



# NEWSLETTER

*Pupil News & Information*

## STAYING SAFE IN THE SUN

Spend time in the shade when the sun is strongest. In the UK, this is between 11am - 3pm from March to October.

Make sure you:

- Spend time in the shade between 11am and 3pm to prevent burning.
- Cover up with suitable clothing and sunglasses.
- Use at least factor 30 sunscreen. When buying sunscreen, the label should have at least 4-star UVA protection.



## Family Friendly Days Out

### Sheffield

**BY THE SEASIDE**

25th July - 26th

August

Peace Gardens



### LOWEDGES FESTIVAL

11th August

12-5:30pm

### Heeley City Farm

Free Entry



### DEVONSHIRE GREEN FESTIVAL

24th August

12 - 8pm



Free Activities, games and refreshments throughout summer.

Search 'community team' online for events near you.

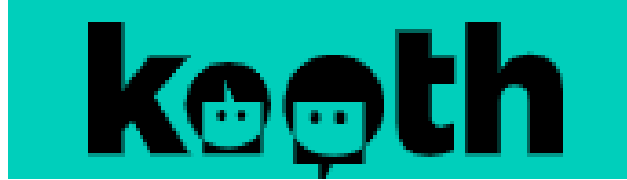
## ACTIVITIES TO DO YOURSELF

- Board Games
- Picnic
- Cooking or baking
- Visit the park
- Visit your local library or museum
- Build a 'parkour' with pillows
- Go on a walk
- Listen to music
- Draw a picture or write a poem
- Paint rocks
- Go swimming
- Dance to your favourite music
- Teach your family pet some new tricks
- Create a mood board of your favourite things

# NSPCC

Help for adults concerned about a child: **0808 800 5000**

Help for children and young people: **0800 1111**



Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people in Sheffield aged between 11- 18. Funded and endorsed by the NHS South Yorkshire Integrated Care Board, our services remain available over the winter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device.

Kooth offers free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities. With no threshold, waiting list or referral process, young people in Sheffield can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc. The registration process is quick, anonymous and safe, simply by registering at [www.kooth.com](http://www.kooth.com) using non-identifiable information.

If you have any questions regarding the service, please contact Kooth directly, simply email [parents@kooth.com](mailto:parents@kooth.com).

## Have a great summer!



*See you in September!*

*The Safeguarding Team*

**The Safeguarding Team - Room G23**

