



*Christmas
is coming*

We finish for Christmas this week... and will see you next year!

Please have a wonderful holiday and stay safe!

We come back on Monday 8th January – please be on time. It's hard to get back into a routine but remember...

- Sort your uniform at least the day before
- Check your timetable ad pack the correct HW
- Do you have PE? Is your kit ready?
- If you've had nails/lashes/different coloured hair over Christmas please make sure everything is natural by Monday 8th Jan – you know the school rules!

Staying safe and well over Christmas...

Christmas can be a magical time. It can also be challenging depending on your circumstances or how you are feeling.

Some students and staff do miss school as they like the routine. It's OK if you feel this way!

Staying safe and well over Christmas...

Please remember:

- Lots of people find Christmas a challenging time
- Social media isn't real; don't compare your experiences, gifts or meals with other people's
- Think about what helps to make you happy, or relaxes you
- Getting some fresh air always helps!
- Try not to spend all your time on your phone/iPad/games console. It's not real life!
- Practise self-care – however that looks to you!

https://www.youtube.com/watch?v=EguDLVf5x_U



Whatever's happening this Christmas, there are lots of ways to cope :

Take a break when you can

Even if it's just 5 minutes, take time away from people or things that stress you out to go for a walk, listen to music or distract yourself.

Plan time after Christmas

Plan what you'd like to do to feel better after Christmas, and think about things you could do that you'll look forward to.

Talk to people you care about

Send messages to the people you love and share how your Christmas is going.

Let your feelings out

Whether it's [writing things down](#), [getting creative](#) or doing something to [calm yourself down](#), it can help to let how you're feeling out in a healthy way.

Keep in touch with people you can't see

Arrange a time when you can catch up, even if it's only for a few minutes. It can help as well to write down things you'd like to tell them when you can see each other again.

Get help when you need it

If you're feeling overwhelmed or down, you can access support. You can talk to a Childline counsellor any time over the holidays, or use the platform Kooth too.

Staying safe and well over Christmas...

[Coping if you feel unsafe](#)

If you're worried about getting hurt or you don't feel safe at home, you're not alone. Childline [can support you](#) with what's happening and in an emergency you can call 999.

If you're worried about something happening, it can help to:

- Make a plan ahead of time – write down who you can contact, where you can go and what you can do. Keep it somewhere safe and near you.
- Find a safe place – if you have to stay at home, think about where you feel safe.
- Keep a contact number – write down the name and contact number of someone you trust if you need someone to call.
- In an emergency call 999.

childline
ONLINE, ON THE PHONE, ANYTIME

Staying safe and well over Christmas...



How can Kooth help?

<https://vimeo.com/883937120>

(Teachers – please play the video from 16:00 to remind students about Kooth.)



Kooth's live chat hours over the holiday period



24th December (Christmas Eve) - 4pm - 8pm

25th December (Christmas Day) - 4pm - 8pm

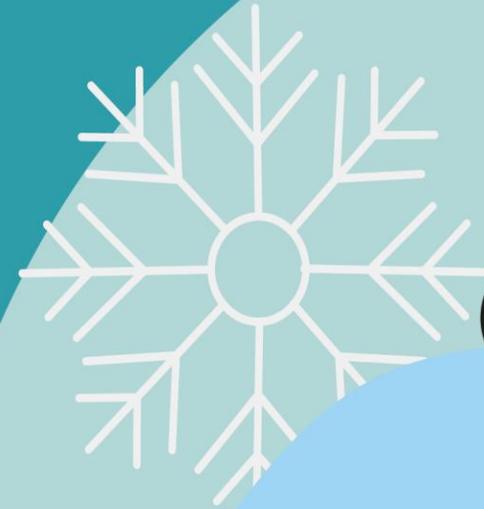
26th December (Boxing Day) - 4pm - 8pm

31st December (New Years Eve) - 4pm - 8pm

1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 6pm - 10pm on weekends.

[kooth.com](https://www.kooth.com)



Staying safe and well over Christmas...

Contacts for students:

ELCAS - <https://elht.nhs.uk/services/paediatrics/east-lancashire-child-and-adolescent-services>

You can also telephone the 24/7 mental health helpline:

0800 923 0110

NSPCC Helpline 0808 800 5000 <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

Lancashire Healthy Minds <https://www.healthyyoungmindsisc.co.uk/home>

Kooth <https://www.kooth.com/>

Young Minds <https://www.youngminds.org.uk/>

NEST <https://nestlancashire.org/further-help-and-support/childrens-charities/>

Lancashire Youthzone and Talkzone <https://www.lancashire.gov.uk/youthzone/>

The Children's Society – Wellbeing Activities <https://www.childrensociety.org.uk/information/young-people/well-being/activities>

Burnley HAF – winter activities

<https://burnleyhaf.org.uk/>

Staying safe and well over Christmas...

Contacts for families:

Children's Social Care – Support for Children and Families 0300 123 6720 or 0300 123 6722 (after 5pm and weekends)

ELCAS - <https://elht.nhs.uk/services/paediatrics/east-lancashire-child-and-adolescent-services>

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Foodbanks

<https://burnleyfccommunity.org/facilities/bfcitc-foodbank>

<https://burnleytogether.org.uk/our-services/food-support/>

<https://www.cots-ministries.co.uk/>

Parents' Support <https://www.familylives.org.uk/>