2020. We will return any deposits paid later this year.

### CONTACT CONNEXIONS

Young people, parents/carers can still contact Connexions Sandwell online. Staff are available by phone or email.

Call us on this new number:  
**07748 930 976 / 07855 036 559**

freephone: **0800 358 4800** or

[sandwell\\_connexions@sandwell.gov.uk](mailto:sandwell_connexions@sandwell.gov.uk)

# YEAR 12

At this time of the year we would normally be thinking about university visits and exploring the many fabulous courses that are on offer. This May will be no different as there are many creative ways in which you can still explore what is on offer.

As you are now aware, the school have invested in Unifrog, a platform that helps with careers guidance and particularly preparing for university and the application process. On Monday 1<sup>st</sup> May you should receive an email from Unifrog inviting you to login in for the first time.

I have also emailed and sent via classcharts, a launch guide for

this platform which will guide you through the site and how you can access all the resources available to support you in the coming year.

Usually, you would be booking visits to see universities, at the moment this is not possible but a virtual tour is! The website UK University Search has collated information of all the virtual tours of universities which universities from across the country are offering and there are links on the site where you can book places on these online. They have also created a series of webinars about how to apply to university and the decision making process involved.

UCAS have created a road map which you should have received via school email and classcharts but I have also included it in this newsletter –please do take time to look at this as it will help guide your thinking.

As we move forward I will be providing you with UCAS Personal Statement training and more information about this will be sent via email and classcharts.

On a final note, please do keep working hard and staying focused on your studies but also allow time for yourself and your sense of well being.

# YEAR 13

LEAVERS - SUMMER 2020

The past 6 weeks will have undoubtedly have brought many worries and concerns about school, examinations and your futures and it is only natural that you should feel some feelings of anxiety. Dealing with these feelings alongside the pressures of studying at home and the restrictions of movement has called for you to be patient, resilient and creative in managing your time and space.

Talking to many of you, I have been very proud of the way you are getting on with your work and remaining focused on learning and the wonderful futures that lie ahead of you as we look forward to a time when we return to some normality.

## **If you are intending on going to university:**

Can you ensure that you have responded to your university offers by the deadline given by UCAS, please think carefully about your choices of firm and insurance.

Ensure that you have completed your student finance applications by 31<sup>st</sup> May - <https://www.gov.uk/student-finance>

If you are hoping to go the University of Birmingham check on your A2B status (if applicable) and what study is required prior to securing your place – check your email communications from the university.

## **If you are not planning on pursuing university study:**

Ensure that your CV is up to date

Get in touch with Tracey Woodhouse at Connexions who will support you in job/apprenticeship applications ([tracey\\_woodhouse@sandwell.gov.uk](mailto:tracey_woodhouse@sandwell.gov.uk))

If you need any further help or support, please do get in touch with me via email, as you know I always respond immediately and working together we can make sure you are ready to grab the future that awaits.

God Bless,  
Mrs Jordan

# UCAS ROADMAP

## UCAS Application

### Student Road Map

Looking for an easy life when it comes to your UCAS application? Follow this simple timeline, and you'll have it done and dusted before you know it. The goal is to complete your UCAS application form and write a decent draft of your personal statement before the summer vacation, which will put you in a great position when you return to school.



#### Research

In the month of May, you should be working out what you want to study and where you want to study it, if you haven't done so already.

If you've known what you want to study since you were a nipper, this part will be easy. If not, use these links to find about five to ten similar courses that you're interested in studying.



**UCAS:** <https://digitalucas.com/search>



**The Complete University Guide:** <https://www.thecompleteuniversityguide.co.uk/courses/search>



**The Student Room:** [https://www.thestudentroom.co.uk/wiki/a-z\\_of\\_university\\_courses](https://www.thestudentroom.co.uk/wiki/a-z_of_university_courses)



#### UCAS Application Form

In theory, this is the easy part, but you need a lot of information to hand. Make sure you have your official documents and examination results on you, it will make everything much smoother.



**UCAS:** <https://wwwucas.com/>



#### Plan Personal Statement

Usually, this is where the drama begins, but it pays to keep calm. Talk with your teachers, find examples, and list your achievements. Basically, work out the structure and content.



**George Teaches:** <https://georgeteaches.simplero.com/page/150741>



#### Draft Personal Statement

This is when you'll put all your planning into practice. Keep talking with your teachers, but now it's time for you to write the story of why you want to study the course you've chosen.



**George Teaches:** <https://georgeteaches.simplero.com/page/150741>



# VIRTUAL WORK EXPERIENCE

**Following their successful webinar, Young Professionals have decided to offer 500 spaces for Y11, Y12 and Y13 students on to their Virtual Work Experience Week.**

They will be releasing this opportunity to the rest of the UK schools on Monday afternoon next week but wanted our region to have the information earlier to ensure our students have the opportunity to secure some places.

The week will be running from 22nd June - 26th June and will be packed full of workshops, business challenges and opportunities to try new things out / build their skill sets.

They work with many global / FTSE 100 companies, who will be playing a big part in the week facilitating webinars and workshops. All your students will have the opportunity to engage with these companies during the week and get exposure to their sectors. Prizes will be given out (iPads, learning resources for them and gift vouchers)

## The Experience:

- Introduction to the business world (working in the corporate environment)
- Employability skills (CV writing, STAR exercise, the whole recruitment process explained in full detail to big brands) (Digital Interviews, Psychometric Testing etc.... the whole lot)!
- Business challenges around emerging technologies, new products and innovation / change strategy
- Projects to work on in their assigned groups & mentors to monitor progress
- Prizes and office experience days up for grabs to stand out students during the week

Each student will get their own digital log book so they can keep track on their progress for the week.

## Key Details:

- 22nd June - 26th June
- 9am - 16:30 each day (times may vary)
- First come first serve basis
- Student MUST sign up using the link below and will need to inform you / school they have applied (please do send out via parent mail so that parents / carers are made aware of this opportunity)
- All students that take part in the full week will get a written reference from me and they can include this on their CV's and make reference to the global companies they heard from.

**As mentioned it is first come first serve and all students will need to register via the link below.**

<https://www.surveymonkey.co.uk/r/7D8GFX5>



# ONLINE SAFETY

**During the current situation with the COVID-19 lockdown, the use of online and digital technologies is being used now more than ever. Many of these technologies are used to enable students to engage creatively with their learning.**

**Socially, our students often use the internet for entertainment, interaction and communication with 'friends' – bringing about new risks which many adults were never faced with.**

It has never been more important for parents and carers to understand how their children use the internet and associated technologies, so that they can help to manage the risks that exist and reinforce the important online safety messages that we should all be promoting.

Online Safety is an ever growing and changing area of interest and concern. The internet and related technologies, including mobile devices such as phones, gaming media, tablets, and watches, are developing rapidly and are integral to the daily lives of our students.

As children are communicating with peers more frequently online, at times they may send or receive unkind/ inappropriate comments which can cause a great deal upset and distress.

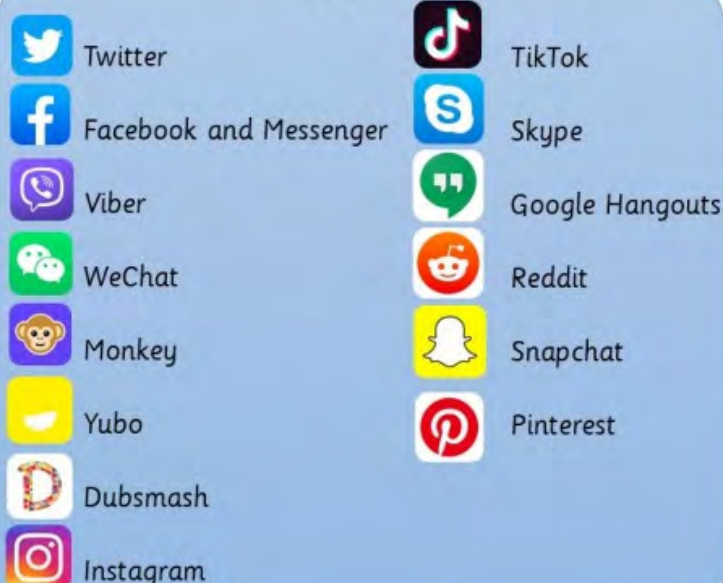
If any online bullying occurs please ensure that you contact school to discuss and provide any screenshots of incidents, and appropriate actions will occur. In some cases, a referral to the police will be made when dealing with cases of online bullying or harassment.

## AGE RESTRICTIONS FOR SOCIAL MEDIA APPS AND WEBSITES

### Under 13



### 13+



### 16+



### 17+



# HOW CAN YOU PROTECT YOUR CHILD ONLINE?

## **Have free and frank discussions.**

Encourage your child to talk to you about how they use the internet and show you what they do. Discuss with them the kinds of things they might come across. A good time to talk is when they get a new device or mention a new website

## **Manage their devices.**

Encourage them to use their tech devices in a communal area such as the living room or kitchen and set up a user account for your child. If you think they aren't old enough to have a mobile phone or tablet, stay firm and explain the reasons why.

## **Put yourself in control.**

Activate parental controls on your home broadband, all devices including mobile phones and games consoles. Safe search settings can also be activated on Google (and other search engines), YouTube and on entertainment sites like iTunes and iPlayer.

## **Keep their information private.**

Your child can set privacy settings on most social networking sites so that only close friends can search for them, tag them in a photograph or share what they've posted.

## **Talk about online reputation.**

Let them know that anything they upload, email or message could stay around forever online. Remind them they should only do things online that they wouldn't mind you, their teacher or a future employer seeing. Get them to think about creating a positive digital footprint.

## **Don't give in.**

Remind them how important it is not to give in to peer pressure to send inappropriate comments or images. Ensure that as parents/carers that's you are aware of age restrictions of online apps and not allow them to access anything that is not age appropriate.

***For further information on how to keep your children safe online, please go to:***

### **Internet Matters**

for e-safety support for parents and carers

### **London Grid for Learning**

for e-safety support for parents and carers

### **Net-aware**

for support for parents and carers from the NSPCC

### **Parent info**

for e-safety support for parents and carers

### **Thinkuknow**

for e-safety advice from the National Crime Agency

### **UK Safer Internet Centre**

advice for parents and carers



# PROTECTING YOUR CHILD AGAINST THE RISK OF RADICALISATION

## Online radicalisation - Parent/guardian information and support

Unfortunately, whilst rare, there are negative influencers and online groomers who use the internet, social media and online gaming to spread their extreme ideas, which children can be exposed to. Some of these ideas may be considered radical or extreme and when a person starts to support or be involved in them, this is called radicalisation.

Our experience of radicalisers is that they may link their extreme views to the global, national or individual response to Coronavirus which could be shown through films, images and discussions as:

- Conspiracy theories
- Blaming other people for the virus and its impact on life.
- Hate against groups because of race, religion, sexuality and gender.

Radicalisers will want as many people as possible to believe their ideas and sometimes encourage them to take action, which might break the law. This can be how people are drawn into terrorism.

### What are the possible signs of online radicalisation?

Boredom could cause children to engage with new groups or individuals and this could make them vulnerable to those looking to influence young people.

Online radicalisation may be hard for parents to notice because it is a complex issue. There are possible signs that someone may need some help. Look out for increased instances of:

- Exploring new and unusual websites, chat forums and platforms due to boredom or frustration.
- Joining new or secret groups since isolation.
- Speaking with new friends or being secretive about chats during online gaming or in forums.
- A strong desire to seek new meaning, identity and purpose.
- Using language you wouldn't expect them to know.
- Watching, sharing or creating films online linked to religious, political or racial hate.

Radicalisers can target young people by sending friend requests on popular sites and platforms to see who responds. They may strike up a conversation to build a relationship with a child and ask them to chat privately.

These chats can then happen on forums such as 2chan, 4chan and 8chan which are anonymous posting and discussion forums for over 18s. The content is often unsuitable for children and not a safe place to have discussions and learn about issues.



# SUPPORTING EMOTIONAL WELL-BEING

**It's normal for children and young people to feel worried or anxious at the moment. We've all experienced sudden changes in our lives and routines – and we're living with lots of uncertainty about the coming weeks. For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with.**

**Here are five things you can do to support your child:**

**1** Talk to them about what's going on. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking things through can help them feel calmer.

**2** Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried.

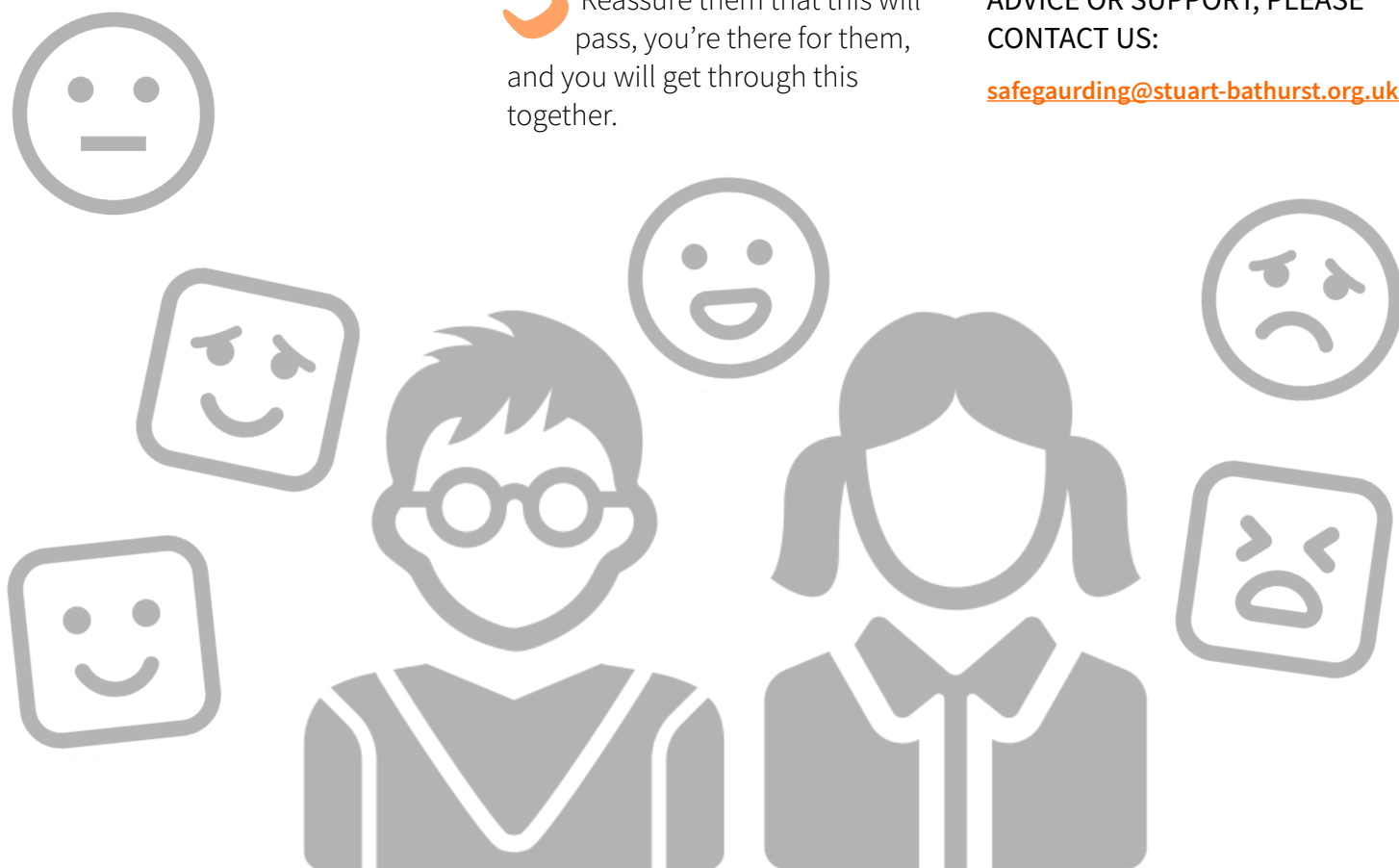
**3** Reassure them that this will pass, you're there for them, and you will get through this together.

**4** Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.

**5** Keep as many regular routines as possible, so that your child feels safe and that things are stable.

**IF YOU HAVE ANY CONCERNS RELATING TO YOUR CHILD AND YOU WOULD LIKE FURTHER ADVICE OR SUPPORT, PLEASE CONTACT US:**

[safeguarding@stuart-bathurst.org.uk](mailto:safeguarding@stuart-bathurst.org.uk)





# STUDENT WELFARE AND SUPPORT

*agencies offering help to young people and parents*



## KOOTH

An online counselling and emotional wellbeing platform for children and young people.

Mon-Fri: 12pm-10pm

Sat-Sun: 6pm-10pm

➤ [www.kooth.com](http://www.kooth.com)

## MIND

Promotes the views and needs of people with mental health problems.

**0300 123 3393**

Mon-Fri: 9am-6pm

➤ [www.mind.org.uk](http://www.mind.org.uk)

## CHILDLINE

Childline supports under 19s with any issue that they are going through.

**0800 1111**

➤ [www.childline.org.uk](http://www.childline.org.uk)

## PAPYRUS

Young suicide prevention society.

**0800 068 4141**

Mon-Fri: 10am-10pm

Sat-Sun: 2pm-10pm

➤ [www.papyrus-uk.org](http://www.papyrus-uk.org)

## SAMARITANS

Confidential support for people experiencing feelings of distress or despair.

**116 123** (free 24-hour helpline)

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

## YOUNG MINDS

Information on child and adolescent mental health. Services for parents and professionals.

**0808 802 5544** (parents' helpline)

Mon to Fri: 9.30am-4pm

For urgent help, text **YM** to **85258**

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

## URGENT CONTACT



If you need to talk to a member of staff urgently about a student's welfare, please contact us directly:

**07783807336**

**07783807324**

[mark.willett@stuart-bathurst.org.uk](mailto:mark.willett@stuart-bathurst.org.uk)  
[b.morris@stuart-bathurst.org.uk](mailto:b.morris@stuart-bathurst.org.uk)

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