





9-15 June 2025

9-15 June 2025, Carers Week

carersweek.org

- Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.
- A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older.
- A young carer is generally defined as someone under the age of 18 who provides care for a family member, relative, or friend who is unable to care for themselves due to illness, disability, mental health problems. They are often providing practical and/or emotional support that would typically be done by an adult.
- If any young person at SHS is providing care for a family member there is extra support available in school and also through the ESYC service.
- Email health@seafordhead.org for in school support or contact East Sussex Young Carers (ESYC) Email: info@eastsussexyoungcarers.org.uk. Telephone: 0300 111 1110.

14 June 2025, World Blood Donor Day

Every year countries around the world celebrate World Blood Donor Day (WBDD).

The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood

Remember that the happiest people are not those getting more, but those giving more.

Happy World Blood Donation Day!





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 or
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

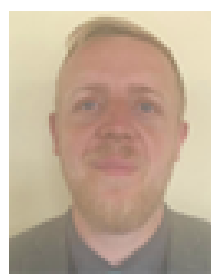


Rev J Hollingsworth
Governor for Safeguarding

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
🌐 samaritans.org

SAMARITANS

AnxietyUK

03444 775 774
www.anxietyuk.org.uk

SAMARITANS

116 123
www.samaritans.org

mind

0300 123 3393
www.mind.org.uk

PAPYRUS

0800 068 41 41
www.papyrus-uk.org

ChildLine

0800 1111
www.childline.org.uk

Refuge

0808 2000 247
www.refuge.org.uk

YOUNG MINDS

TEXT YM to 85258
www.youngminds.org.uk

Switchboard
LGBT+ helpline

0300 330 0630
www.switchboard.lgbt

shout
85258

here for you 24/7
TEXT SHOUT to 85258
www.giveusashout.org

CAMPAIGN AGAINST LIVING MISERABLY CALM

0800 58 58 58
www.thecalmzone.net

Beat
Eating disorders

0808 801 0677
www.beateatingdisorders.org.uk

AA
RECOVERY

0800 9177 650
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

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

i-ROCK

14-25 in East Sussex and need to talk ?

Email-: 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

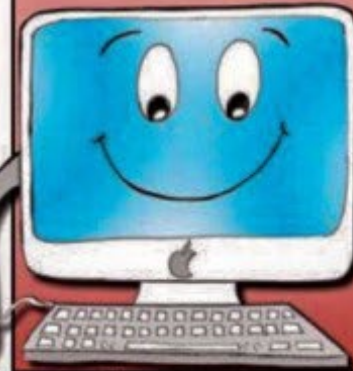
Accepting emails, files, pictures or texts from people you don't know can cause problems.



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!