



Character Culture



Social Development
WE ALWAYS COOPERATE AND RESOLVE CONFLICTS PEACEFULLY.



Moral Development
WE RECOGNISE THE DIFFERENCE BETWEEN RIGHT AND WRONG.



Spiritual Development
WE HAVE RESPECT FOR OTHERS AND THEIR FEELINGS.



Cultural Development
WE ACCEPT, RESPECT AND CELEBRATE DIVERSITY.




Have 3 different colours in your meals today






Ditch the takeaway and make a healthier homemade "fake-away"

Make your own ice lollies with fruit squash




Go plant based for a day!





Swap caffeinated hot drinks for herbal tea to support hydration



Consider taking a vitamin D supplement if you are unable to get your recommended daily 10 micrograms

Go for a walk before meals to increase appetite



Use a herb or spice that you have not used before





Try an exotic fruit such as kiwi, dragon fruit or mango

Try porridge and fruit for breakfast!





Plant something edible in a plant pot


If you've already eaten and still feel hungry, try a glass of water as hunger is a common sign of dehydration.







Give peas a chance! Get your greens in and make your own pea soup

Eat foods with a high water content to support hydration



Eat beans such as kidney beans as a good source of protein






Add mint or cucumber to your water to make it fancy!



Make a green smoothie

Make that healthy recipe you have saved on pinterest





Swap meat for the vegetarian option



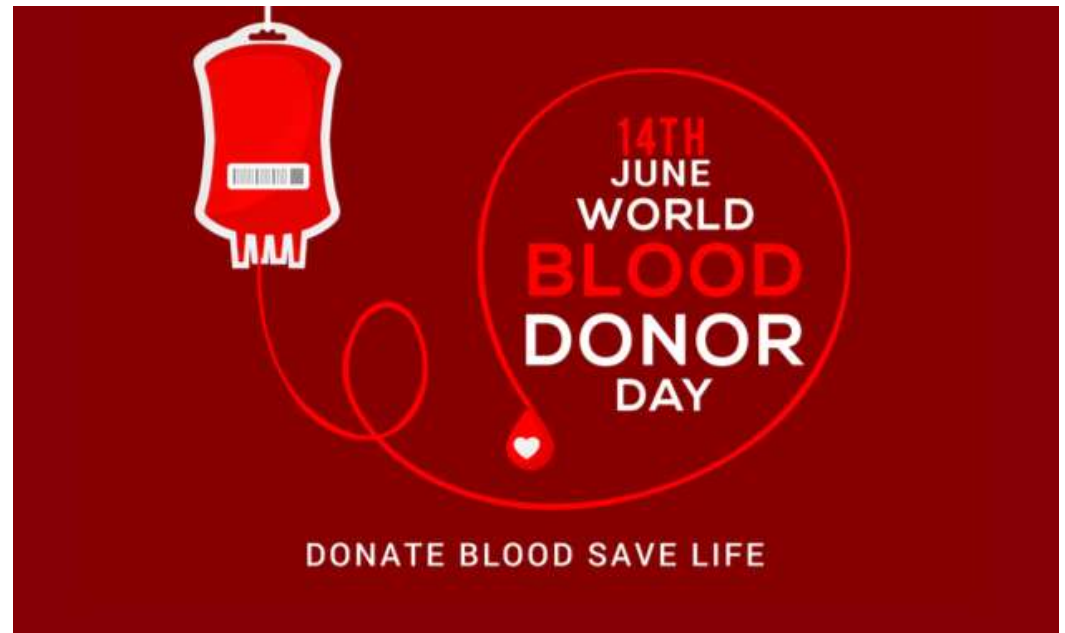


Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.





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.



RELIGIOUS FESTIVALS

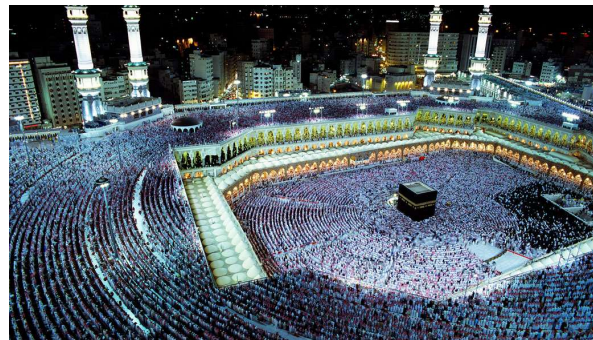
- ☯ 10 June (Monday) DUANWUJIE/TUAN YANG CHIEH (Dragon Boat Festival) Chinese
- ✡ 12-13 June (Wednesday-Thursday) SHAVUOT (The Feast of Weeks) Jewish
- ☾ 15* June (Saturday) HAJJ (Pilgrimage to Makkah) BEGINS (8th Dhul-Hijjah) Muslim
- ☾ 16* June (Sunday) YAUM-ARAFAH (The Day of Arafat) (9th Dhul-Hijjah) Muslim
- ☪ 16 June (Sunday) MARTYRDOM OF GURU ARJAN DEV (1606) Sikh
- ✝ 7 June (Friday) SOLEMNITY OF THE MOST SACRED HEART OF JESUS Christian (Roman Catholic)

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



DUANWUJIE / TUAN CHIEH (Dragon Boat Festival) : Great dragon boat races take place between slim rowing boast (sometimes 100 feet long) shaped like dragons. People also go down to the rivers to picnic and celebrate on boats.

SHAVUOT (The Feast of Weeks) : Seven weeks after Pesach, Shavuot celebrates the revelation of the Torah on Mount Sinai and the early harvest season in Israel. Summer flowers and dairy foods abound.



HAJJ (Pilgrimage to Makkah) Begins : All Muslims who can afford to do so, and are not prevented through ill-health, are required to make this pilgrimage once in their lifetime (although there is no prohibition on making the pilgrimage more than once). A series of ritual acts are performed by the pilgrims during the first two days of Hajj.

* Muslim festivals begin the evening before the Gregorian dates shown in this calendar

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MARTYRDOM OF GURU ARJAN DEV (1606) : The fifth Guru was executed on the orders of Moghul Emperor, Jehangir, for refusing to pay a fine arising from a charge of treason. Guru Arjan made the first compilation of the Sikh Scriptures, called the *Adi Granth*, and supervised the completion of what is now the Golden Temple in Amritsar. A *gurburb* was held on this day, including an *okhand path*.

YAUM-ARAFAH (The Day of Arafat) (9th Dhul-Hijjah) : Muslims who are on Hajj spend the day in prayer on Mount Arafat to commemorate the end of the revelation of the Qur'an to the Prophet. Those not on Hajj are also expected to pray and to fast.



CHOOSING A
HEALTHY DIET ISN'T
ABOUT DEPRIVATION,
IT'S ABOUT BALANCE.
IT'S ABOUT
MODERATION."



SUPPORT

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

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

It is confidential, private and here for you

NHS East Sussex School Health Service

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
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

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

E-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!