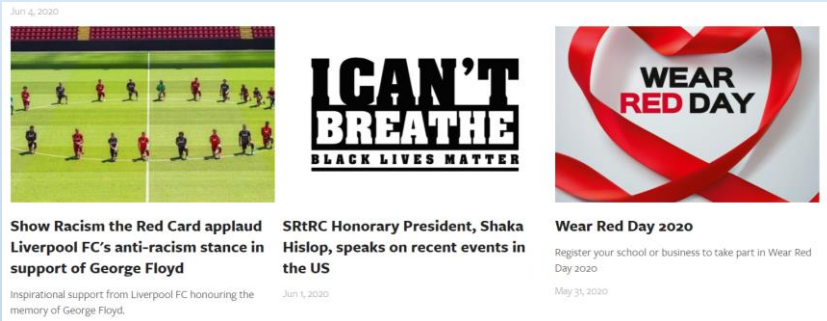


There is a lot going on in the world right now and it can be scary, unfair and over-whelming. So we need to make sure we look after ourselves and others. This may mean we take some time to reflect, listen, learn and act.

There are many resources available to support you and your family and also with information to educate and spread awareness of racism and how we can help .

<https://www.theredcard.org/>



Jun 4, 2020
Show Racism the Red Card applaud Liverpool FC's anti-racism stance in support of George Floyd
Inspirational support from Liverpool FC honouring the memory of George Floyd.

Jun 1, 2020
SRTRC Honorary President, Shaka Hislop, speaks on recent events in the US

May 31, 2020
Wear Red Day 2020
Register your school or business to take part in Wear Red Day 2020

<https://www.stophateuk.org/help-in-the-uk-national-organisations/>



Home Report Hate Crime About Us Resources Events

Welcome to our Young People's Online Hate Resource Hub.

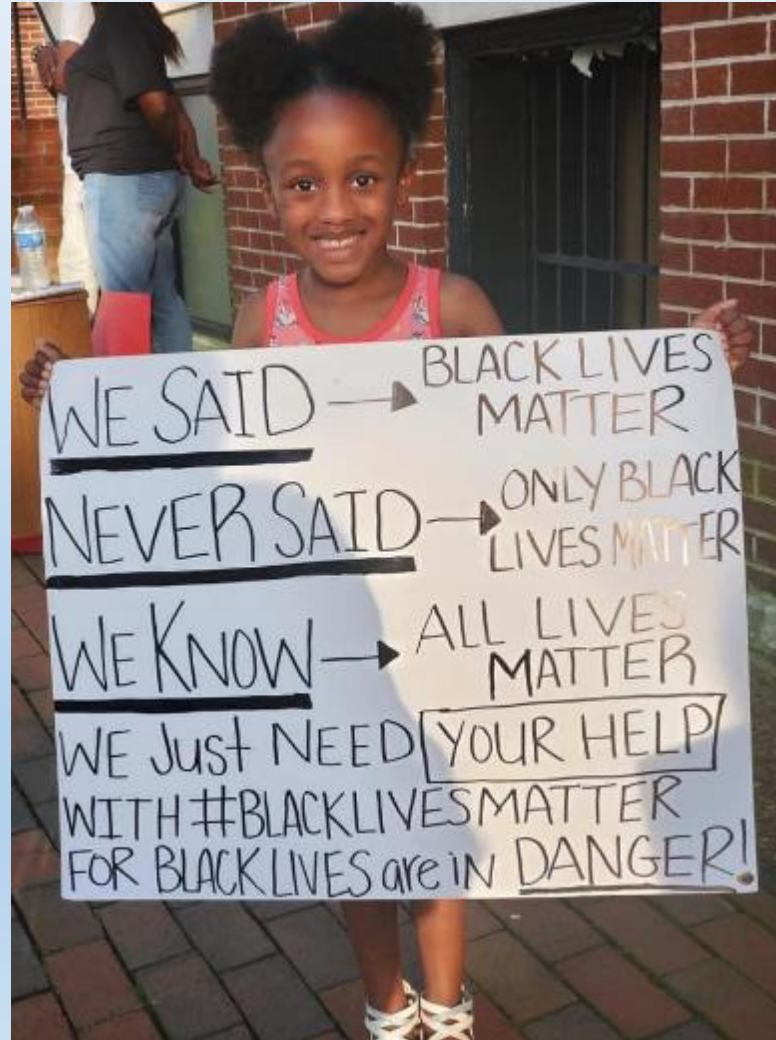
At Stop Hate UK we recognise the impact that Online Hate can have on individuals and communities. We work to reduce it and create a better online environment by increasing understanding of how and why it is important to know the harmful effects created by the powerful world of the internet.

Help us to Spread Love, Not Hate by exploring ways to challenge and report Online Hate.

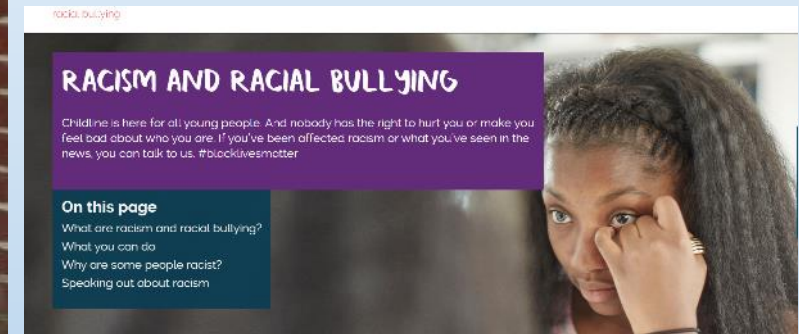
This information hub is for young people, their carers and teachers to learn about issues surrounding online Hate Crime, its impact and how to challenge and report it.

Sadly, some people think they can say what they like online and no-one will find out who they are. They also think that if it's online it's not as hurtful as in the real world.

Watch this video to see the impact of online messages, and how the support and 'likes' that they gather, cause real harm to the people at the receiving end. All these examples are real.



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

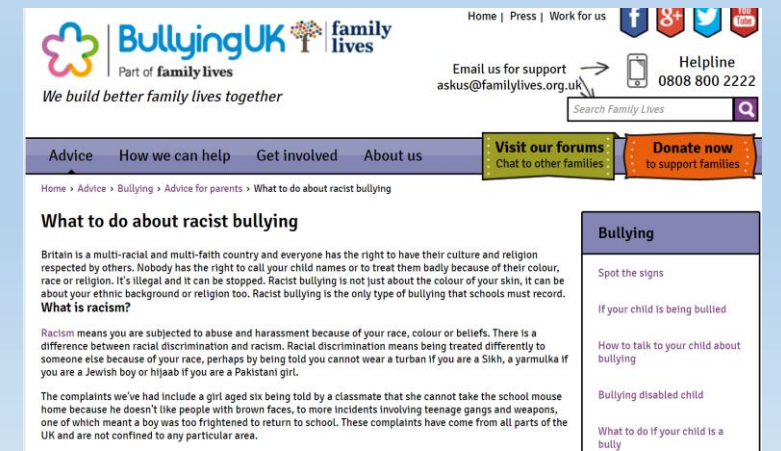


RACISM AND RACIAL BULLYING

Childline is here for all young people. And nobody has the right to hurt you or make you feel bad about who you are. If you've been affected by racism or what you've seen in the news, you can talk to us. #blacklivesmatter

On this page
What are racism and racial bullying?
What you can do
Why are some people racist?
Speaking out about racism

<https://www.bullying.co.uk/advice-for-parents/what-to-do-about-racist-bullying/>



Home | Press | Work for us

BullyingUK family lives
Part of family lives
We build better family lives together

Email us for support askus@familylives.org.uk Helpline 0808 800 2222

Search Family Lives

Advice How we can help Get involved About us Visit our forums Chat to other families Donate now to support families

What to do about racist bullying

Britain is a multi-racial and multi-faith country and everyone has the right to have their culture and religion respected by others. Nobody has the right to call your child names or to treat them badly because of their colour, race or religion. It's illegal and it can be stopped. Racist bullying is not just about the colour of your skin, it can be about your ethnic background or religion too. Racist bullying is the only type of bullying that schools must record.

What is racism?
Racism means you are subjected to abuse and harassment because of your race, colour or beliefs. There is a difference between racial discrimination and racism. Racial discrimination means being treated differently to someone else because of your race, perhaps by being told you cannot wear a turban if you are a Sikh, a yarmulka if you are a Jewish boy or hijab if you are a Pakistani girl.

The complaints we've had include a girl aged six being told by a classmate that she cannot take the school mouse home because he doesn't like people with brown faces, to more incidents involving teenage gangs and weapons, one of which meant a boy was too frightened to return to school. These complaints have come from all parts of the UK and are not confined to any particular area.

Bullying

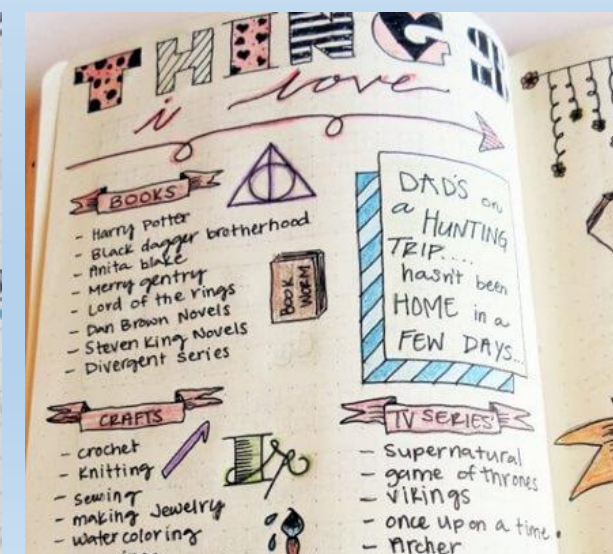
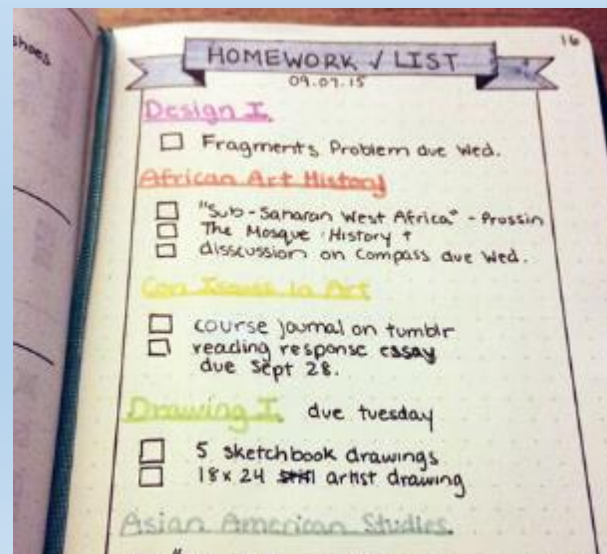
- Spot the signs
- If your child is being bullied
- How to talk to your child about bullying
- Bullying disabled child
- What to do if your child is a bully

ACCORDING TO SCIENTISTS KEEPING A JOURNAL IS A GREAT WAY TO RELIEVE STRESS AND ANXIETY, THEY CAN ALSO HELP YOU, AS A TEEN STAY ON TRACK DURING LOCKDOWN.

Juggling school work, chores, exercise and a social life can be tricky. Normal planners can be boring, and may make you feel boxed in and uninspired so try creating your own journal or diary. You can use any blank notepad or books to display your ideas, tasks, opinions and feelings.

YOU DON'T JUST HAVE TO WRITE.....DRAW PICTURES, GLUE IN IMAGES FROM MAGAZINES OR JUST GO WILD WITH COLOURED PENS.

There are no rules, there are no right or wrongs when it comes to journaling just remember to keep it personal and let your creativity and personality SHINE.



Other ways to use a journal

- SCHOOLWORK TRACKER

- keeps you on the ball, and you can get creative. Create headings and tasks required for each class you have and most importantly when they are due!

TIME MANAGEMENT

- Not every teen is naturally organised, don't worry It takes practise. Get started with tracking your own appointments and upcoming events.

GOALS & TO DO LISTS

- Write down a list of goals you want to achieve, then you can check back and tick them off as you complete. The same can be done for 'To Do lists'. In fact, you can make to do lists for anything and everything...films you want to see, places you want to visit, food you can't wait to try....

More ideas....

- Books to read
- Favourite quotes
- Wish lists
- Friends birthdays
- Things that make you happy





Could you help document 'lockdown life' for future generations?



Northamptonshire Archives and Heritage Service exists to collect, preserve and make accessible the memory, history and heritage of the county. We are looking to collect material which will reflect on the local effect, and response, the Covid-19 emergency has had on the people of Northamptonshire.

We are asking for help to record and collect this information for future generations. We would like to ask you to submit a record or diary of your thoughts, feelings and daily activities during the coronavirus pandemic and especially any changes you have noticed in your community.

Many thanks,
Northamptonshire Archives and Heritage Service



Northamptonshire
County Council

What?

You can submit material in either paper or electronic form. They can be written diaries, thoughts, ideas, photographs, drawings, letters, or audio or video recordings. For both physical and digital materials collected, we would like to ensure that they can be made freely accessible to members of the public. We ask anyone creating a coronavirus diary not to include such things as names or personal details of other people which could potentially identify them.

Many of you have made great school work about lockdown life- like poems, stories, Art and photography etc – maybe you could include work you have already made?

When?

While the Record Office remains closed, the transfer of hard copy material is not possible. We ask that people hold onto these records for the time being, acting as their own archivist, until such a point when the Record Office reopens.

How?

For more questions about the project or to submit a coronavirus diary please email Katie Stewart at [*archivist@northamptonshire.gov.uk*](mailto:archivist@northamptonshire.gov.uk).

Tips

When you are out for your daily exercise, essential work or shopping trip, perhaps consider bringing your camera or phone with you and photographing anything you think tells the story of the epidemic in Northamptonshire. For example, you might take a picture of the queue for the shop or the signs on social distancing at your local park. If you are taking any photographs or creating an audio or video diary, please keep a record of when and where they were created, along with your name, unless they are self-explanatory. Also, when creating a diary, please consider what will or will not be understandable in future years. If you are not sure people will know what you are referring to in the future then please briefly explain. We ask everyone to please make sure that they are following government health advice and not to put yourselves at any risk when creating your coronavirus diary.

• More ideas

- If you started writing a diary, perhaps consider a few of the following ideas:
- What did you do today (or this week)? How was it different to what you would do in a 'normal' day or week?
- What impact have recent events had on your health and wellbeing?
- What changes have you observed in your family, your friends, or local community?
- What are you doing to keep yourself calm and/or healthy and to relax?
- Are you a student or a teacher? How has your school life changed recently?
- Are you working from home or are you still attending a work place? What is your job normally like? What is it like now?
- Are you practicing social distancing or self-isolation? Why or why not? How is this affecting your communication with family and friends?
- Has this crisis changed any of your day-to-day hobbies, leisure activities, travel, celebrations, and/or religious activities?
- What do you think about the response to the crisis?
- What has been the most difficult thing for you personally about this crisis? Do you think there's anything positive that may come from what's happening?



REMINDER!



Watch

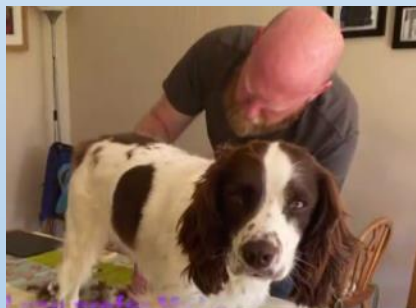
<http://westonfavell.ng3.devwebsite.co.uk/page/?title=Assemblies+and+Life+Lessons&pid=119>

Assemblies and Life Lessons

Enjoy our 'Lockdown Showdown'



WESTON FAVELL ACADEMY



STUDENTS OF WFA!

You have seen what your teachers have been up to during lockdown now its your turn!

SEND VIDEOS OF SKILLS YOU HAVE MASTERED TO

eobrien@westonfavellacademy.org

We want to see what you have been up to. Maybe it could be something that helps your well-being that you can share with others?

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

no matter what happens,



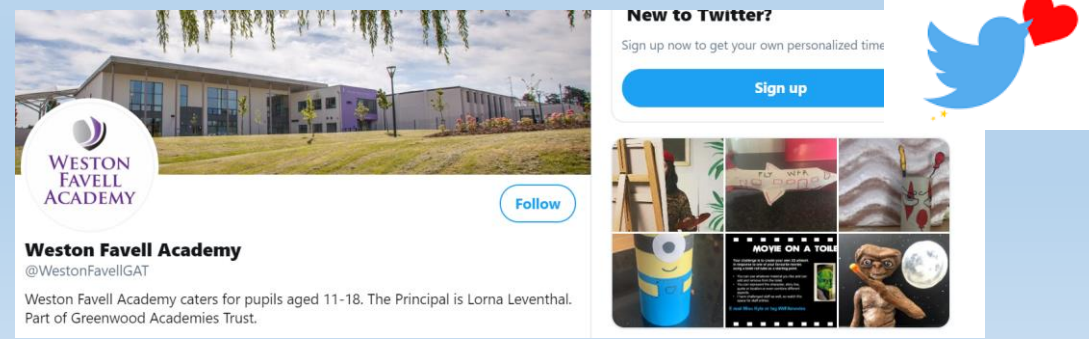
I'll always be here for you.

to develop opportunities for such activities and extend the range of residential trips le.

- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support



And follow us on twitter... <https://twitter.com/WestonFavellGAT>



Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:
Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six
Changing Lives • Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219
Email: referrals@servicesix.co.uk
Facebook: Service Six @servicesix123 or @ClaudiaSSix
Twitter: @ServiceSix1
Instagram: @servicesix
LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



IT'S OKAY TO TALK



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Samaritans UK
Tel: 116 123
samaritans.org
email jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK - 0800 068 4141
papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk



CALM
0800 58 58 58
thecalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.