



Character **C**ulture



SMSC
SOCIAL • MORAL • SPIRITUAL • CULTURAL

 SPIRITUAL DEVELOPMENT WE HAVE RESPECT FOR OTHERS AND THEIR FEELINGS.	 MORAL DEVELOPMENT WE RECOGNISE THE DIFFERENCE BETWEEN RIGHT AND WRONG.	 SOCIAL DEVELOPMENT WE ALWAYS COOPERATE AND RESOLVE CONFLICTS PEACEFULLY.	 CULTURAL DEVELOPMENT WE ACCEPT, RESPECT AND CELEBRATE DIVERSITY.
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SAY HELLO TO

Summer

*Know your limits, use sunscreen, drink plenty of water,
pay attention to your surroundings.
Keep your days in the sun carefree and safe.*



RELIGIOUS FESTIVALS

13 July (Saturday) to 15 (Monday) O-BON Japanese (Eastern Japan, including Tokyo.
Elsewhere in Japan, celebrated in August)

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



O-BON : A Japanese festival when the spirits of the departed are welcomed back with feasting and dancing. Fires are often lit to illuminate their arrival and departure.



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.



Class teacher
Student Services
Director of Learning
Any member of staff



Sam Whittaker
Assistant Headteacher



Mrs K
MHFA Instructor



Mollie
Therapeutic Practitioner



Sian
Therapeutic Practitioner



Beth
Engagement & Therapeutic Practitioner



Julia
SEMH Inclusion Practitioner



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

Mrs Merry
Miss Napier
Miss Novitt
Mr O'Kane
Mr Osborne

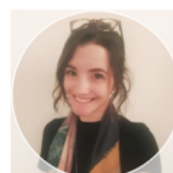
Mrs Pastor
Miss Ralph
Mr Thomas
Miss Wells



Tara
Counsellor



Laura
Counsellor



Jennie
Senior Mental Health Practitioner



Jane
Clinical Psychologist



Katy
Children's Wellbeing Practitioner



Sophie
Children's Wellbeing Practitioner



Confidentially email:-

health@seafordhead.org or
safeguarding@seafordhead.org



The Safeguarding Team



Mr B Ellis
Headteacher



Dr I Wallace
DSL



Ms L K
Safeguarding Manager &
Deputy DSL

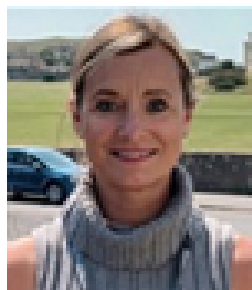


Mr S Whittaker
Deputy DSL

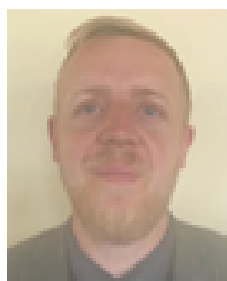


Rev J Hollingsworth
Governor for Safeguarding

Deputy DSLs



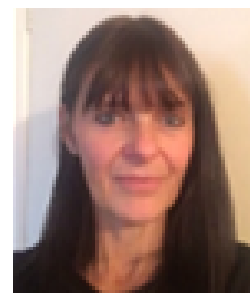
Ms S Alvarez
Assistant Headteacher



Mr J Pratt
Assistant Headteacher



Mr E Southern
Assistant Headteacher



Mrs J Owen
Educational Welfare Officer



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

Text your school nurse
07507 332473

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

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

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

i-ROCK
14-25 in East Sussex and need to talk ?

CAMPAIGN AGAINST LIVING MISERABLY CALM
0800 58 58 58
www.thecalmzone.net

Beat
Eating disorders
0808 801 0677
www.beateatingdisorders.org.uk

AA
UNITY SERVICE RECOVERY
0800 9177 650
www.alcoholics-anonymous.org.uk

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!