

STAY SAFE OVER SUMMER

To help you stay safe over summer we've put together this guide which is full of information, help and advice. Please make sure you access any support you may need!

We can't wait to see you in September!

Click on any of the blue underlined writing (hyperlinks) to be taken to the website or further information.

We feel one of the best resources for all of our learners will be Kooth (www.kooth.com) which offers free, safe and anonymous online support for young people.

Get help if you need it

Remember, school is closed to all staff and learners over the summer holidays but if you need help there are plenty of services available:

<p>CHILD LINE Telephone: 0800 1111 Website: www.childline.org.uk Free confidential advice. This number is free to call 24 hours a day</p>	<p>KOOTH Website: www.kooth.com Free, safe and anonymous online support for young people</p>	<p>SAMARITANS Telephone: 116 123 Website: www.samaritans.org This number is free to call 24 hours a day</p>
<p>DOMESTIC ABUSE HELPLINE Telephone: 08082000247 Website: www.refuge.org.uk Support for women and children</p>	<p>Early Help Access Point 0161 342 4260 Information and advice for families in Tameside Parenting Helpline Further info here</p>	<p>Bereavement Support Website: www.winstonswish.org</p>

Achievement **S**uccess **P**rofessionalism **I**ntegrity **R**espect **E**ndeavour

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Stay mentally well

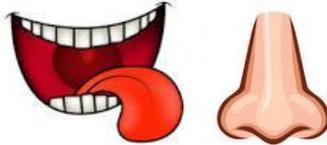
The majority of people have good mental wellbeing and it's important that we maintain this. The Anna Freud Self-Care guide is an excellent resource which will support you in doing this. The Anna Freud website (click [here](#)) also has a lot of resources which will support you to look after your mental health.

However, if you feel like you need additional support for your mental health, there are lots of services eager to help:

<p>Healthy Young Minds Further info here</p>	<p>Counselling The Talk Shop Virtual Drop-in, every Thursdays, 4-6 pm</p>	<p>Useful Websites and Apps www.mind.org.uk www.childmind.org.uk App: Headspace App: Calmzone</p>
<p>NHS Mental Health Helpline Tel: 0333 200 4339 Further info here</p>	<p>Help with Sleep Further info here.</p>	<p>Silvercloud: Access to Online CBT Further info here</p>

Coronavirus Advice

The government has identified **three symptoms** of coronavirus which are prominent in most cases for **all people**:

<p>HIGH TEMPERATURE 37.8° or above</p>	<p>PERSISTENT COUGH New dry cough</p>	<p>LOSS OF TASTE/SMELL</p>
		

Public Health England has identified **additional symptoms** of coronavirus which are prominent in **young people**:

<p>ABDOMINAL PAIN</p>	<p>SICKNESS/DIARRHOEA</p>	<p>LOSS OF APPETITE</p>
		

What to do if your child or someone in their house develops one of the symptoms of coronavirus:

- Your family must **self-isolate** for 14 days

- You must **book a test**
- Seek medical help if your symptoms deteriorate

How to book a coronavirus test:

- Online at <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Calling **119**

Further information:

Government's Coronavirus website: [click here](#)

Department for Education's Coronavirus website: [click here](#)

NHS Coronavirus website: [click here](#)

COVID-19 Mental Health Support

We realise that the coronavirus outbreak has prompted a lot of worries. Further information on how to support your mental wellbeing can be found [here](#) and [here](#).

Stay physically healthy

It's important to stay active and healthy over the summer holidays. The Anna Freud Self-Care guide is an excellent resource which will support you in doing this. The Anna Freud website (click [here](#)) also has a lot of resources which will support you to look after your physical health.

Healthy Eating

You can find information on planning healthy meals on a budget [here](#)

School Nursing Service

Information about young people's health and wellbeing, click [here](#)

Youth Sport Trust

Offers guidance on physical exercise

Website: [YST](#)

Twitter: @YouthSportTrust

Drugs and Alcohol Advice

Click [here](#)

Sexual Health Advice

Click [here](#)

The Brook: Health Advice

<https://www.brook.org.uk/>

Avoid Unnecessary Risks

We realise our learners will need to find ways to keep themselves entertained over the summer holidays but it's important to always remain safe. Here are some key dangers and some information/advice on how to stay safe.

Stay Safe Online

Information on online safety can be found on [CEOP](#) or

<https://www.thinkuknow.co.uk/>

Child Sexual Exploitation

It's not okay for someone to manipulate you into doing sexual things for their own or someone else's benefit. If you're under 18, this is called child sexual exploitation and it is against the law. Please click [here](#) for further information.

Water Safety

Don't swim in rivers, lakes or quarries – it can be extremely dangerous. Every year in the UK young people are seriously injured or die as a result of swimming in open waters.

Hidden dangers

- There may be hidden currents.
- It will be very cold and it can be difficult to get out (steep slimy banks).
- There may be hidden rubbish, e.g shopping trolleys, broken glass.
- It is very difficult to estimate depth. Water may be polluted and make you ill.
- There are no lifeguards.

You can find further information on Water Safety from United Utilities [here](#).

Sun Safety

- Stay out of the sun during the hottest parts of the day, particularly 11am – 3pm.
- If you have to go out when it is hot, make sure you apply sunscreen, wear a sun hat and move into the shade where possible.
- Drink plenty of water/cold drinks, but avoid drinks containing caffeine.
- Spraying water onto your skin or placing a damp cloth on the back of your neck will help you keep cool.
- In hot weather, keep an eye on people who are elderly, ill or very young. Make sure they are able to keep cool.

Bike, Road and Rail Safety

Click [here](#) to see a poster about bike safety and follow this [link](#) for information on staying safe on your bike.

Click [here](#) for information on road safety.

Watch this video about rail safety, click [here](#).