



# Lady Lumley's School Wellbeing Newsletter July 2021



## School is out for Summer!

We are sending this out today wishing you a lovely & safe summer. As usual the sources of support and advice are contained within this newsletter. This edition also includes some summer specific safety tips and the Action for Happiness Calendar for July and August.

### Water Safety

It is perfectly natural to want to cool off when it's hot. Unsuitable rivers and quarries hide dangers below, with the additional hazards of freezing cold water and currents. Teenagers especially are drawn in by peers. With limited swimming over the last year, it will be important to remind young people how to stay safe in or alongside water.

We're supporting the launch of RLSS UK's free, online water safety toolkit which teaches families how to enjoy the water, safely.

The 'Lifesaver-Lifechanger' toolkit, gives people the confidence to keep themselves and others safe around the water by providing instruction on safe land-based rescues. This short course provides skills for life that will set individuals and families on a journey to gain knowledge and confidence to enjoy the water, safely. You even get a certificate!

**Summer WATER SAFETY**

When Summer hits it can be tempting to look for the nearest place to cool off.  
Here are our top tips if you plan on going for a paddle:

- LOOK OUT FOR LIFEGUARDS
- IT'S COLDER THAN IT LOOKS
- DON'T GO TOO FAR
- IT'S STRONGER THAN IT LOOKS
- BRING A FRIEND

www.rlss.org.uk

ROYAL LIFE SAVING SOCIETY UK

**LIFESAVER • LIFECHANGER**  
The Water Safety Toolkit  
GIVING FAMILIES CONFIDENCE TO BE SAFE IN, ON AND AROUND WATER

## Where to find support:

### **School:**

support@ladylumleys.net

### **Compass Buzz:**



### **Shout:**

**shout** here for you 24/7  
**85258**

Just text for help at anytime

## **Mental Health Crisis Team:**



0800 051 6171 for the mental health crisis team.

### **NHS:**



Speak to your doctor. They can help and refer to CAMHS

## Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun then ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

## LOVE THE SUN, PROTECT YOUR SKIN

Being outside in the sun is fun! You just need to make sure you're safe

How do we protect ourselves from UV rays so we can stay safe and have fun in the sun?



SLAP ON SPF 30+ SUNSCREEN



WEAR A HAT



STAY IN THE SHADE BETWEEN 11AM - 3PM



PROTECT YOUR EYES



COVER UP



Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)






## Parents' guide to safeguarding in out of school settings

Many parents and carers will be looking for childcare providers and other out of school settings during the summer holidays. The parents' guide is also available in several community languages (links are at the top right of the web page).

Download the 'Guidance for parents and carers'  
here: <https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings>

## Action For Happiness Calendar - July

Jump Back Up July 2021

| MONDAY                                                                                                                                                    | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                                    | THURSDAY                                                                                                                                         | FRIDAY                                                                  | SATURDAY                                                               | SUNDAY                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  <p>5 Get the basics right: eat well, exercise and go to bed on time</p> |  <p>6 Pause, breathe and feel your feet firmly on the ground</p> |  <p>8 Avoid saying "must" or "should" to yourself today</p> |  <p>1 Take a small step to help overcome a problem or worry</p> | <p>2 Adopt a growth mindset. Change "I can't" into "I can't...yet"</p>  | <p>3 Be willing to ask for help when you need it</p>                   | <p>4 Find something to look forward to today</p>                                     |
| <p>12 Write your worries down and save them for a specific 'worry time'</p>                                                                               | <p>13 Challenge negative thoughts. Find an alternative interpretation</p>                                                                         | <p>14 Get outside and move to help clear your head</p>                                                                                       | <p>15 Set yourself an achievable goal and take the first step</p>                                                                                | <p>16 Find fun ways to distract yourself from unhelpful thoughts</p>    | <p>17 Use one of your strengths to overcome a challenge today</p>      | <p>18 Let go of the small stuff and focus on the things that matter</p>              |
| <p>19 If you can't change it, change the way you think about it</p>                                                                                       | <p>20 When things go wrong, pause and be kind to yourself</p>                                                                                     | <p>21 Identify what helped you get through a tough time in your life</p>                                                                     | <p>22 Find 3 things you feel hopeful about and write them down</p>                                                                               | <p>23 Remember that all feelings and situations pass in time</p>        | <p>24 Choose to see something good about what has gone wrong</p>       | <p>25 Notice when you are feeling judgmental and be kind instead</p>                 |
| <p>26 Catch yourself over-reacting and take a deep breath</p>                                                                                             | <p>27 Write down 3 things you're grateful for (even if today was hard)</p>                                                                        | <p>28 Think about what you can learn from a recent problem</p>                                                                               | <p>29 Be a realistic optimist. Focus on what could go right</p>                                                                                  | <p>30 Reach out to a friend, family member or colleague for support</p> | <p>31 Remember we all struggle at times - it's part of being human</p> |  |

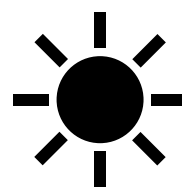
ACTION FOR HAPPINESS **Happier · Kinder · Together**

The Calendar for August will be available here:

<https://www.actionforhappiness.org/calendars>



## SUMMER HOLIDAYS



The summer holidays can be a great chance to spend time with friends and have some time off. But sometimes it can feel a bit lonely. Or you might miss the routine you have when you're in school. On this page from Childline you can find:

- Coping with summer holidays
  - Staying safe
  - Ways to cope

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

## Coping strategies – what if I'm feeling anxious or stressed?

Breathing techniques can control the physical symptoms of stress or anxiety whilst helping you think more clearly.

*(adapted from Compass BUZZ)*



### **Hi Five Breathing**

Try holding up your right hand with your palm towards you. Then starting at the bottom edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while you do this take a long breath in. Then breathe out slowly and as you do this bring your finger to the bottom of the next finger, repeating until you reach your thumb. Repeat this for as long as you need to relax.

## Supporting wellbeing

A reminder of where you can look for support or guidance:

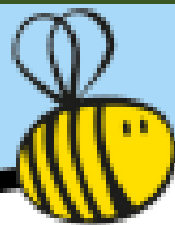
- [The Go To](#) – Provides support and guidance on wellbeing and mental health for young people and parents in North Yorkshire
- [Compass Buzz, 'Buzz US' service](#) - Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.
- [Young Minds](#) – Their website includes guides for both parents/carers and young people. As a school we successfully raised over £500 through our 'Hello Yellow' non-uniform day back in October.
- [One You](#) - The 'Every Mind Matters' campaign from the NHS includes guides on dealing with change, self care and dealing with social media. There are tips for parents/carers to help support children who may be struggling with their mental health.
- [NHS England](#) – A clear article with tips and guidance on what to do if you're a young person and you're struggling, including further links to other websites and support.
- [Rise Above](#) – Orientated towards young people, this website has plenty of videos and tips on a wide range of wellbeing and mental health issues.
- [Kooth](#) - Kooth is an online mental health service for children, young people and adults. In North Yorkshire, Kooth offers free online counselling and emotional wellbeing support for children and young people.



## **Safeguarding Support and Guidance**

A reminder of where Parents and Carers can look for support or guidance:

- [North Yorkshire Safeguarding Children Partnership](#) have some useful support and guidance for parents and carers for Lockdown 3.
- [Child Exploitation](#) – advice for parents/carers who think a child or young person may be exploited and/or groomed by being given things, like gifts, drugs, money, status and affection.
- [Child and Family Bereavement Support](#).
- [Early Help](#) - Early Help, it is the way that everyone works together to support the needs of families.
- [Compass REACH](#) is a free, confidential health and wellbeing service for children and young people in North Yorkshire who need support with issues related to drugs, alcohol, mental health and / or sexual health. 01609 777 662 or 0800 008 7452
- [Young Carers Support](#) - If your child is caring for you or helping to care for a sibling or family member who lives with you there are Young Carer's services across the county who can provide a wide range of support. To find out what support is available, contact the carers' centres in the area you live in for further information 01723 850155
- [IDAS](#) - IDAS provides support for victims and survivors of domestic abuse in North Yorkshire [info@idas.org.uk](mailto:info@idas.org.uk) 03000 110 110 Live Chat web chat facility Monday to Friday early evenings via the IDAS website
- [NSPCC](#) - NSPCC have a wide range of information and advice for parents and carers .
- [Ryedale Foodbank](#)
- [Worried About a Child?](#) **Where there are significant immediate concerns about the safety of a child, please contact the police on 999. If you believe the situation is urgent but does not require the police, please call 01609 780780 to make a telephone contact.**
- If you are worried – you can contact Mrs Elsworth at school, by emailing [telsworth@ladylumleys.net](mailto:telsworth@ladylumleys.net) or outside of school hours on our Safeguarding telephone number 07308305913 – **during the summer holiday this is not staffed. If you are unable to reach us and you are worried about any child and think they may be a victim of neglect or abuse please call the North Yorkshire Multi-Agency Screening Team (MAST) by calling 01609780780 Should your call be outside of business hours (Monday – Friday / 9am-5pm) please still call 01609 780780 to speak to the Emergency Duty Team.**



Daylio is a free private journal app, without the need to type! Choose from emojis to represent your mood and activities you have been doing. Over time you can notice patterns and understand your habits better.



HEADSPACE

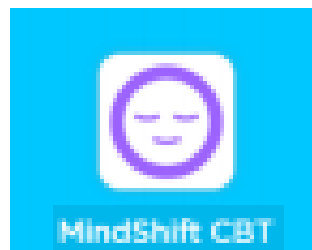
Headspace is a free app offering guided meditations, mindfulness, sleep advice, animations, articles and videos. Some of the content is only available to paid subscribers.

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It has the option of being private and password protected. Using the app you can track your progress and notice change.



Calm is a free app for meditation and sleep, including guided meditations, mindfulness, sleep stories, breathing programs, masterclasses and relaxing music. Some content is only available through an optional paid subscription.

MindShift is a free, scientifically based anxiety tool based on cognitive behavioural therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take change of anxiety.



CLEAR FEAR

Clear Fear is a free app providing ways to manage worry and anxiety. It uses a cognitive behavioural framework to help you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful resources and a grit box to boost resilience. It is recommended for the ages of 11-19 years.

## Online-safety update from North Yorkshire Police

North Yorkshire Police is raising awareness about 10 less well-known apps and chat tools used by paedophiles to contact young people online.

Worryingly, these apps have featured in a range of recent investigations into child abuse, indecent images of children, sexual communication with a child offences.

Apps such as Whisper and Kik are increasingly featuring in such cases, which require extensive enquiries by the force's Digital Forensics Unit to secure key evidence.



<https://northyorkshire.police.uk/news/police-urge-parents-to-check-kids-phones-for-10-apps-used-by-online-child-abusers/>