



## 5 June 2025, World Environment Day

Plastic pollution permeates every corner of the planet - even in our bodies in the form of microplastics. World Environment Day 2025 calls for collective action to tackle plastic pollution.

By drawing inspiration from nature and showcasing real-world solutions, the campaign will encourage individuals, organisations, industries, and governments to adopt sustainable practices that drive systemic change.

This year's World Environment Day comes exactly two months before countries meet again to continue negotiating a global treaty to end plastic pollution.





## 8 June 2025, World Oceans Day

Our oceans cover 70% of the planet's surface and play a vital role in sustaining life. From providing oxygen for every second breath we take to feeding billions of people and hosting 80% of the world's biodiversity, the ocean is essential to our existence.

However, our oceans are facing unprecedented threats. Pollution, overfishing, bycatch, and climate change are putting marine biodiversity at risk.

This annual event serves as a reminder of the critical importance of protecting our oceans and marine life.

## 6 June: Eid al-Adha (Islam)

Find out more about these festivals visit our website here : <https://seafordhead.org/our-education/pshe-wellbeing/>

# RELIGIOUS & CULTURAL FESTIVALS

**6 June : Eid al-Adha** : Eid al-Adha is one of the two Eids that Muslims celebrate.

It follows the end of the annual Hajj pilgrimage period, and is also known as the "Feast of Sacrifice".

On Eid al-Adha Muslims remember the sacrifice made by Prophet Ibrahim.

In remembrance of his sacrifice and to help the poor and needy, they give their own sacrifice : Qurbani.

Eid al-Adha is expected to begin on Friday 6 June 2025 and end of Sunday 8 June 2025 in the UK or Monday 9 June, depending on the sighting of the moon.







Any member of staff in the school will help support you if you need it.  
The people shown below have specific training and skills to support young people around feelings and wellbeing.



Sam Whittaker  
Assistant Headteacher



Mrs K  
MHFA Instructor



Beth  
Engagement &  
Therapeutic  
Practitioner



Julia  
SEMH Inclusion  
Practitioner



Tara  
Counsellor



Laura  
Counsellor



Miss Gallagher  
Miss Phillips  
Mrs Mason  
Miss Fleming  
Mrs Moloney  
Ms Ackroyd  
Miss Adamson  
Mr Ashdown  
Miss Bromley

Miss Britton  
Mrs Callard  
Mrs Davis  
Mr Gant  
Miss Harris  
Mrs Kent  
Ms Kyprianou  
Ms Maberley  
Mrs Martin

Mr McLaren  
Mrs Merry  
Miss Novitt  
Mr O'Kane  
Mr Osborne  
Mr Thomas  
Miss Wells



Jennie  
Senior Mental  
Health  
Practitioner



Katy  
Children's  
Wellbeing  
Practitioner



Sophie  
Children's  
Wellbeing  
Practitioner



Confidentially email:-

[health@seafordhead.org](mailto:health@seafordhead.org) or  
[safeguarding@seafordhead.org](mailto:safeguarding@seafordhead.org)



Class teacher  
Student Services  
Director of Learning  
Any member of staff



# The Safeguarding Team



Mr B Ellis  
Headteacher



Dr I Wallace  
DSL



Ms L K  
Safeguarding Manager &  
Deputy DSL

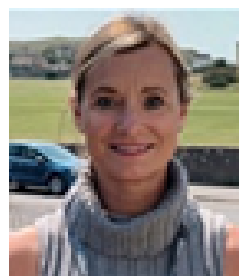


Mr S Whittaker  
Deputy DSL

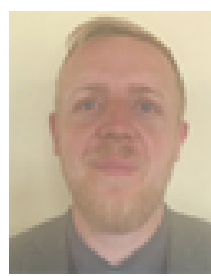


Rev J Hollingsworth  
Governor for Safeguarding

## Deputy DSLs



Ms S Alvarez  
Assistant Headteacher



Mr J Pratt  
Assistant Headteacher



Mrs J Root  
LAC Designated  
Teacher



Mrs J Owen  
Educational Welfare  
Officer



Ms J Baleman  
Family Support  
Practitioner



Miss L Ralph  
Asst Head of Year



Ms E Gallagher  
Asst Head of Year



Mrs E Fleming  
Asst Head of Year



Miss E Phillips  
Asst Head of Year



Mrs S Moloney  
Asst Head of Year



Mrs T Mason  
Asst Head of Year





**TALK TO US**  
If things are getting to you

116 123 FREE  
This number is FREE to call round the clock

✉ [jo@samaritans.org](mailto:jo@samaritans.org)  
🌐 [samaritans.org](http://samaritans.org)

**SAMARITANS**

**AnxietyUK**

03444 775 774  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**SAMARITANS**

116 123  
[www.samaritans.org](http://www.samaritans.org)

**mind**

0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

**PAPYRUS**

0800 068 41 41  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

**ChildLine**

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Refuge**

0808 2000 247  
[www.refuge.org.uk](http://www.refuge.org.uk)

**YOUNG MINDS**

TEXT YM to 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Switchboard**  
LGBT+ helpline

0300 330 0630  
[www.switchboard.lgbt](http://www.switchboard.lgbt)

**shout**  
85258

here for you 24/7  
TEXT SHOUT to 85258  
[www.giveusashout.org](http://www.giveusashout.org)

**CAMPAIGN AGAINST LIVING MISERABLY CALM**

0800 58 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)

**Beat**  
Eating disorders

0808 801 0677  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**AA**  
RECOVERY

0800 9177 650  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Text your school nurse  
07507 332473

**NHS**  
East Sussex  
School Health Service

Chat exams  
Chat emotions  
Chat stress  
Chat sexual health  
Chat healthy lifestyles

Available Monday to Friday, 9am to 5pm for young people (11 to 19) and parents or carers

It is confidential, private and here for you

East Sussex School Health

Service provided by Kent Community Health NHS Foundation Trust  
[www.eastsussexchildren.nhs.uk](http://www.eastsussexchildren.nhs.uk)

**Switchboard**

Connecting you to LGBTQ support

7-9:30 pm  
Helpline  
01273 204050  
Monday, Wednesday, Thursday

Our helpline, open 7-9:30 pm Mondays, Wednesdays, and Thursdays, provides you with support and information and will connect you to the right LGBTQ services or advice.

**allsorts**

[youth@allsortsyouth.org.uk](mailto:youth@allsortsyouth.org.uk)

**i-ROCK**

14-25 in East Sussex and need to talk ?

Email:- [irockeastsussex@spft.nhs.uk](mailto:irockeastsussex@spft.nhs.uk) to book a face to face appointment.

You can also chat with us in our virtual drop in service by video call, audio call or text chat, we are online waiting to chat every weekday between 11am and 6pm



# Internet Safety

# S

## Stay Safe

Don't give out your personal information to people / places you don't know.



# M

## Don't Meet Up

Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.



# A

## Accepting Files

Accepting emails, files, pictures or texts from people you don't know can cause problems.



# R

## Reliable?

Check information before you believe it. Is the person or website telling the truth?



# T

## Tell Someone

Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow  
these SMART  
tips to keep  
yourself safe  
online!